



2020 TIME STANDARDS

SPEEDO SUMMER CHAMPIONSHIPS

* Qualifying period 6/1/2019 through entry deadline

WOMEN

MEN

SCY	SCM	LCM	19& OVER STANDARDS	LCM	SCM	SCY
22.29	25.69	25.99	50 Freestyle	23.19	22.79	19.79
48.89	55.79	56.29	100 Freestyle	50.49	49.59	43.09
1:45.89	2:00.69	2:01.69	200 Freestyle	1:50.79	1:48.49	1:35.59
4:43.79	4:14.89	4:16.89	400/500 Freestyle	3:57.29	3:53.79	4:19.39
9:48.09	8:47.19	8:48.09	800/1000 Freestyle	8:12.99	8:07.29	9:04.99
16:18.09	16:47.39	16:49.19	1500/1650 Freestyle	15:44.89	15:33.89	15:10.09
53.29	1:01.59	1:02.69	100 Backstroke	56.59	54.89	46.79
1:55.39	2:12.99	2:14.69	200 Backstroke	2:02.99	1:59.89	1:44.79
1:00.69	1:10.19	1:10.99	100 Breaststroke	1:03.29	1:02.49	53.39
2:11.69	2:31.29	2:33.29	200 Breaststroke	2:17.89	2:14.69	1:58.29
52.99	1:00.69	1:00.69	100 Butterfly	54.19	54.09	47.29
1:57.79	2:14.29	2:14.59	200 Butterfly	2:01.19	1:59.29	1:45.09
1:58.29	2:15.69	2:17.39	200 Individual Medley	2:04.09	2:01.49	1:45.19
4:12.09	4:49.29	4:51.79	400 Individual Medley	4:25.99	4:20.79	3:46.99
x	x	3:54.59	4X100 Free Relay	3:32.09	x	x
x	x	8:26.09	4x200 Free Relay	7:45.19	x	x
x	x	4:20.49	4x100 Medley Relay	3:53.59	x	x



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SCY	SCM	LCM	19& OVER BONUS	LCM	SCM	SCY
22.79	26.29	26.59	50 Freestyle	23.99	23.59	20.49
49.69	57.09	57.59	100 Freestyle	51.99	51.09	44.39
1:47.39	2:03.19	2:04.29	200 Freestyle	1:54.29	1:51.89	1:38.39
4:48.09	4:19.39	4:21.39	400/500 Freestyle	4:02.79	3:59.19	4:28.29
9:56.79	8:57.79	8:58.69	800/1000 Freestyle	8:23.09	8:17.29	9:13.19
16:32.59	17:09.49	17:11.29	1500/1650 Freestyle	16:05.09	15:53.89	15:34.19
54.49	1:03.29	1:04.39	100 Backstroke	58.79	56.99	49.69
1:57.69	2:16.49	2:18.29	200 Backstroke	2:06.99	2:03.79	1:47.99
1:02.89	1:12.49	1:13.29	100 Breaststroke	1:06.09	1:05.29	55.79
2:15.49	2:36.19	2:38.29	200 Breaststroke	2:23.29	2:19.99	2:01.19
53.99	1:02.39	1:02.39	100 Butterfly	56.49	56.39	48.99
1:59.39	2:16.69	2:16.99	200 Butterfly	2:05.09	2:03.09	1:47.89
2:00.59	2:19.19	2:20.99	200 Individual Medley	2:08.29	2:05.59	1:48.89
4:15.19	4:54.79	4:57.29	400 Individual Medley	4:33.09	4:27.69	3:52.69



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SCY	SCM	LCM	18& UNDER STANDARDS	LCM	SCM	SCY
22.79	26.29	26.59	50 Freestyle	23.99	23.59	20.49
49.69	57.09	57.59	100 Freestyle	51.99	51.09	44.39
1:47.39	2:03.19	2:04.29	200 Freestyle	1:54.29	1:51.89	1:38.39
4:48.09	4:19.39	4:21.39	400/500 Freestyle	4:02.79	3:59.19	4:28.29
9:56.79	8:57.79	8:58.69	800/1000 Freestyle	8:23.09	8:17.29	9:13.19
16:32.59	17:09.49	17:11.29	1500/1650 Freestyle	16:05.09	15:53.89	15:34.19
54.49	1:03.29	1:04.39	100 Backstroke	58.79	56.99	49.69
1:57.69	2:16.49	2:18.29	200 Backstroke	2:06.99	2:03.79	1:47.99
1:02.89	1:12.49	1:13.29	100 Breaststroke	1:06.09	1:05.29	55.79
2:15.49	2:36.19	2:38.29	200 Breaststroke	2:23.29	2:19.99	2:01.19
53.99	1:02.39	1:02.39	100 Butterfly	56.49	56.39	48.99
1:59.39	2:16.69	2:16.99	200 Butterfly	2:05.09	2:03.09	1:47.89
2:00.59	2:19.19	2:20.99	200 Individual Medley	2:08.29	2:05.59	1:48.89
4:15.19	4:54.79	4:57.29	400 Individual Medley	4:33.09	4:27.69	3:52.69
x	x	3:54.59	4X100 Free Relay	3:32.09	x	x
x	x	8:26.09	4x200 Free Relay	7:45.19	x	x
x	x	4:20.49	4x100 Medley Relay	3:53.59	x	x



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SCY	SCM	LCM	18& UNDER BONUS	LCM	SCM	SCY
23.39	26.59	26.89	50 Freestyle	24.29	23.89	20.79
50.69	57.69	58.19	100 Freestyle	52.89	51.99	45.39
1:49.29	2:03.89	2:04.99	200 Freestyle	1:55.69	1:53.29	1:39.39
4:53.09	4:21.79	4:23.79	400/500 Freestyle	4:05.29	4:01.69	4:30.49
10:03.59	9:02.59	9:03.49	800/1000 Freestyle	8:33.79	8:27.79	9:25.49
16:46.19	17:18.69	17:20.49	1500/1650 Freestyle	16:14.99	16:03.59	15:46.99
55.79	1:04.09	1:05.19	100 Backstroke	58.89	57.09	49.99
2:00.99	2:18.59	2:20.39	200 Backstroke	2:08.99	2:05.79	1:49.99
1:03.19	1:12.99	1:13.79	100 Breaststroke	1:06.99	1:06.19	56.99
2:18.79	2:36.99	2:39.09	200 Breaststroke	2:25.79	2:22.39	2:04.59
55.39	1:02.99	1:02.99	100 Butterfly	57.09	56.99	49.59
2:02.09	2:18.69	2:18.99	200 Butterfly	2:07.69	2:05.69	1:51.59
2:02.69	2:20.29	2:22.09	200 Individual Medley	2:09.79	2:07.09	1:50.79
4:22.39	4:58.49	5:00.99	400 Individual Medley	4:37.29	4:31.89	3:59.09