



# 2023 Time Standards

## CZ SPEEDO NORTH SECTION SPRING CHAMPIONSHIPS

*Qualifying from July 1, 2021 through the Entry Deadline*

WOMEN			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
4:21.89	3:43.89	<b>400 Free Relay</b>	3:22.09	3:55.29
9:25.99	8:05.39	<b>800 Free Relay</b>	7:27.79	8:36.29
4:52.99	4:05.69	<b>400 Medley Relay</b>	3:43.99	4:23.89

*NO BONUS STANDARDS. 800M FREE & 1500M FREE CAN NOT BE SWUM AS A BONUS EVENT.  
 Bonus Formula: 1 Cut, 3 Bonus; 2 Cuts, 2 Bonus; 3 Cuts, 1 Bonus; 4 or More Cuts, No Bonus.*