



2024 Time Standards

CZ SPEEDO NORTH SECTION SPRING CHAMPIONSHIPS

Qualifying from July 1, 2022 through the Entry Deadline

WOMEN			MEN	
LCM	SCY		SCY	LCM
28.99	25.49	50 Freestyle	22.79	26.19
1:02.29	54.99	100 Freestyle	49.49	57.09
2:14.09	1:58.89	200 Freestyle	1:48.49	2:04.49
4:42.39	5:14.99	400/500 Freestyle	4:52.89	4:22.19
9:41.39	10:48.39	800/1000 Freestyle	10:08.49	9:10.79
18:36.49	18:16.49	1500/1650 Freestyle	17:03.29	17:39.99
1:10.99	1:00.99	100 Backstroke	56.59	1:04.89
2:32.39	2:12.49	200 Backstroke	2:02.39	2:20.79
1:20.49	1:09.99	100 Breaststroke	1:04.09	1:13.29
2:53.79	2:31.99	200 Breaststroke	2:19.59	2:40.79
1:08.59	1:00.09	100 Butterfly	54.49	1:01.99
2:32.89	2:14.09	200 Butterfly	2:03.79	2:20.49
2:32.29	2:13.99	200 Individual Medley	2:01.99	2:20.39
5:24.39	4:43.99	400 Individual Medley	4:23.99	5:01.89
4:25.89	3:47.89	400 Free Relay	3:26.09	3:59.29
9:33.99	8:13.39	800 Free Relay	7:35.79	8:44.29
4:56.99	4:09.69	400 Medley Relay	3:47.99	4:27.89

*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.*