

2023 LCM New England Senior Championships Time Standards

Qualifying period: January 1, 2022 through the entry deadline

Girls			Events	Boys		
LCM	SCM	SCY		SCY	SCM	LCM
29.19	27.99	25.19	50 FR	22.99	25.59	26.39
1:02.19	1:00.29	54.29	100 FR	49.79	55.19	56.79
2:14.59	2:10.49	1:57.59	200 FR	1:48.49	2:00.39	2:01.99
4:43.99	4:33.19	5:13.29	400/500 FR	4:54.39	4:16.39	4:22.99
9:45.59	9:25.59	10:47.99	800/1000 FR	10:13.89	8:55.19	9:07.99
18:50.99	18:08.79	18:10.99	1500/1650 FR	17:25.99	17:22.99	17:46.99
1:10.99	1:07.69	1:00.99	100 BK	57.19	1:03.49	1:04.69
2:32.09	2:24.99	2:10.59	200 BK	2:03.59	2:17.19	2:20.39
1:21.99	1:18.19	1:10.49	100 BR	1:04.29	1:11.39	1:13.39
2:56.99	2:49.29	2:32.49	200 BR	2:20.09	2:35.59	2:39.49
1:08.79	1:05.39	59.89	100 Fly	54.99	1:01.09	1:02.49
2:33.89	2:28.69	2:13.99	200 Fly	2:05.69	2:19.49	2:22.29
2:33.49	2:26.99	2:12.39	200 IM	2:02.19	2:15.59	2:18.79
5:24.99	5:13.19	4:42.19	400 IM	4:22.99	4:51.89	4:58.29
4:23.99		3:37.19	400 Freestyle Relay	3:18.49		4:00.99
9:27.99		7:55.39	800 Freestyle Relay	7:18.99		8:37.69
5:07.99		4:05.69	400 Medley Relay	3:46.29		4:32.99
4:10.99			400 Mixed Freestyle Relay			4:10.99
4:46.99			400 Mixed Medley Relay			4:46.99

Bonus Structure:

Qualify in 1 event – get 3 bonus events

Qualify in 2 events – get 2 bonus events

Qualify in 3-6 events – get 1 bonus event

Must be a time that is verifiable in SWIMS and meets the **bonus qualifying time**

2023 LCM New England Senior Championships Bonus Time Standards		
Girls	Events	Boys
LCM		LCM
30.49	50 FR	27.89
1:05.19	100 FR	59.89
2:19.99	200 FR	2:09.19
4:50.99	400 FR	4:35.99
9:55.99	800 FR	9:28.99
19:10.09	1650 FR	18:12.99
1:14.09	100 BK	1:08.59
2:38.39	200 BK	2:28.09
1:25.29	100 BR	1:18.09
3:03.89	200 BR	2:51.29
1:11.39	100 Fly	1:05.59
2:40.89	200 Fly	2:31.89
2:40.19	200 IM	2:28.99
5:35.49	400 IM	5:12.59