



2023 Short Course Senior Zones

March 29 – April 1, 2023

King County Aquatic Center
Federal Way, WA

Qualifying Time Period: October 1, 2021 - Close of Entries

Meet Qualifying Time Standards						
Women				Men		
LCM	SCM	SCY	Event	SCY	SCM	LCM
29.89	29.09	26.09	50 Free	23.29	26.19	26.79
1:04.99	1:03.19	56.59	100 Free	51.19	57.09	59.19
2:20.09	2:16.09	2:02.69	200 Free	1:52.09	2:04.69	2:09.29
4:54.49	4:48.09	5:29.09	400/500 Free	5:04.39	4:27.89	4:34.19
10:08.99	9:56.09	11:21.19	800/1000 Free	10:34.99	9:15.69	9:35.09
19:29.59	18:51.19	18:57.79	1500/1650 Free	17:44.09	17:37.89	18:11.69
1:11.79	1:08.49	1:01.39	100 Back	55.99	1:02.09	1:05.89
2:34.79	2:28.99	2:13.89	200 Back	2:01.59	2:15.99	2:22.69
1:21.69	1:18.89	1:10.49	100 Breast	1:02.89	1:10.49	1:13.79
2:57.39	2:50.79	2:32.79	200 Breast	2:18.19	2:33.09	2:40.49
1:10.09	1:08.39	1:01.39	100 Fly	55.49	1:01.99	1:03.59
2:33.89	2:32.69	2:15.79	200 Fly	2:04.29	2:17.49	2:21.49
2:37.59	2:32.69	2:16.99	200 IM	2:04.69	2:18.69	2:25.09
5:35.09	5:24.59	4:52.29	400 IM	4:28.59	4:58.69	5:07.29

NO DEQUAL TIME STANDARDS FOR 2023



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Bonus Time Standards						
Women				Men		
LCM	SCM	SCY	Event	SCY	SCM	LCM
30.39	29.59	26.59	50 Free	23.79	26.69	27.29
1:05.99	1:04.19	57.59	100 Free	52.19	58.09	1:00.19
2:22.09	2:18.09	2:04.69	200 Free	1:54.09	2:06.69	2:11.29
NA	NA	NA	400/500 Free	NA	NA	NA
NA	NA	NA	800/1000 Free	NA	NA	NA
NA	NA	NA	1500/1650 Free	NA	NA	NA
1:12.79	1:09.49	1:02.39	100 Back	56.99	1:03.09	1:06.89
2:36.79	2:30.99	2:15.89	200 Back	2:03.59	2:17.99	2:24.69
1:22.69	1:19.89	1:11.49	100 Breast	1:03.89	1:11.49	1:14.79
2:59.39	2:52.79	2:34.79	200 Breast	2:20.19	2:35.09	2:42.49
1:11.09	1:09.39	1:02.39	100 Fly	56.49	1:02.99	1:04.59
2:35.89	2:34.69	2:17.79	200 Fly	2:06.29	2:19.49	2:23.49
2:39.59	2:34.69	2:18.99	200 IM	2:06.69	2:20.69	2:27.09
NA	NA	NA	400 IM	NA	NA	NA