



2024 USA Swimming Speedo Championship Series Western Region Section Summer Time Standards						
July 11 – 14, 2024 Mt. Hood Community College Aquatic Center MT HOOD, OR Qualifying Time Period: June 1, 2023 – close of entries						
Women				Men		
SCY	SCM	LCM	EVENTS	SCY	SCM	LCM
24.55	27.30	28.14	50 Free	22.05	24.35	25.49
53.09	58.20	1:00.69	100 Free	47.70	52.60	55.29
1:54.86	2:06.54	2:11.55	200 Free	1:44.33	1:55.49	2:01.00
5:09.03	4:26.82	4:39.11	400/500 Free	4:45.94	4:07.51	4:20.00
10:46.09	9:22.55	9:42.19	800/1000 Free	10:03.86	8:48.32	9:12.79
18:09.88	17:58.11	18:44.59	1500/1650 Free	17:03.26	16:44.43	17:36.59
58.99	1:05.55	1:08.94	100 Back	53.55	59.47	1:03.66
2:07.19	2:21.52	2:28.00	200 Back	1:56.75	2:10.89	2:19.00
1:07.46	1:14.11	1:19.63	100 Breast	59.79	1:05.11	1:12.09
2:27.11	2:41.52	2:53.49	200 Breast	2:11.63	2:23.36	2:38.50
58.19	1:03.73	1:06.27	100 Fly	52.61	58.61	1:00.36
2:10.19	2:24.26	2:31.16	200 Fly	1:58.81	2:11.94	2:19.05
2:09.73	2:23.08	2:30.51	200 Ind. Medley	1:57.77	2:10.12	2:17.70
4:36.50	5:04.87	5:18.84	400 Ind. Medley	4:13.34	4:40.45	4:57.79
1:44.69	1:56.89	1:59.29	200 Free Relay	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 Free Relay	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 Free Relay	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 Medley Relay	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 Medley Relay	3:47.49	4:15.75	4:23.39