



2023-2024 LCM Men Eastern and Western Championships - Minimal Qualifying Standard [MQS]															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:21.58	01:33.18	01:13.83	01:05.84	00:52.60									
100	Backstroke	04:53.27	03:20.23				01:46.17	01:39.42	01:29.52	01:22.92	01:18.75	01:38.68	01:26.23	01:20.73	01:18.92
50	Breaststroke	04:21.36	04:07.97	01:10.50											
100	Breaststroke				02:27.74	02:16.00	01:50.70	01:48.14	01:38.53	01:31.85		01:46.92	01:35.22	01:30.86	01:27.70
50	Butterfly		01:08.18	01:01.93	00:55.68	00:50.76	00:43.70	00:41.12							
100	Butterfly								01:23.05	01:17.71	01:16.10	01:40.27	01:19.26	01:14.57	01:13.37
50	Freestyle	01:54.48	01:42.10	01:08.15	00:53.72	00:45.24	00:41.57	00:37.42	00:35.37	00:32.91	00:31.22	00:35.59	00:31.74	00:31.30	
100	Freestyle	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	01:07.80	01:23.74	01:12.43	01:09.43	01:07.96
200	Freestyle	09:33.86	06:50.17	05:54.62	04:31.53	03:47.78									02:28.64
400	Freestyle						07:03.09	06:26.23	05:55.71	05:34.74	05:19.18	06:44.70	06:37.98	05:36.53	
150	Medley	12:52.73	10:36.36	05:53.72	03:57.14										
200	Medley					05:51.43	03:52.27	03:34.24	03:08.98	03:00.48	02:50.29	03:32.40	03:33.67	02:53.39	02:48.73

2023-2024 LCM Men Eastern and Western Championships - Minimal Entry Time [MET]															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:38.57	01:44.37	01:22.69	01:13.74	00:58.91									
100	Backstroke	05:28.46	03:44.26				01:58.91	01:51.35	01:40.26	01:32.87	01:28.20	01:50.53	01:36.58	01:30.42	01:28.39
50	Breaststroke	04:52.72	04:37.72	01:18.96											
100	Breaststroke				02:45.47	02:32.32	02:03.98	02:01.12	01:50.36	01:42.87		01:59.75	01:46.64	01:41.76	01:38.22
50	Butterfly		01:16.37	01:09.37	01:02.37	00:56.85	00:48.94	00:46.05							
100	Butterfly								01:33.02	01:27.03	01:25.23	01:52.30	01:28.77	01:23.51	01:22.17
50	Freestyle	02:08.22	01:54.35	01:16.33	01:00.16	00:50.67	00:46.55	00:41.91	00:39.61	00:36.86	00:34.96	00:39.86	00:35.55	00:35.06	
100	Freestyle	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	01:15.94	01:33.79	01:21.13	01:17.77	01:16.11
200	Freestyle	10:42.72	07:39.39	06:37.17	05:04.12	04:15.12									02:46.48
400	Freestyle						07:53.86	07:12.58	06:38.39	06:14.91	05:57.49	07:33.26	07:25.74	06:16.92	
150	Medley	14:25.46	11:52.72	06:36.16	04:25.60										
200	Medley					06:33.61	04:20.14	03:59.95	03:31.66	03:22.14	03:10.73	03:57.89	03:59.31	03:14.20	03:08.98

2023-2024 LCM Women Eastern and Western Championships - Minimal Qualifying Standard [MQS]															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:50.45	02:21.98	01:33.39	01:18.92	01:03.85									
100	Backstroke	05:40.91	04:31.16				01:58.43	01:52.58	01:43.25	01:35.32	01:31.33	01:51.36	01:42.47	01:29.49	01:31.40
50	Breaststroke	03:24.55	01:59.32	01:25.49											
100	Breaststroke				03:00.61	02:29.01	02:17.20	02:11.30	01:55.61	01:45.85		02:06.39	01:54.39	01:44.99	01:45.49
50	Butterfly			01:47.95	01:30.91	01:10.74	00:53.11	00:50.32							
100	Butterfly								01:39.90	01:30.86	01:26.49	01:47.95	01:40.02	01:31.40	01:28.22
50	Freestyle	02:27.73	01:41.98	01:41.65	00:59.80	00:56.61	00:47.23	00:45.16	00:41.18	00:37.36	00:35.53	00:42.15	00:38.75	00:35.39	
100	Freestyle	05:18.18	03:41.59	03:12.23	02:27.73	01:58.58	01:44.23	01:37.48	01:31.49	01:20.70	01:18.89	01:34.35	01:25.07	01:20.87	01:17.99
200	Freestyle		07:57.27	07:06.98	06:09.32	04:27.17									02:49.37
400	Freestyle						07:24.90	07:13.49	06:34.33	06:12.63	05:54.72	07:26.89	08:05.33	06:06.45	
150	Medley		09:05.45	05:40.91	04:39.43										
200	Medley					05:51.43	04:15.34	04:12.70	03:49.28	03:24.08	03:15.37	03:58.07	03:55.25	03:16.66	03:17.15

2023-2024 LCM Women Eastern and Western Championships - Minimal Entry Time [MET]															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:10.90	02:39.02	01:44.60	01:28.39	01:11.51									
100	Backstroke	06:21.82	05:03.70				02:12.65	02:06.09	01:55.64	01:46.75	01:42.29	02:04.72	01:54.76	01:40.23	01:42.37
50	Breaststroke	03:49.10	02:13.63	01:35.75											
100	Breaststroke				03:22.28	02:46.89	02:33.66	02:27.06	02:09.48	01:58.55		02:21.56	02:08.12	01:57.59	01:58.15
50	Butterfly			02:00.90	01:41.82	01:19.23	00:59.48	00:56.35							
100	Butterfly								01:51.89	01:41.76	01:36.87	02:00.90	01:52.02	01:42.37	01:38.80
50	Freestyle	02:45.46	01:54.22	01:53.85	01:06.98	01:03.40	00:52.90	00:50.58	00:46.13	00:41.84	00:39.80	00:47.21	00:43.40	00:39.64	
100	Freestyle	05:56.37	04:08.18	03:35.30	02:45.46	02:12.81	01:56.74	01:49.18	01:42.47	01:30.38	01:28.36	01:45.67	01:35.27	01:30.57	01:27.35
200	Freestyle		08:54.54	07:58.22	06:53.63	04:59.23									03:09.69
400	Freestyle						08:18.29	08:05.51	07:21.65	06:57.35	06:37.28	08:20.52	09:03.57	06:50.42	
150	Medley		10:10.90	06:21.82	05:12.97										
200	Medley					06:33.61	04:45.98	04:43.02	04:16.80	03:48.57	03:38.81	04:26.63	04:23.48	03:40.26	03:40.81