

2023 Region VIII Sectional Championships

Women					Men			
LC Bonus	Long Course Priority	SC Bonus	Short Course Priority	Event	Short Course Priority	SC Bonus	Long Course Priority	LC Bonus
28.59	28.09	25.09	24.59	50 Free	22.09	22.59	25.29	25.79
1:01.99	1:00.99	54.49	53.49	100 Free	48.19	49.19	55.09	56.09
2:14.59	2:12.59	1:58.59	01:57.00	200 Free	1:46.09	1:48.09	2:00.99	2:02.99
4:44.09	4:40.09	5:16.99	5:11.99	500 Free	4:49.99	4:54.99	4:18.79	4:22.79
	9:40.99		10:44.99	1000 Free	10:05.99		9:04.19	
	18:29.99		18.04.99	1650 Free	17:04.99		17:29.99	
1:08.79	1:07.79	1:00.99	59.99	100 Back	54.19	55.19	1:01.39	1:02.39
2:29.39	2:27.39	2:11.89	2:09.89	200 Back	1:57.79	1:59.79	2:13.19	2:15.19
1:18.99	1:17.99	1:09.49	1:08.49	100 Breast	1:00.69	1:01.69	1:09.39	1:10.39
2:50.59	2:48.59	2:30.29	2:28.29	200 Breast	02:12.39	2:14.39	2:30.99	2:32.99
1:08.49	1:07.49	1:00.59	59.59	100 Fly	52.89	53.89	1:00.09	1:01.09
2:33.99	2:31.99	2:14.99	2:12.99	200 Fly	01:59.09	2:01.09	2:14.99	2:16.99
2:31.79	2:29.79	2:14.09	2:12.09	200 IM	01:58.59	2:00.59	2:14.79	2:16.79
5:24.99	5:20.99	4:47.39	4:43.39	400 IM	04:16.89	4:20.89	4:51.59	4:55.59
	1:56.69		1:42.19	200 Fre Relay	1:31.49		1:44.49	
	4:12.99		3:42.19	400 Free Relay	3:18.79		3:52.59	
	9:09.00		8:06.99	800 Free Relay	7:25.89		8:29.99	
	4:43.99*		4:07.39*	200 Med Relay	3:41.99*		4:18.99*	
	4:43.99		4:07.39	400 Med Relay	3:41.99		4:18.99	

*400 Medley Relay Qualifying Standard Required