



# 2023 TIME STANDARDS

## SPEEDO WINTER JUNIOR CHAMPIONSHIPS

\* Qualifying period 11/1/2022 through entry deadline

### WOMEN

### MEN

SCY	LCM	EVENT	LCM	SCY
23.29	26.89	50 FR	24.29	20.59
50.39	58.19	100 FR	52.59	45.09
1:49.09	2:04.99	200 FR	1:55.49	1:38.79
4:53.09	4:23.79	400/500 FR	4:05.29	4:29.49
10:08.19	9:04.09	800/1000 FR	8:30.99	9:25.49
16:54.79	17:21.69	1500/1650 FR	16:14.79	15:40.39
55.09	1:04.79	100 BK	58.89	49.39
1:59.39	2:19.59	200 BK	2:08.29	1:48.29
1:03.09	1:13.79	100 BR	1:06.59	55.89
2:17.19	2:38.59	200 BR	2:24.79	2:02.29
54.69	1:02.69	100 FL	57.09	48.99
2:01.69	2:18.39	200 FL	2:06.39	1:49.59
2:02.19	2:22.09	200 IM	2:09.59	1:50.09
4:21.69	5:00.29	400 IM	4:35.89	3:57.59
3:27.49	x	4x100 FR-R	x	3:05.79
7:32.79	x	4x200 FR-R	x	6:49.59
3:47.79	x	4x100 MED-R	x	3:23.39



# 2023 TIME STANDARDS

## SPEEDO WINTER JUNIOR CHAMPIONSHIPS

\* Qualifying period 11/1/2022 through entry deadline

### WOMEN

### MEN

SCY	LCM	BONUS	LCM	SCY
24.09	27.39	50 FR	24.89	21.39
52.09	59.39	100 FR	53.79	46.49
1:52.59	2:07.79	200 FR	1:58.09	1:41.79
5:03.59	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
58.09	1:06.89	100 BK	1:00.79	52.09
2:04.99	2:23.99	200 BK	2:11.89	1:52.79
1:05.99	1:15.99	100 BR	1:08.69	58.69
2:22.69	2:43.39	200 BR	2:29.09	2:08.59
57.49	1:04.69	100 FL	58.39	51.09
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:08.29	2:26.39	200 IM	2:12.79	1:55.09
4:30.69	5:07.29	400 IM	4:42.39	4:07.59