

## 2019 LCM CHAMPIONSHIPS Time Standards

Use times achieved from July 12, 2018 until the entry Deadline

GIRLS				LCM EVENT	BOYS			
15-18	13-14	11-12	10&U		10&U	11-12	13-14	15-18
29.59	29.79	31.59	36.99	<b>50 FR</b>	37.49	31.99	28.29	27.19
1:03.49	1:03.39	1:09.49	1:23.39	<b>100 FR</b>	1:24.19	1:10.79	1:00.99	58.69
2:16.69	2:18.99	2:30.89	2:59.99	<b>200 FR</b>	3:00.19	2:33.89	2:12.19	2:06.59
4:46.99	4:48.09	5:16.19	6:04.09	<b>400 FR</b>	5:59.99	5:19.99	4:41.99	4:30.99
9:56.69	9:59.49	10:42.99		<b>800 FR</b>		10:59.99	9:49.79	9:31.99
19:11.99	19:20.99	21:24.99		<b>1500 FR</b>		22:06.39	18:49.99	18:13.99
		37.19	44.49	<b>50 BK</b>	44.69	37.99		
1:12.99	1:12.99	1:20.69	1:37.99	<b>100 BK</b>	1:37.69	1:21.59	1:10.99	1:08.49
2:33.99	2:37.49	2:49.99		<b>200 BK</b>		2:55.99	2:30.99	2:26.79
		42.09	50.09	<b>50 BR</b>	51.59	43.39		
1:22.89	1:21.99	1:31.39	1:51.09	<b>100 BR</b>	1:53.99	1:33.79	1:20.99	1:16.39
3:00.79	2:58.89	3:17.29		<b>200 BR</b>		3:20.89	2:52.79	2:44.89
		34.89	42.79	<b>50 FL</b>	44.29	35.69		
1:10.89	1:10.99	1:17.99	1:46.69	<b>100 FL</b>	1:49.69	1:19.09	1:07.99	1:04.99
2:36.89	2:42.19	3:04.99		<b>200 FL</b>		3:07.59	2:33.99	2:28.29
2:35.49	2:34.29	2:48.49	3:24.89	<b>200 IM</b>	3:24.59	2:52.99	2:29.19	2:24.49
5:29.99	5:32.09	6:06.99		<b>400 IM</b>		6:14.89	5:21.99	5:10.29
			2:30.39	<b>200 FR REL</b>	2:33.39			
04:27.99	4:28.39	4:43.59	5:37.39	<b>400 FR REL</b>	5:40.59	4:46.59	4:19.19	4:14.99
09:30.99	9:33.49			<b>800 FR REL</b>			9:16.99	9:10.99
			2:57.29	<b>200 MED REL</b>	3:01.49			
4:58.99	5:00.79	5:33.09		<b>400 MED REL</b>		5:37.09	4:50.19	4:44.99

### 13/14 & 15/18 BONUS RULES

Make 1 cut get 2 bonus

Make 2 cuts get 1 bonus

Swim 800 or 1500 Free as bonus if qualify in other