

2022 Arkansas Dolphins Senior LCM Time Standards

CHAMPS = Arkansas State Championships (15 & Over), PRO-AM = KMSC PRO-AM Meet, SECT = Sectionals, NCSA = NCSA Juniors, FUT = Futures, TYR-PRO = TYR-Pro Series, JNAT-18 = Summer Junior Nationals, Nationals = Summer NATIONALS
SECTIONALS BONUS CUTS, WJNAT-22 = Winter Junior National Cuts & Olympic Trials = 2024 Olympic Trials Qualifying Standards

GIRLS								BOYS								
NATIONALS	JNAT-18	TYR-PRO	FUT	NCSA	SECT	PRO-AM	CHAMPS	SENIORS	CHAMPS	PRO-AM	SECT	NCSA	FUT	TYR-PRO	JNAT-18	NATIONALS
25.99	26.59	26.89	27.39	27.59	28.49	30.49	33.79	50 Free	30.19	27.99	25.69	24.79	24.89	24.29	23.99	23.09
56.39	57.59	58.19	59.39	59.89	1:01.59	1:05.09	1:13.49	100 Free	1:06.89	1:00.39	56.09	53.99	53.79	52.89	51.99	50.49
2:01.79	2:04.29	2:04.99	2:07.79	2:08.09	2:12.99	2:19.99	2:38.29	200 Free	2:26.09	2:11.09	2:02.99	1:58.09	1:58.09	1:55.69	1:54.29	1:51.29
4:16.89	4:21.39	4:23.79	4:28.79	4:27.89	4:40.09	4:44.19	5:32.89	400 Free	5:09.89	4:26.49	4:21.99	4:09.79	4:09.99	4:05.29	4:02.79	3:57.79
8:48.09	8:58.69	9:06.69	9:13.79	9:08.99	9:40.99	10:16.59	11:28.39	800 Free	10:50.09	9:49.29	9:04.99	8:40.79	8:40.69	8:33.79	8:23.09	8:12.99
16:49.19	17:11.29	17:25.59	17:40.19	17:34.59	18:29.99	19:07.39	22:02.19	1500 Free	20:33.99	18:01.59	17:29.99	16:41.69	16:38.99	16:14.99	16:05.09	15:44.89
1:02.89	1:04.39	1:04.79	1:06.89	1:07.19	1:09.99	1:14.09	1:21.09	100 Back	1:14.39	1:09.19	1:04.49	1:01.39	1:00.79	58.89	58.79	56.59
2:15.59	2:18.29	2:19.59	2:23.99	2:24.99	2:30.99	2:41.29	2:54.99	200 Back	2:41.39	2:33.59	2:18.99	2:12.39	2:11.89	2:08.49	2:06.99	2:03.29
1:10.99	1:13.29	1:13.79	1:15.99	1:16.29	1:20.39	1:25.29	1:32.39	100 Breast	1:23.49	1:19.99	1:13.39	1:08.29	1:08.69	1:06.59	1:05.89	1:03.29
2:33.79	2:38.29	2:38.59	2:43.99	2:41.89	2:54.19	3:04.89	3:20.49	200 Breast	3:01.39	2:55.29	2:40.99	2:29.79	2:29.09	2:24.99	2:23.29	2:18.09
1:00.89	1:02.39	1:02.69	1:04.69	1:05.29	1:07.79	1:12.69	1:19.29	100 Fly	1:11.79	1:07.79	1:01.29	58.89	58.39	57.09	56.49	54.39
2:14.59	2:16.99	2:18.99	2:21.89	2:23.19	2:31.99	2:45.29	2:53.99	200 Fly	2:39.99	2:34.09	2:19.59	2:10.59	2:10.19	2:06.89	2:05.09	2:01.69
2:17.99	2:20.99	2:22.09	2:26.39	2:26.59	2:30.99	2:39.69	2:58.19	200 IM	2:43.99	2:28.49	2:18.99	2:13.59	2:12.79	2:09.79	2:08.29	2:04.69
4:53.19	4:57.29	5:00.99	5:07.29	5:05.99	5:21.99	5:28.19	6:18.79	400 IM	5:47.29	5:06.59	4:59.99	4:43.89	4:42.39	4:36.99	4:33.09	4:26.89
GIRLS SC	GIRLS LC	SECTIONAL BONUS CUTS	BOYS LC	BOYS SC		GRILS LC	GRILS SC	WJNAT-22	BOYS SC	BOYS LC		GIRLS LC Wave Two	GIRLS LC Wave One	Olympic Trials	BOYS LC Wave One	BOYS LC Wave Two
25.49	29.29	50 Free	26.69	22.89		26.89	23.29	50 Free	20.69	24.29		NA	25.69	50 Free	22.79	NA
54.69	1:03.59	100 Free	58.09	49.69		58.19	50.49	100 Free	45.29	52.59		NA	55.79	100 Free	49.99	NA
1:59.09	2:16.99	200 Free	2:06.99	1:49.09		2:04.99	1:49.19	200 Free	1:38.99	1:55.49		NA	2:00.89	200 Free	1:49.99	NA
NA	NA	400 Free	NA	NA		4:23.79	4:53.09	500 Free	4:30.09	4:05.29		NA	4:15.49	500 Free	3:55.49	NA
NA	NA	800 Free	NA	NA		9:04.09	10:06.79	1000 Free	9:25.49	8:33.79		NA	8:45.79	1000 Free	8:09.69	NA
NA	NA	1500 Free	NA	NA		17:21.69	16:51.29	1650 Free	15:43.89	16:14.79		NA	16:45.69	1650 Free	15:39.89	NA
1:02.29	1:11.99	100 Back	1:06.49	57.69		1:04.79	55.19	100 Back	49.59	58.89		NA	1:01.89	100 Back	55.69	NA
2:14.99	2:34.99	200 Back	2:22.99	2:05.99		2:19.59	1:59.59	200 Back	1:48.79	2:08.29		NA	2:13.59	200 Back	2:01.69	NA
1:11.29	1:22.39	100 Breast	1:15.39	1:04.99		1:13.79	1:03.19	100 Breast	56.19	1:06.59		NA	1:10.29	100 Breast	1:02.19	NA
2:36.99	2:58.19	200 Breast	2:44.99	2:23.99		2:38.59	2:17.69	200 Breast	2:02.99	2:24.79		NA	2:31.59	200 Breast	2:15.99	NA
1:01.59	1:09.79	100 Fly	1:03.29	55.99		1:02.69	54.89	100 Fly	49.19	57.09		NA	1:00.19	100 Fly	53.59	NA
2:16.49	2:35.99	200 Fly	2:23.59	2:06.99		2:18.39	2:01.79	200 Fly	1:49.99	2:06.39		NA	2:13.69	200 Fly	2:00.49	NA
2:16.49	2:34.99	200 IM	2:22.99	2:03.99		2:22.09	2:02.39	200 IM	1:50.39	2:09.59		NA	2:16.09	200 IM	2:03.49	NA
4:50.99	5:29.99	400 IM	5:07.99	4:29.99		5:00.29	4:21.89	400 IM	3:58.19	4:35.89		NA	4:49.89	400 IM	4:25.19	NA