

## 2022 LCM SENIOR TIME STANDARDS

Qualifying Period: January 1, 2020 to entry deadline

SCY	SCM	LCM		LCM	SCM	SCY
24.99	28.09	29.09	<b>50 FR</b>	26.59	25.39	22.69
54.39	1:00.39	1:02.19	<b>100 FR</b>	57.49	55.19	49.39
1:56.19	2:08.79	2:14.19	<b>200 FR</b>	2:04.79	1:59.39	1:47.59
5:10.99	4:31.49	4:43.19	<b>400/ 500 FR</b>	4:27.99	4:15.59	4:50.99
10:45.99	9:23.99	9:44.99	<b>800/ 1000 FR</b>	9:17.99	8:47.99	10:07.99
18:12.99	18:10.99	18:50.99	<b>1500/ 1650 FR</b>	17:45.99	16:53.99	17:06.99
1:00.09	1:07.29	1:10.69	<b>100 BK</b>	1:05.99	1:02.19	54.99
2:09.49	2:24.99	2:31.79	<b>200 BK</b>	2:21.79	2:13.49	1:59.89
1:09.59	1:17.09	1:21.79	<b>100 BR</b>	1:14.99	1:09.39	1:02.59
2:31.29	2:50.69	2:56.99	<b>200 BR</b>	2:44.99	2:34.99	2:17.99
59:89	1:05.99	1:08.89	<b>100 FLY</b>	1:02.39	1:00.49	54.09
2:13.49	2:28.79	2:33.89	<b>200 FLY</b>	2:24.79	2:18.19	2:02.99
2:12.09	2:26.59	2:33.39	<b>200 IM</b>	2:23.89	2:16.59	2:01.99
4:40.99	5:12.99	5:25.09	<b>400 IM</b>	5:02.99	4:49.19	4:18.99
4:08.79	4:36.39	4:49.49	<b>400 MED RELAY</b>	4:31.29	4:20.79	3:54.39
3:42.59	4:06.59	4:17.29	<b>400 FR RELAY</b>	3:57.59	3:46.99	3:26.19
7:57.19	8:45.19	9:16.39	<b>800 FR RELAY</b>	8:40.19	8:18.39	7:33.79

BONUS						
WOMEN				MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
25.39	28.79	29.59	<b>50 FR</b>	27.59	26.19	22.99
55.89	1:02.39	1:03.69	<b>100 FR</b>	58.19	55.99	50.19
1:58.09	2:13.09	2:16.79	<b>200 FR</b>	2:07.69	2:04.09	1:49.99
5:16.09	4:37.49	4:47.09	<b>400/500 FR</b>	4:33.99	4:21.39	4:55.99
1:01.49	1:09.99	1:12.49	<b>100 BK</b>	1:08.99	1:05.29	58.49
2:11.79	2:27.99	2:34.99	<b>200 BK</b>	2:28.99	2:19.59	2:05.29
1:11.49	1:20.49	1:24.49	<b>100 BR</b>	1:17.39	1:11.59	1:04.99
2:34.39	2:53.49	3:01.49	<b>200 BR</b>	2:53.49	2:40.09	2:24.99
1:00.79	1:08.19	1:09.99	<b>100 FLY</b>	1:06.09	1:03.69	56.29
2:16.29	2:33.89	2:41.99	<b>200 FLY</b>	2:28.99	2:22.29	2:06.69
2:14.89	2:31.09	2:36.09	<b>200 IM</b>	2:27.99	2:18.99	2:04.59
4:45.99	5:17.99	5:30.69	<b>400 IM</b>	5:09.09	4:59.69	4:24.99

### BONUS RULES: (time must be in SWIMS)

Qualify in 1 event –get 3 bonus events

Qualify in 2 events –get 2 bonus events

Qualify in 3 or more events –get 1 bonus event

To swim the 800 Free or 1500 as a bonus, you must have qualified in the other