

Southeastern Swimming Time Standards
LCM Championship Qualifying Times Worksheet

Event	2022 QT	Prop. 2023 QT	Diff.	#22 results faster Prop 23 QT	Total 23 results
10 G 50 Free	37.49	37.49	nc	33	41
10 G 100 Free	1.23.19	1.23.19	nc	23	27
10 G 200 Free	2.58.69	2.58.69	nc	17	22
10 G 400 Free	6.08.59	6.08.59	nc	9	10
10 G 50 Back	44.79	44.79	nc	33	49
10 G 100 Back	1.35.69	1.35.69	nc	25	29
10 G 50 Breast	51.69	51.69	nc	33	44
10 G 100 Breast	1.52.09	1.52.09	nc	29	34
10 G 50 Fly	44.29	44.29	nc	30	39
10 G 100 Fly	1.46.49	1.46.49	nc	28	32
10 G 200 IM	3.17.69	3.17.69	nc	14	17

Event	2022 QT	Prop. 2023 QT	Diff.	#22 results faster Prop 23 QT	Total 23 results
10 B 50 Free	37.89	37.89	nc	32	37
10 B 100 Free	1.25.29	1.25.29	nc	22	27
10 B 200 Free	3.01.69	3.01.69	nc	20	22
10 B 400 Free	6.35.49	6.35.49	nc	12	12
10 B 50 Back	46.59	46.59	nc	45	57
10 B 100 Back	1.40.99	1.40.99	nc	28	34
10 B 50 Breast	54.29	54.29	nc	26	35
10 B 100 Breast	1.57.99	1.57.99	nc	26	33
10 B 50 Fly	46.19	46.19	nc	26	32
10 B 100 Fly	1.50.79	1.50.79	nc	18	21
10 B 200 IM	3.33.79	3.33.79	nc	23	23

Event	2022 QT	Prop. 2023 QT	Diff.	#22 results faster Prop 23 QT	Total 23 results
12 G 50 Free	31.89	31.89	nc	28	43
12 G 100 Free	1.11.09	1.11.09	nc	30	46
12 G 200 Free	2.32.49	2.32.49	nc	24	34
12 G 400 Free	5.17.19	5.17.19	nc	14	15
12 G 50 Back	38.09	38.09	nc	32	42
12 G 100 Back	1.21.59	1.21.59	nc	22	28
12 G 50 Breast	43.89	43.89	nc	27	38
12 G 100 Breast	1.36.89	1.36.89	nc	30	39
12 G 50 Fly	35.39	35.39	nc	25	35
12 G 100 Fly	1.23.39	1.23.39	nc	31	34
12 G 200 IM	2.55.59	2.55.59	nc	19	28

Event	2022 QT	Prop. 2023 QT	Diff.	#22 results faster Prop 23 QT	Total 23 results
12 B 50 Free	32.89	32.89	nc	44	55
12 B 100 Free	1.13.49	1.13.49	nc	38	50
12 B 200 Free	2.37.39	2.37.39	nc	31	38
12 B 400 Free	5.27.49	5.27.49	nc	18	19

12 B 50 Back	39.29	39.29	nc	45	56
12 B 100 Back	1.26.89	1.26.89	nc	40	52
12 B 50 Breast	46.49	46.49	nc	42	51
12 B 100 Breast	1.40.89	1.40.89	nc	45	50
12 B 50 Fly	37.59	37.59	nc	39	47
12 B 100 Fly	1.28.09	1.28.09	nc	28	36
12 B 200 IM	3.02.19	3.02.19	nc	31	37

Event	2022 QT	Prop. 2023 QT	Diff.	#22 results faster Prop 23 QT	Total 23 results
14 G 50 Free	29.69	29.69	nc	25	58
14 G 100 Free	1.04.59	1.04.59	nc	22	53
14 G 200 Free	2.19.29	2.19.29	nc	14	32
14 G 400 Free	4.52.99	4.52.99	nc	9	20
14 G 800 Free	10.07.79	10.07.79	nc	8	12
14 G 1500 Free	19.53.19	19.53.19	nc	15	16
14 G 100 Back	1.13.89	1.13.89	nc	27	49
14 G 200 Back	2.39.49	2.39.49	nc	27	37
14 G 100 Breast	1.25.09	1.25.09	nc	23	47
14 G 200 Breast	3.05.59	3.05.59	nc	21	31
14 G 100 Fly	1.11.29	1.11.29	nc	12	25
14 G 200 Fly	2.50.19	2.50.19	nc	21	31
14 G 200 IM	2.38.39	2.38.39	nc	9	23
14 G 400 IM	5.38.59	5.38.59	nc	7	14

Event	2022 QT	Prop. 2023 QT	Diff.	#22 results faster Prop 23 QT	Total 23 results
14 B 50 Free	28.19	27.99	-0.2	31	39
14 B 100 Free	1.01.29	1.01.29	nc	29	36
14 B 200 Free	2.14.89	2.14.89	nc	29	39
14 B 400 Free	4.46.99	4.46.99	nc	19	21
14 B 800 Free	9.59.59	9.59.59	nc	13	13
14 B 1500 Free	18.51.19	18.51.19	nc	9	11
14 B 100 Back	1.11.29	1.11.29	nc	24	31
14 B 200 Back	2.35.69	2.35.69	nc	22	25
14 B 100 Breast	1.22.19	1.22.19	nc	28	33
14 B 200 Breast	2.58.59	2.58.59	nc	29	36
14 B 100 Fly	1.09.69	1.09.69	nc	30	34
14 B 200 Fly	2.44.99	2.44.99	nc	17	23
14 B 200 IM	2.34.99	2.34.99	nc	30	38
14 B 400 IM	5.28.09	5.28.09	nc	14	16

Event	2022 QT	Prop. 2023 QT	Diff.	#22 results faster Prop 23 QT	Total 23 results
SR G 50 Free	28.89	28.89	nc	37	89
SR G 100 Free	1.02.69	1.02.69	nc	35	84
SR G 200 Free	2.15.89	2.15.89	nc	33	59
SR G 400 Free	4.44.19	4.44.19	nc	18	28
SR G 800 Free	9.57.49	9.57.49	nc	15	20
SR G 1500 Free	18.53.29	18.53.29	nc	9	17

SR G 100 Back	1.11.69	1.11.39	-0.3	44	64
SR G 200 Back	2.36.39	2.36.39	nc	35	47
SR G 100 Breast	1.22.89	1.22.79	-0.1	48	54
SR G 200 Breast	2.59.19	2.59.19	nc	34	50
SR G 100 Fly	1.09.19	1.09.19	nc	36	59
SR G 200 Fly	2.40.79	2.40.79	nc	23	27
SR G 200 IM	2.35.89	2.35.89	nc	29	47
SR G 400 IM	5.27.39	5.27.39	nc	15	20

Event	2022 QT	Prop. 2023 QT	Diff.	#22 results faster Prop 23 QT	Total 23 results
SR B 50 Free	25.99	25.89	-0.1	51	91
SR B 100 Free	56.69	56.39	-0.3	47	81
SR B 200 Free	2.03.39	2.03.19	-0.2	38	66
SR B 400 Free	4.21.79	4.21.79	nc	22	27
SR B 800 Free	9.07.99	9.07.99	nc	14	26
SR B 1500 Free	17.21.69	17.21.69	nc	10	22
SR B 100 Back	1.05.39	1.04.69	-0.7	46	69
SR B 200 Back	2.25.29	2.23.89	-1.4	45	57
SR B 100 Breast	1.14.69	1.14.29	-0.4	50	61
SR B 200 Breast	2.43.59	2.42.79	-0.8	39	49
SR B 100 Fly	1.02.19	1.01.89	-0.3	46	68
SR B 200 Fly	2.22.39	2.22.39	nc	28	38
SR B 200 IM	2.22.79	2.22.09	-0.7	39	58
SR B 400 IM	5.00.79	5.00.79	nc	29	32

