



2023-2024 Men LCM Trials - Minimal Qualifying Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	01:53.32	01:09.31	00:56.99	00:49.22	00:39.38									
100	Backstroke	04:05.98	02:28.15				01:21.53	01:15.74	01:10.91	01:06.30	01:04.00	01:12.94	01:09.02	01:03.28	01:02.06
50	Breaststroke		01:24.25	00:55.77											
100	Breaststroke				01:56.83	01:42.49	01:25.36		01:14.84	01:12.19		01:24.11		01:11.90	01:08.69
50	Butterfly					00:37.61	00:33.22	00:32.50							
100	Butterfly								01:05.27	01:02.53	00:59.48	01:10.30	01:01.95	01:00.04	00:58.32
50	Freestyle			00:54.92	00:40.63	00:35.15		00:29.48		00:26.29	00:25.49	00:27.69		00:24.96	
100	Freestyle				01:33.79	01:18.77	01:09.34		01:00.72		00:55.75		00:56.97		
200	Freestyle		05:00.25	04:10.92	03:20.72	02:56.38									01:57.95
400	Freestyle						05:27.37	05:05.24	04:43.89	04:26.93		05:04.43		04:31.59	
150	Medley			03:44.30	02:50.06										
200	Medley						02:55.12	02:45.82	02:31.87	02:24.20	02:23.17	02:40.33		02:19.54	02:14.06

2023-2024 Men LCM Trials - Minimal Entry Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:10.25	01:25.73	01:07.92	01:00.57	00:48.39									
100	Backstroke	04:29.81	03:04.21				01:37.68	01:31.47	01:23.70	01:16.29	01:12.45	01:30.79	01:19.33	01:14.27	01:09.83
50	Breaststroke	04:00.45	03:48.13	01:04.86											
100	Breaststroke				02:15.92	02:05.12	01:41.84	01:39.49	01:30.65	01:24.50		01:38.37	01:27.60	01:19.62	01:20.68
50	Butterfly		01:02.73	00:56.98	00:51.23	00:46.70	00:40.20	00:37.83							
100	Butterfly								01:16.41	01:10.52	01:08.62	01:32.25	01:12.92	01:06.20	01:06.84
50	Freestyle	01:45.32	01:33.93	01:02.70	00:49.42	00:41.62	00:38.24	00:34.43	00:32.37	00:30.53	00:28.00	00:32.74	00:29.20	00:28.00	
100	Freestyle	03:55.23	03:26.91	02:21.14	01:52.32	01:32.80	01:22.20	01:17.08	01:11.06	01:07.31	01:02.12	01:17.04	01:06.64	01:02.18	01:00.57
200	Freestyle	08:47.95	06:17.36	05:26.25	04:09.81	03:29.56									02:12.72
400	Freestyle						06:29.24	05:55.33	05:22.71	05:08.97	04:51.11	06:12.32	06:06.14	04:56.17	
150	Medley	11:50.91	09:45.45	05:25.42	03:38.17										
200	Medley					05:23.32	03:33.69	03:17.10	02:52.77	02:46.19	02:34.96	03:15.41	03:16.58	02:33.63	02:34.50

2023-2024 Women LCM Trials - Minimal Qualifying Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
Backstroke	50		01:55.28	01:13.49	00:54.97	00:48.96									
	100		03:54.95				01:30.43		01:24.91	01:16.48	01:14.43	01:24.68	01:20.50	01:12.66	01:12.27
Breaststroke	50			01:07.05											
	100				02:20.91	02:01.79	01:42.59	01:43.34	01:28.79	01:22.51		01:34.52	01:29.41	01:23.39	01:23.30
Butterfly	50					00:51.52	00:40.20	00:38.23							
	100								01:26.93	01:12.53	01:13.42			01:12.61	01:10.45
Freestyle	50				00:44.50		00:35.69		00:33.03		00:28.88	00:33.13		00:28.57	
	100			02:37.18		01:32.01		01:16.07		01:04.77	01:03.43	01:13.90	01:05.79		
	200					03:29.29									02:15.56
	400						05:54.31	05:38.52	05:21.86	04:56.28	04:58.86	05:50.35		04:58.07	
Medley	150				03:08.62										
	200					04:47.34	03:15.14	03:12.14	03:03.77	02:40.96	02:40.02	03:03.89		02:39.83	02:36.45

2023-2024 Women LCM Trials - Minimal Entry Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM2	S/SB/SM 3	S/SB/SM4	S/SB/SM 5	S/SB/SM 6	S/SB/SM7	S/SB/SM8	S/SB/SM9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
Backstroke	50	02:36.81	02:10.62	01:25.92	01:12.61	00:58.74									
	100	05:13.64	04:09.47				01:48.96	01:43.57	01:34.42	01:27.69	01:23.21	01:42.45	01:34.27	01:21.30	01:23.53
Breaststroke	50	03:08.19	01:49.77	01:18.65											
	100				02:46.16	02:17.09	02:06.22	02:00.80	01:46.36	01:37.38		01:56.28	01:45.24	01:24.85	01:31.60
Butterfly	50			01:39.31	01:23.64	01:05.08	00:48.86	00:46.29							
	100								01:30.43	01:23.59	01:20.58	01:39.31	01:32.02	01:18.17	01:17.53
Freestyle	50	02:15.91	01:33.82	01:33.52	00:55.02	00:52.08	00:43.45	00:41.55	00:36.69	00:33.90	00:31.70	00:38.78	00:35.65	00:30.92	
	100	04:52.73	03:23.86	02:56.85	02:15.91	01:49.09	01:35.89	01:29.68	01:21.41	01:13.59	01:11.25	01:26.80	01:18.26	01:09.30	01:09.22
	200		07:19.09	06:32.82	05:39.77	04:05.80									02:29.06
	400						06:49.31	06:38.81	06:03.57	05:36.00	05:22.94	06:51.14	07:26.50	05:10.44	
Medley	150		08:21.81	05:13.64	04:17.08										
	200					05:23.32	03:54.91	03:52.48	03:15.97	03:03.29	02:59.80	03:39.02	03:36.43	02:47.84	02:51.49