



# 2024 TIME STANDARDS

## SPEEDO SUMMER CHAMPIONSHIPS

*\* Qualifying period 6/1/2023 through entry deadline*

### WOMEN

### MEN

SCY	LCM	19 & OVER STANDARDS	LCM	SCY
22.29	25.99	50 FR	23.09	19.79
48.89	56.39	100 FR	50.49	43.99
1:45.89	2:01.79	200 FR	1:51.29	1:35.59
4:43.79	4:16.89	400/500 FR	3:57.79	4:19.39
9:48.09	8:48.09	800/1000 FR	8:12.99	9:04.99
16:18.09	16:49.19	1500/1650 FR	15:44.89	15:10.09
53.29	1:02.89	100 BK	56.59	46.79
1:55.39	2:15.59	200 BK	2:03.29	1:44.39
1:00.69	1:10.99	100 BR	1:03.29	53.39
2:11.69	2:33.79	200 BR	2:18.09	1:57.69
52.99	1:00.89	100 FL	54.39	47.19
1:57.79	2:14.59	200 FL	2:01.69	1:45.09
1:58.29	2:17.99	200 IM	2:04.69	1:45.19
4:12.09	4:53.19	400 IM	4:26.89	3:46.99



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### MEN

SCY	LCM	18 & UNDER STANDARDS	LCM	SCY
22.79	26.59	50 FR	23.79	20.39
49.69	57.59	100 FR	51.99	44.39
1:47.39	2:04.29	200 FR	1:54.09	1:38.09
4:48.09	4:21.39	400/500 FR	4:02.79	4:27.69
9:56.79	8:58.69	800/1000 FR	8:23.09	9:13.19
16:32.59	17:11.29	1500/1650 FR	16:05.09	15:34.19
54.49	1:04.39	100 BK	58.19	48.89
1:57.69	2:18.29	200 BK	2:06.99	1:47.09
1:02.79	1:13.29	100 BR	1:05.29	55.29
2:15.49	2:38.29	200 BR	2:22.89	2:00.99
53.99	1:02.39	100 FL	55.99	48.39
1:59.39	2:16.99	200 FL	2:05.09	1:47.89
2:00.59	2:20.99	200 IM	2:08.19	1:48.89
4:15.19	4:57.29	400 IM	4:33.09	3:52.69



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### WOMEN

### MEN

SCY	LCM	18 & U BONUS STANDARDS	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



# 2024 TIME STANDARDS

## SPEEDO SUMMER CHAMPIONSHIPS

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### WOMEN

### MEN

SCY	LCM	RELAY STANDARDS	LCM	SCY
X	X	4x50 FR-R	X	X
X	3:55.69	4x100 FR-R	3:33.59	X
X	8:29.99	4x200 FR-R	7:47.69	X
X	X	4x50 MED-R	X	X
X	4:21.49	4x100 MED-R	3:56.29	X

*Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time. Relay qualifying standards must be met by swimmers entered on the team roster. Each team may enter only one relay per event, except any team that has 8 individual athletes who qualified and are swimming in the meet and whose combined times meet a relay qualifying time, such team can also enter a B relay as well.*