



2023 TIME STANDARDS

SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

Qualifying from June 1, 2022 through Entry Deadline

WOMEN

MEN

SCY	LCM		LCM	SCY
22.79	26.59	50 FR	23.99	20.49
49.69	57.59	100 FR	51.99	44.39
1:47.39	2:04.29	200 FR	1:54.29	1:38.39
4:48.09	4:21.39	400/500 FR	4:02.79	4:28.29
9:56.79	8:58.69	800/1000 FR	8:23.09	9:13.19
16:32.59	17:11.29	1500/1650 FR	16:05.09	15:34.19
54.49	1:04.39	100 BK	58.79	49.39
1:57.69	2:18.29	200 BK	2:06.99	1:47.99
1:02.79	1:13.29	100 BR	1:05.89	55.79
2:15.49	2:38.29	200 BR	2:23.29	2:01.19
53.99	1:02.39	100 FL	56.49	48.99
1:59.39	2:16.99	200 FL	2:05.09	1:47.89
2:00.59	2:20.99	200 IM	2:08.29	1:48.89
4:15.19	4:57.29	400 IM	4:33.09	3:52.69
x	x	4x50 FR-R	x	x
x	3:55.69	4x100 FR-R	3:33.59	x
x	8:29.99	4x200 FR-R	7:47.69	x
x	x	4x50 Med-R	x	x
x	4:21.49	4x100 Med-R	3:56.29	x



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SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

Qualifying from June 1, 2022 through Entry Deadline

WOMEN

MEN

SCY	LCM	BONUS	LCM	SCY
23.39	26.89	50 FR	24.29	20.79
50.69	58.19	100 FR	52.89	45.39
1:49.29	2:04.99	200 FR	1:55.69	1:39.39
4:53.09	4:23.79	400/500 FR	4:05.29	4:30.49
10:06.79	9:06.69	800/1000 FR	8:33.79	9:25.49
16:51.29	17:25.59	1500/1650 FR	16:14.99	15:46.99
55.39	1:04.79	100 BK	58.89	49.99
2:00.19	2:19.59	200 BK	2:08.49	1:49.49
1:03.19	1:13.79	100 BR	1:06.59	56.59
2:18.29	2:38.59	200 BR	2:24.99	2:03.79
55.09	1:02.69	100 FL	57.09	49.59
2:02.09	2:18.99	200 FL	2:06.89	1:50.79
2:02.69	2:22.09	200 IM	2:09.79	1:50.69
4:22.39	5:00.99	400 IM	4:36.99	3:58.79
X	X	4x50 FR-R	X	X
X	X	4x100 FR-R	X	X
X	X	4x200 FR-R	X	X
X	X	4x50 Med-R	X	X
X	X	4x100 Med-R	X	X