



# 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