



2024 Western Zone Senior Championships

Qualifying Time Standards

Qualifying Time Period:

Aligned with 2024 Speedo Summer Championships

Tentatively June 1, 2023 through close of entries*

Dequal Time Standards: Tentatively 2024 Speedo Summer Championships*

**to be confirmed when 2024 information is published*

Women				Men		
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.09	29.09	29.89	50 Free	26.79	26.19	23.29
56.59	1:03.19	1:04.99	100 Free	59.19	57.09	51.19
2:02.69	2:16.09	2:20.09	200 Free	2:09.29	2:04.69	1:52.09
5:29.09	4:48.09	4:54.49	400/500 Free	4:34.19	4:27.89	5:04.39
11:21.19	9:56.09	10:08.99	800/1000 Free	9:35.09	9:15.69	10:34.99
18:57.79	18:51.19	19:29.59	1500/1650 Free	18:11.69	17:37.89	17:44.09
1:01.39	1:08.49	1:11.79	100 Back	1:05.89	1:02.09	55.99
2:13.89	2:28.99	2:34.79	200 Back	2:22.69	2:15.99	2:01.59
1:10.49	1:18.89	1:21.69	100 Breast	1:13.79	1:10.49	1:02.89
2:32.79	2:50.79	2:57.39	200 Breast	2:40.49	2:33.09	2:18.19
1:01.39	1:08.39	1:10.09	100 Fly	1:03.59	1:01.99	55.49
2:15.79	2:31.39	2:33.89	200 Fly	2:21.49	2:17.49	2:04.29
2:16.99	2:32.69	2:37.59	200 IM	2:25.09	2:18.69	2:04.69
4:52.29	5:24.59	5:35.09	400 IM	5:07.29	4:58.69	4:28.59
NA	NA	NA	400 Free Relay	NA	NA	NA
NA	NA	NA	800 Free Relay	NA	NA	NA
NA	NA	NA	400 Medley Relay	NA	NA	NA



2024 Western Zone Senior Championships

Bonus Time Standards

Qualifying Time Period:

Aligned with 2024 Speedo Summer Championships

Tentatively June 1, 2023 through close of entries*

Dequal Time Standards: Tentatively 2024 Speedo Summer Championships*

**to be confirmed when 2024 information is published*

Women			Men			
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.59	29.59	30.39	50 Free	27.29	26.69	23.79
57.59	1:04.19	1:05.99	100 Free	1:00.19	58.09	52.19
2:04.69	2:18.09	2:22.09	200 Free	2:11.29	2:06.69	1:54.09
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
1:02.39	1:09.49	1:12.79	100 Back	1:06.89	1:03.09	56.99
2:15.89	2:30.99	2:36.79	200 Back	2:24.69	2:17.99	2:03.59
1:11.49	1:19.89	1:22.69	100 Breast	1:14.79	1:11.49	1:03.89
2:34.79	2:52.79	2:59.39	200 Breast	2:42.49	2:35.09	2:20.19
1:02.39	1:09.39	1:11.09	100 Fly	1:04.59	1:02.99	56.49
2:17.79	2:33.39	2:35.89	200 Fly	2:23.49	2:19.49	2:06.29
2:18.99	2:34.69	2:39.59	200 IM	2:27.09	2:20.69	2:06.69
NA	NA	NA	400 IM	NA	NA	NA

