



2023 Time Standards

CZ SPEEDO NORTH SECTION SPRING CHAMPIONSHIPS

UPDATED (2/28): Qualifying from July 1, 2021 through the Entry Deadline

| WOMEN | | | MEN | |
|----------|----------|------------------------------|----------|----------|
| LCM | SCY | | SCY | LCM |
| 29.49 | 25.99 | 50 Freestyle | 23.29 | 26.69 |
| 1:03.29 | 55.99 | 100 Freestyle | 50.49 | 58.09 |
| 2:16.09 | 2:00.89 | 200 Freestyle | 1:50.49 | 2:06.49 |
| 4:46.39 | 5:19.99 | 400/500 Freestyle | 4:57.89 | 4:26.19 |
| 9:49.39 | 10:58.39 | 800/1000 Freestyle | 10:18.49 | 9:18.79 |
| 18:51.49 | 18:32.99 | 1500/1650 Freestyle | 17:19.79 | 17:54.99 |
| 1:11.99 | 1:01.99 | 100 Backstroke | 57.59 | 1:05.89 |
| 2:34.39 | 2:14.49 | 200 Backstroke | 2:04.39 | 2:22.79 |
| 1:21.49 | 1:10.99 | 100 Breaststroke | 1:05.09 | 1:14.29 |
| 2:55.79 | 2:33.99 | 200 Breaststroke | 2:21.59 | 2:42.79 |
| 1:09.59 | 1:01.09 | 100 Butterfly | 55.49 | 1:02.99 |
| 2:34.89 | 2:16.09 | 200 Butterfly | 2:05.79 | 2:22.49 |
| 2:34.29 | 2:15.99 | 200 Individual Medley | 2:03.99 | 2:22.39 |
| 5:28.39 | 4:47.99 | 400 Individual Medley | 4:27.99 | 5:05.89 |
| 4:29.89 | 3:51.89 | 400 Free Relay | 3:30.09 | 4:03.29 |
| 9:41.99 | 8:21.39 | 800 Free Relay | 7:43.79 | 8:52.29 |
| 5:00.99 | 4:13.69 | 400 Medley Relay | 3:51.99 | 4:31.89 |

*NO BONUS STANDARDS. 800M FREE & 1500M FREE CAN NOT BE SWUM AS A BONUS EVENT.
 Bonus Formula: 1 Cut, 3 Bonus; 2 Cuts, 2 Bonus; 3 Cuts, 1 Bonus; 4 or More Cuts, No Bonus.*