

## 2024 SENIOR METROPOLITAN WINTER CHAMPIONSHIPS TIME STANDARDS

Eligibility period: from January 1, 2023 to meet entry deadline

Last Updated October 19, 2023 7:25am

WOMEN			MEN			
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
25.19	27.99	28.79	<b>50 FREE</b>	26.19	25.39	22.79
54.69	1:00.79	1:02.29	<b>100 FREE</b>	55.69	54.89	49.49
1:58.29	2:11.29	2:14.49	<b>200 FREE</b>	2:03.89	2:00.69	1:48.69
5:10.99	4:31.19	4:37.59	<b>500 FREE</b>	4:22.79	4:16.79	4:52.99
10:44.99	9:22.89	9:35.69	<b>1000 FREE</b>	9:04.49	8:51.69	10:09.99
18:12.99	18:10.89	18:34.69	<b>1650 FREE</b>	17:40.70	17:16.79	17:19.99
1:00.69	1:07.39	1:08.59	<b>100 BACK</b>	1:03.39	1:02.19	55.99
2:11.49	2:25.99	2:28.39	<b>200 BACK</b>	2:17.79	2:15.39	2:01.99
1:10.29	1:18.09	1:20.09	<b>100 BREAST</b>	1:12.49	1:10.49	1:03.49
2:31.99	2:48.68	2:52.69	<b>200 BREAST</b>	2:38.69	2:34.29	2:18.99
59.99	1:06.79	1:07.79	<b>100 FLY</b>	1:01.99	1:00.59	54.59
2:15.99	2:30.99	2:33.79	<b>200 FLY</b>	2:20.49	2:17.69	2:03.99
2:11.99	2:26.49	2:30.49	<b>200 IM</b>	2:17.99	2:14.79	2:01.39
4:41.99	5:12.99	5:21.89	<b>400 IM</b>	4:57.19	4:40.79	4:21.99

WOMEN			RELAYS	MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
--	--	--	<b>200 FREE</b>	--	--	--
3:45.79	4:11.69	4:17.29	<b>400 FREE</b>	3:50.59	3:44.19	3:21.89
8:05.39	8:58.79	9:11.59	<b>800 FREE</b>	8:23.89	8:11.09	7:22.39
--	--	--	<b>200 MEDLEY</b>	--	--	--
4:12.29	4:40.09	4:46.49	<b>400 MEDLEY</b>	4:18.39	4:11.99	3:46.99

Eligibility for the 1000 or 1650 qualifies an athlete for both

Eligibility for the 200 Freestyle Relay will be determined by the 400 Freestyle Relay Time Standards

Eligibility for the 200 Medley Relay will be determined by the 400 Medley Relay Time Standards