



2023-2024 Men LCM Eastern and Western Championships - 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	02:21.58	01:33.18	01:13.83	01:05.84	00:52.60												
	100	04:53.27	03:20.23				01:46.17	01:39.42	01:30.98	01:22.92	01:18.75	01:38.68	01:26.23	01:20.73	01:15.90			
Breaststroke	50	04:21.36	04:07.97	01:10.50														
	100				02:27.74	02:16.00	01:50.70	01:48.14	01:38.53	01:31.85		01:46.92	01:35.22	01:26.54	01:27.70			
Butterfly	50	01:16.97	01:08.18	01:01.93	00:55.68	00:50.76	00:43.70	00:41.12				01:23.05	01:16.65	01:14.59	01:40.27	01:19.26	01:11.96	01:12.65
	100																	
Freestyle	50	01:54.48	01:42.10	01:08.15	00:53.72	00:45.24	00:41.57	00:37.42	00:35.18	00:33.18	00:30.43	00:35.59	00:31.74	00:30.43	00:30.43			
	100	04:15.68	03:44.90	02:33.41	02:02.09	01:40.87	01:29.35	01:23.78	01:17.24	01:13.16	01:07.52	01:23.74	01:12.43	01:07.59	01:05.84			
	200	09:33.86	06:50.17	05:54.62	04:31.53	03:47.78												02:24.26
	400						07:03.09	06:26.23	05:50.77	05:35.84	05:16.42	06:44.70	06:37.98	05:21.92				
Medley	150	12:52.73	10:36.36	05:53.72	03:57.14													
	200					05:51.43	03:52.27	03:34.24	03:07.79	03:00.64	02:48.43	03:32.40	03:33.67	02:46.99	02:47.93			

2023-2024 Men LCM Eastern and Western Championships - 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	02:38.57	01:44.37	01:22.69	01:13.74	00:58.91									
	100	05:28.46	03:44.26				01:58.91	01:51.35	01:41.90	01:32.87	01:28.20	01:50.53	01:36.58	01:30.42	01:25.01
Breaststroke	50	04:52.72	04:37.72	01:18.96											
	100				02:45.47	02:32.32	02:03.98	02:01.12	01:50.36	01:42.87		01:59.75	01:46.64	01:36.93	01:38.22
Butterfly	50	01:26.21	01:16.37	01:09.37	01:02.37	00:56.85	00:48.94	00:46.05							
	100								01:33.02	01:25.85	01:23.54	01:52.30	01:28.77	01:20.59	01:21.37
Freestyle	50	02:08.22	01:54.35	01:16.33	01:00.16	00:50.67	00:46.55	00:41.91	00:39.41	00:37.17	00:34.09	00:39.86	00:35.55	00:34.09	00:34.09
	100	04:46.37	04:11.89	02:51.82	02:16.74	01:52.97	01:40.07	01:33.84	01:26.51	01:21.94	01:15.62	01:33.79	01:21.13	01:15.70	01:13.74
	200	10:42.72	07:39.39	06:37.17	05:04.12	04:15.12									02:41.57
	400						07:53.86	07:12.58	06:32.86	06:16.14	05:54.39	07:33.26	07:25.74	06:00.55	
Medley	150	14:25.46	11:52.72	06:36.16	04:25.60										
	200					06:33.61	04:20.14	03:59.95	03:30.33	03:22.32	03:08.65	03:57.89	03:59.31	03:07.03	03:08.09

2023-2024 Women LCM Eastern and Western Championships - 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	02:50.45	02:21.98	01:33.39	01:18.92	01:03.85									
	100	05:40.91	04:31.16				01:58.43	01:52.58	01:42.63	01:35.32	01:30.45	01:51.36	01:42.47	01:28.37	01:30.79
Breaststroke	50	03:24.55	01:59.32	01:25.49											
	100				03:00.61	02:29.01	02:17.20	02:11.30	01:55.61	01:45.85		02:06.39	01:54.39	01:32.23	01:39.57
Butterfly	50	02:44.77	02:27.73	01:47.95	01:30.91	01:10.74	00:53.11	00:50.32							
	100								01:38.29	01:30.86	01:27.59	01:47.95	01:40.02	01:24.97	01:24.27
Freestyle	50	02:27.73	01:41.98	01:41.65	00:59.80	00:56.61	00:47.23	00:45.16	00:39.88	00:36.85	00:34.46	00:42.15	00:38.75	00:33.61	00:33.61
	100	05:18.18	03:41.59	03:12.23	02:27.73	01:58.58	01:44.23	01:37.48	01:28.49	01:19.99	01:17.45	01:34.35	01:25.07	01:15.33	01:15.24
	200	11:38.86	07:57.27	07:06.98	06:09.32	04:27.17									02:42.02
	400						07:24.90	07:13.49	06:35.18	06:05.22	05:51.02	07:26.89	08:05.33	05:37.43	
Medley	150	10:47.72	09:05.45	05:40.91	04:39.43										
	200					05:51.43	04:15.34	04:12.70	03:33.01	03:19.23	03:15.43	03:58.07	03:55.25	03:02.43	03:06.40

2023-2024 Women LCM Eastern and Western Championships - 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	03:10.90	02:39.02	01:44.60	01:28.39	01:11.51									
	100	06:21.82	05:03.70				02:12.65	02:06.09	01:54.95	01:46.75	01:41.30	02:04.72	01:54.76	01:38.97	01:41.69
Breaststroke	50	03:49.10	02:13.63	01:35.75											
	100				03:22.28	02:46.89	02:33.66	02:27.06	02:09.48	01:58.55		02:21.56	02:08.12	01:43.30	01:51.51
Butterfly	50	03:04.55	02:45.45	02:00.90	01:41.82	01:19.23	00:59.48	00:56.35							
	100								01:50.09	01:41.76	01:38.10	02:00.90	01:52.02	01:35.16	01:34.38
Freestyle	50	02:45.46	01:54.22	01:53.85	01:06.98	01:03.40	00:52.90	00:50.58	00:44.67	00:41.27	00:38.59	00:47.21	00:43.40	00:37.64	00:37.64
	100	05:56.37	04:08.18	03:35.30	02:45.46	02:12.81	01:56.74	01:49.18	01:39.11	01:29.59	01:26.74	01:45.67	01:35.27	01:24.37	01:24.27
	200	13:02.73	08:54.54	07:58.22	06:53.63	04:59.23									03:01.46
	400						08:18.29	08:05.51	07:22.61	06:49.04	06:33.14	08:20.52	09:03.57	06:17.93	
Medley	150	12:05.45	10:10.90	06:21.82	05:12.97										
	200					06:33.61	04:45.98	04:43.02	03:58.57	03:43.14	03:38.89	04:26.63	04:23.48	03:24.33	03:28.77