



2023-2024 LCM Men Trials - 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	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 LCM Men Trials - 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	02:10.25	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	01:22.36	01:16.29	01:12.45	01:30.79	01:19.33	01:14.27	01:12.61
50	Breaststroke		03:48.13	01:04.86											
100	Breaststroke				02:15.92	02:05.12	01:41.84		01:30.65	01:24.50		01:38.37		01:23.59	01:20.68
50	Butterfly					00:46.70	00:40.20	00:37.83							
100	Butterfly								01:16.41	01:11.49	01:10.01	01:32.25	01:12.92	01:08.60	01:07.50
50	Freestyle			01:02.70	00:49.42	00:41.62		00:34.43		00:30.28	00:28.72	00:32.74		00:28.80	
100	Freestyle				01:52.32	01:32.80	01:22.20		01:11.06		01:02.38		01:06.64		
200	Freestyle		06:17.36	05:26.25	04:09.81	03:29.56									02:16.75
400	Freestyle						06:29.24	05:55.33	05:27.25	05:07.96		06:12.32		05:09.61	
150	Medley			05:25.42	03:38.17										
200	Medley						03:33.69	03:17.10	02:53.86	02:46.04	02:36.67	03:15.41		02:39.52	02:35.23

2023-2024 LCM Women Trials - 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		01:55.28	01:13.49	00:54.97	00:48.96									
100	Backstroke		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
50	Breaststroke			01:07.05											
100	Breaststroke				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
50	Butterfly					00:51.52	00:40.20	00:38.23							
100	Butterfly								01:26.93	01:12.53	01:13.42			01:12.61	01:10.45
50	Freestyle				00:44.50		00:35.69		00:33.03		00:28.88	00:33.13		00:28.57	
100	Freestyle			02:37.18		01:32.01		01:16.07		01:04.77	01:03.43	01:13.90	01:05.79		
200	Freestyle					03:29.29									02:15.56
400	Freestyle						05:54.31	05:38.52	05:21.86	04:56.28	04:58.86	05:50.35		04:58.07	
150	Medley				03:08.62										
200	Medley					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 LCM Women Trials - Minimal Entry Time [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		02:10.62	01:25.92	01:12.61	00:58.74									
100	Backstroke		04:09.47				01:48.96		01:34.99	01:27.69	01:24.02	01:42.45	01:34.27	01:22.33	01:24.09
50	Breaststroke			01:18.65											
100	Breaststroke				02:46.16	02:17.09	02:06.22	02:00.80	01:46.36	01:37.38		01:56.28	01:45.24	01:36.59	01:37.05
50	Butterfly					01:05.08	00:48.86	00:46.29							
100	Butterfly								01:31.91	01:23.59	01:19.57			01:24.09	01:21.16
50	Freestyle				00:55.02		00:43.45		00:37.89		00:32.69	00:38.78		00:32.56	
100	Freestyle			02:56.85		01:49.09		01:29.68		01:14.24	01:12.58	01:26.80	01:18.26		
200	Freestyle					04:05.80									02:35.82
400	Freestyle						06:49.31	06:38.81	06:02.78	05:42.82	05:26.34	06:51.14		05:37.13	
150	Medley				04:17.08										
200	Medley					05:23.32	03:54.91	03:52.48	03:30.94	03:07.75	02:59.74	03:39.02		03:00.93	03:01.38