



# 2023 Time Standards

## CZ SPEEDO NORTH SECTION SUMMER CHAMPIONSHIPS

*Qualifying from January 1, 2022 through the Entry Deadline*

WOMEN			MEN	
LCM	SCY		SCY	LCM
28.09	24.49	<b>50 Freestyle</b>	21.69	25.29
1:00.69	53.09	<b>100 Freestyle</b>	47.39	54.79
2:10.99	1:53.79	<b>200 Freestyle</b>	1:43.79	2:00.49
4:36.29	5:05.09	<b>400/500 Freestyle</b>	4:42.79	4:16.99
9:29.99	10:29.99	<b>800/1000 Freestyle</b>	9:49.99	8:59.99
18:19.99	17:39.99	<b>1500/1650 Freestyle</b>	16:39.99	17:19.99
1:08.89	58.99	<b>100 Backstroke</b>	53.39	1:03.09
2:26.99	2:07.19	<b>200 Backstroke</b>	1:58.49	2:18.09
1:17.49	1:06.89	<b>100 Breaststroke</b>	1:00.99	1:11.99
2:48.79	2:24.69	<b>200 Breaststroke</b>	2:14.99	2:37.99
1:05.89	58.19	<b>100 Butterfly</b>	52.09	59.79
2:29.99	2:09.99	<b>200 Butterfly</b>	1:59.19	2:17.89
2:28.99	2:09.29	<b>200 Individual Medley</b>	1:57.09	2:17.19
5:19.09	4:34.99	<b>400 Individual Medley</b>	4:14.99	4:56.99
4:14.09	X	<b>400 Free Relay</b>	X	3:51.29
9:14.09	X	<b>800 Free Relay</b>	X	8:29.69
4:44.99	X	<b>400 Medley Relay</b>	X	4:21.59



# 2023 Time Standards

## CZ SPEEDO NORTH SECTION SUMMER CHAMPIONSHIPS

*Qualifying from January 1, 2022 through the Entry Deadline*

WOMEN		<b>BONUS</b>	MEN	
LCM	SCY		SCY	LCM
28.49	24.99	<b>50 Freestyle</b>	22.29	25.69
1:01.29	53.99	<b>100 Freestyle</b>	48.49	56.09
2:12.09	1:56.89	<b>200 Freestyle</b>	1:46.49	2:02.49
4:38.39	5:09.99	<b>400/500 Freestyle</b>	4:47.89	4:18.19
9:33.39	10:38.39	<b>800/1000 Freestyle</b>	9:58.49	9:02.79
18:21.49	17:59.99	<b>1500/1650 Freestyle</b>	16:46.79	17:24.99
1:09.99	59.99	<b>100 Backstroke</b>	55.59	1:03.89
2:30.39	2:10.49	<b>200 Backstroke</b>	2:00.39	2:18.79
1:19.49	1:08.99	<b>100 Breaststroke</b>	1:03.09	1:12.29
2:51.79	2:29.99	<b>200 Breaststroke</b>	2:17.59	2:38.79
1:07.59	59.09	<b>100 Butterfly</b>	53.49	1:00.99
2:30.89	2:12.09	<b>200 Butterfly</b>	2:01.79	2:18.49
2:30.29	2:11.99	<b>200 Individual Medley</b>	1:59.99	2:18.39
5:20.39	4:39.99	<b>400 Individual Medley</b>	4:19.99	4:57.89
X	X	<b>400 Free Relay</b>	X	X
X	X	<b>800 Free Relay</b>	X	X
X	X	<b>400 Medley Relay</b>	X	X