

## 2024 MW Long Course Cuts

### Girls

	<u>10 &amp; U</u>		<u>11-12</u>		<u>13-14</u>		<u>15 &amp; O/SR</u>	
	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY
<b>50 Free</b>	00:44.09	00:38.89	00:38.39	00:33.59	00:34.49	00:30.19	00:33.79	00:29.49
<b>100 Free</b>	01:41.99	01:29.59	01:24.09	01:13.59	01:14.79	01:05.49	01:13.49	01:03.99
<b>200 Free</b>	03:45.79	03:18.99	03:02.29	02:40.39	02:41.79	02:21.29	02:38.29	02:18.69
<b>400/500 Free</b>			05:49.69	06:21.09	05:19.79	05:52.09	05:11.49	05:43.39
<b>800/1000 Free</b>			12:09.89	13:17.99	11:01.49	12:19.39	10:49.89	12:06.09
<b>1500/1650 Free</b>			23:00.19	22:27.09	21:05.69	20:37.49	20:50.99	20:11.49
<b>50 Back</b>	00:54.89	00:46.99	00:43.99	00:38.09	NTS		NTS	
<b>100 Back</b>	01:59.19	01:41.99	01:38.69	01:24.79	01:23.59	01:11.19	01:21.09	01:09.39
<b>200 Back</b>			03:24.49	02:56.59	02:58.69	02:34.89	02:54.99	02:31.39
<b>50 Breast</b>	01:00.49	00:53.19	00:48.99	00:42.99	NTS		NTS	
<b>100 Breast</b>	02:14.79	01:58.09	01:48.89	01:34.09	01:34.79	01:21.69	01:32.39	01:19.69
<b>200 Breast</b>			03:52.59	03:20.89	03:23.99	02:57.29	03:20.49	02:52.79
<b>50 Fly</b>	00:53.39	00:47.39	00:41.29	00:36.49	NTS		NTS	
<b>100 Fly</b>	02:09.99	01:53.99	01:36.19	01:24.39	01:20.39	01:10.89	01:19.29	01:09.39
<b>200 Fly</b>			03:24.89	02:59.99	02:59.19	02:36.89	02:53.99	02:33.49
<b>200 IM</b>	04:09.39	03:38.49	03:26.09	03:00.19	03:01.79	02:37.59	02:58.19	02:34.89
<b>400 IM</b>			06:48.29	05:52.19	06:17.39	05:20.79	06:03.99	05:19.59

### Boys

	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY
<b>50 Free</b>	00:43.59	00:38.09	00:37.29	00:32.59	00:31.99	00:27.79	00:30.19	00:26.39
<b>100 Free</b>	01:40.59	01:27.79	01:21.29	01:10.99	01:09.89	01:00.89	01:06.89	00:57.89
<b>200 Free</b>	03:33.49	03:06.69	02:57.49	02:34.59	02:32.29	02:12.79	02:26.09	02:06.79
<b>500 Free</b>			05:48.69	06:25.79	05:13.99	05:42.09	04:53.99	05:17.69
<b>1000 Free</b>			11:49.99	13:11.59	10:38.49	11:42.69	10:13.09	11:17.89
<b>1650 Free</b>			22:36.39	21:55.09	20:16.59	19:35.89	19:26.79	19:00.39
<b>50 Back</b>	00:55.29	00:47.49	00:43.69	00:37.89	NTS		NTS	
<b>100 Back</b>	01:55.09	01:39.79	01:35.49	01:22.19	01:17.89	01:06.39	01:14.39	01:03.19
<b>200 Back</b>			03:19.49	02:51.99	02:49.09	02:25.09	02:41.39	02:17.49
<b>50 Breast</b>	00:59.69	00:52.09	00:48.99	00:42.89	NTS		NTS	
<b>100 Breast</b>	02:09.39	01:53.39	01:46.59	01:31.39	01:28.09	01:15.49	01:23.49	01:11.09
<b>200 Breast</b>			03:44.69	03:14.09	03:10.79	02:43.99	03:01.39	02:36.19
<b>50 Fly</b>	00:51.79	00:45.69	00:41.89	00:37.09	NTS		NTS	
<b>100 Fly</b>	02:07.09	01:51.39	01:33.99	01:22.89	01:15.49	01:06.09	01:11.79	01:02.69
<b>200 Fly</b>			03:20.49	02:53.19	02:47.99	02:26.89	02:39.99	02:20.49
<b>200 IM</b>	04:06.19	03:35.49	03:23.79	02:57.29	02:51.39	02:28.49	02:43.99	02:20.89
<b>400 IM</b>			06:39.39	05:46.39	06:04.69	05:15.29	05:42.69	04:58.39

Events will be seeded LCM and then SCY.

13 & O 50s of stroke - athlete must be qualified for and entered in at least one event requiring a qualifying time.

The qual time for LCM and SCY in both the MeetManager file and the TeamManager/TeamUnify files will be set to the minimum B for 12 & U and BB for 13 & O. In the event that the session time lines become unmanageable, some of the non-conforming entries may be scratched.