

Southeastern Swimming Time Standards
LCM Championship Qualifying Times Worksheet

Event	2015 QT	Prop. 2016 QT	Diff.	#15 results faster Prop 16 QT	Total 15 results
10 G 50 Free	37.49	37.49	nc	46	65
10 G 100 Free	1.23.19	1.23.19	nc	47	58
10 G 200 Free	2.58.69	2.58.69	nc	36	38
10 G 400 Free	6.08.59	6.08.59	nc	16	17
10 G 50 Back	44.79	44.79	nc	57	78
10 G 100 Back	1.35.69	1.35.69	nc	42	50
10 G 50 Breast	51.69	51.69	nc	47	57
10 G 100 Breast	1.52.09	1.52.09	nc	35	39
10 G 50 Fly	44.29	44.29	nc	59	71
10 G 100 Fly	1.46.49	1.46.49	nc	49	53
10 G 200 IM	3.17.69	3.17.69	nc	22	24

Event	2015 QT	Prop. 2016 QT	Diff.	#15 results faster Prop 16 QT	Total 15 results
10 B 50 Free	37.89	37.89	nc	45	51
10 B 100 Free	1.25.29	1.25.29	nc	48	52
10 B 200 Free	3.01.69	3.01.69	nc	41	41
10 B 400 Free	6.35.49	6.35.49	nc	22	22
10 B 50 Back	46.69	46.59	-0.1	64	80
10 B 100 Back	1.40.99	1.40.99	nc	53	57
10 B 50 Breast	54.29	54.29	nc	57	66
10 B 100 Breast	1.57.99	1.57.99	nc	50	55
10 B 50 Fly	46.19	46.19	nc	53	62
10 B 100 Fly	1.50.79	1.50.79	nc	34	36
10 B 200 IM	3.33.79	3.33.79	nc	41	43

Event	2015 QT	Prop. 2016 QT	Diff.	#15 results faster Prop 16 QT	Total 15 results
12 G 50 Free	31.89	31.89	nc	33	49
12 G 100 Free	1.11.09	1.11.09	nc	48	61
12 G 200 Free	2.32.49	2.32.49	nc	36	46
12 G 400 Free	5.17.19	5.17.19	nc	22	23
12 G 50 Back	38.09	38.09	nc	42	54
12 G 100 Back	1.21.59	1.21.59	nc	40	48
12 G 50 Breast	43.89	43.89	nc	48	59
12 G 100 Breast	1.36.89	1.36.89	nc	48	58
12 G 50 Fly	35.39	35.39	nc	36	52
12 G 100 Fly	1.23.39	1.23.39	nc	36	42
12 G 200 IM	2.55.59	2.55.59	nc	37	50

Event	2015 QT	Prop. 2016 QT	Diff.	#15 results faster Prop 16 QT	Total 15 results
12 B 50 Free	33.29	33.29	nc	62	77
12 B 100 Free	1.13.89	1.13.49	-0.4	64	73
12 B 200 Free	2.41.29	2.37.39	-3.9	56	69
12 B 400 Free	5.27.49	5.27.49	nc	26	27

12 B 50 Back	40.59	40.59	nc	63	71
12 B 100 Back	1.26.89	1.26.89	nc	58	61
12 B 50 Breast	46.59	46.59	nc	52	64
12 B 100 Breast	1.40.89	1.40.89	nc	41	48
12 B 50 Fly	37.99	37.59	-0.4	64	70
12 B 100 Fly	1.28.09	1.28.09	nc	42	46
12 B 200 IM	3.02.19	3.02.19	nc	48	56

Event	2015 QT	Prop. 2016 QT	Diff.	#15 results faster Prop 16 QT	Total 15 results
14 G 50 Free	29.89	29.69	-0.2	30	53
14 G 100 Free	1.04.79	1.04.59	-0.2	33	52
14 G 200 Free	2.20.09	2.19.39	-0.7	32	46
14 G 400 Free	4.52.99	4.52.99	nc	15	22
14 G 800 Free	10.07.79	10.07.79	nc	11	12
14 G 1500 Free	19.53.19	19.53.19	nc	4	9
14 G 100 Back	1.14.79	1.14.29	-0.5	42	58
14 G 200 Back	2.41.19	2.39.99	-1.2	38	52
14 G 100 Breast	1.27.39	1.24.99	-2.4	33	53
14 G 200 Breast	3.08.09	3.05.59	-2.5	32	46
14 G 100 Fly	1.11.59	1.10.99	-0.6	32	48
14 G 200 Fly	2.50.89	2.46.29	-4.6	29	46
14 G 200 IM	2.38.49	2.38.39	-0.1	29	43
14 G 400 IM	5.43.79	5.38.59	-5.2	20	30

Event	2015 QT	Prop. 2016 QT	Diff.	#15 results faster Prop 16 QT	Total 15 results
14 B 50 Free	28.49	28.49	nc	22	30
14 B 100 Free	1.02.09	1.02.09	nc	27	32
14 B 200 Free	2.16.09	2.16.09	nc	34	36
14 B 400 Free	4.46.99	4.46.99	nc	26	27
14 B 800 Free	9.59.59	9.59.59	nc	19	19
14 B 1500 Free	18.51.19	18.51.19	nc	15	15
14 B 100 Back	1.13.09	1.12.59	-0.5	33	45
14 B 200 Back	2.37.09	2.35.69	-1.4	34	41
14 B 100 Breast	1.26.09	1.22.19	-3.9	34	45
14 B 200 Breast	3.07.29	3.01.19	-6.1	32	40
14 B 100 Fly	1.09.69	1.09.69	nc	20	24
14 B 200 Fly	2.44.99	2.44.99	nc	24	25
14 B 200 IM	2.34.99	2.34.99	nc	32	34
14 B 400 IM	5.28.09	5.28.09	nc	18	20

Event	2015 QT	Prop. 2016 QT	Diff.	#15 results faster Prop 16 QT	Total 15 results
SR G 50 Free	29.79	29.49	-0.3	86	110
SR G 100 Free	1.03.99	1.03.69	-0.3	66	87
SR G 200 Free	2.18.49	2.16.59	-1.9	64	83
SR G 400 Free	4.51.19	4.51.19	nc	36	44
SR G 800 Free	9.57.49	9.57.49	nc	13	20
SR G 1500 Free	18.53.29	18.53.29	nc	12	19

SR G 100 Back	1.14.19	1.13.79	-0.4	62	71
SR G 200 Back	2.40.29	2.39.29	-1	48	56
SR G 100 Breast	1.27.39	1.27.39	nc	69	71
SR G 200 Breast	3.08.09	3.06.39	-1.7	49	54
SR G 100 Fly	1.12.89	1.12.89	nc	81	85
SR G 200 Fly	2.50.19	2.50.19	nc	49	53
SR G 200 IM	2.37.89	2.36.29	-1.6	60	76
SR G 400 IM	5.43.79	5.39.09	-4.7	45	48

Event	2015 QT	Prop. 2016 QT	Diff.	#15 results faster Prop 16 QT	Total 15 results
SR B 50 Free	26.69	26.59	-0.1	61	76
SR B 100 Free	57.69	57.09	-0.6	62	78
SR B 200 Free	2.03.89	2.03.39	-0.5	49	67
SR B 400 Free	4.27.89	4.27.89	nc	39	44
SR B 800 Free	9.10.99	9.10.99	nc	23	28
SR B 1500 Free	18.17.39	18.17.39	nc	28	30
SR B 100 Back	1.07.79	1.07.79	nc	54	55
SR B 200 Back	2.25.49	2.25.49	nc	42	43
SR B 100 Breast	1.18.09	1.18.09	nc	55	56
SR B 200 Breast	2.50.79	2.50.79	nc	42	45
SR B 100 Fly	1.03.79	1.03.09	-0.7	64	83
SR B 200 Fly	2.27.99	2.25.29	-2.7	56	61
SR B 200 IM	2.23.89	2.23.29	-0.6	48	59
SR B 400 IM	5.16.99	5.06.59	-10.4	47	56

LCM		2016 Southeastern Time Standards - LCM					proposed	
		BOYS			Event	Senior	GIRLS	
10 & u	11-12	13-14	Senior		Senior	13-14	11-12	10 & u
:37.89	:33.29	:28.49	: 26.59	50 FREE	: 29.49	: 29.69	:31.89	:37.49
1:25.29	1:13.49	1:02.09	: 57.09	100 FREE	1:03.69	1:04.59	1:11.09	1:23.19
3:01.69	2:37.39	2:16.09	2:03.39	200 FREE	2:16.59	2:19.39	2:32.49	2:58.69
6:35.49	5:27.49	4:46.99	4:27.89	400 FREE	4:51.19	4:52.99	5:17.19	6:08.59
	5:27.49	9:59.59	9:10.99	800 FREE	9:57.49	10:07.79	5:17.19	
		18:51.19	18:17.39	1500 FREE	18:53.29	19:53.19		
:46.59	:40.59			50 BACK			:38.09	:44.79
1:40.99	1:26.89	1:12.59	1:07.79	100 BACK	1:13.79	1:14.29	1:21.59	1:35.69
		2:35.69	2:25.49	200 BACK	2:39.29	2:39.99		
:54.29	:46.59			50 BREAST			:43.89	:51.69
1:57.99	1:40.89	1:22.19	1:18.09	100 BREAST	1:27.39	1:24.99	1:36.89	1:52.09
		3:01.19	2:50.79	200 BREAST	3:06.39	3:05.59		
:46.19	: 37.59			50 FLY			:35.39	:44.29
1:50.79	1:28.09	1:09.69	1:03.09	100 FLY	1:12.89	1:10.99	1:23.39	1:46.49
		2:44.99	2:25.29	200 FLY	2:50.19	2:46.29		
3:33.79	3:02.19	2:34.99	2:23.29	200 IM	2:36.29	2:38.39	2:55.59	3:17.69
		5:28.09	5:06.59	400 IM	5:39.09	5:38.59		

If we adopt 32nd place formula for Senior Girls 400 Free, new cut would be 4:46.49

If we adopt 32nd place formula for Senior Girls 400 IM, new cut would be 5:30.99

If we adopt 32nd place formula for Senior Boys 400 Free, new cut would be 4:21.79

If we adopt 32nd place formula for Senior Boys 400 IM, new cut would be 5:00.79

This would allow the 13-14 Girls 400 IM cut to become 5:38.59