



# ISCA INTERNATIONAL SENIOR CUP

MARCH 21- MARCH 25, 2023

Qualifying Time Standards



WOMEN		EVENT		MEN	
LCM	SCY	SCY	LCM	SCY	LCM
29.49	24.59	50 Freestyle	22.19	25.59	
1:00.69	53.09	100 Freestyle	48.49	55.69	
2:13.09	1:53.79	200 Freestyle	1:46.29	2:01.49	
4:37.69	5:05.09	400/500 Freestyle	4:42.79	4:15.79	
9:34.99	10:30.79	1000/800 Freestyle	9:50.49	8:49.99	
18:16.79	17:25.69	1500/1650 Freestyle	16:30.49	16:56.49	
33.00	29.00	50 Backstroke	26.00	30.00	
1:07.89	58.99	100 Backstroke	53.39	1:02.99	
2:26.99	2:07.19	200 Backstroke	1:54.89	2:14.79	
38.00	33.00	50 Breaststroke	30.00	34.00	
1:17.89	1:07.19	100 Breaststroke	1:00.49	1:10.59	
2:46.39	2:24.39	200 Breaststroke	2:09.69	2:33.59	
33.00	29.00	50 Butterfly	26.00	30.00	
1:06.49	58.19	100 Butterfly	53.09	1:00.29	
2:25.09	2:09.09	200 Butterfly	1:57.59	2:15.29	
2:28.69	2:09.29	200 Individual Medley	1:58.79	2:16.19	
5:20.49	4:33.39	400 Individual Medley	4:14.09	4:49.89	

QUALIFYING PERIOD: January 1, 2021 through March 13, 2023

