

2023 Pacific Northwest Spring Speedo Sectional Time Standards

March 9-12, 2023 in Federal Way, WA

Qualifying Time Period: December 1, 2021 - close of entries

| Women | | | | Men | | |
|--------------------|---------------------|--------------------|-----------|--------------------|---------------------|--------------------|
| Short Course Yards | Short Course Meters | Long Course Meters | | Short Course Yards | Short Course Meters | Long Course Meters |
| 24.99 | 27.76 | 28.44 | 50 Fr | 22.41 | 24.72 | 25.79 |
| 53.71 | 59.04 | 1:01.26 | 100 Fr | 48.46 | 53.27 | 55.89 |
| 1:56.22 | 2:07.92 | 2:12.75 | 200 Fr | 1:45.84 | 1:56.48 | 2:02.20 |
| 5:13.17 | 4:29.34 | 4:43.21 | 4/500 Fr | 4:49.98 | 4:10.18 | 4:23.21 |
| 10:52.09 | 9:27.35 | 9:48.19 | 8/1000 Fr | 10:10.58 | 8:53.74 | 9:19.51 |
| 18:19.78 | 18:07.11 | 18:54.49 | 1500/1650 | 17:13.16 | 16:53.43 | 17:45.59 |
| 59.50 | 1:06.33 | 1:09.54 | 100 Bk | 54.42 | 1:00.66 | 1:04.26 |
| 2:07.80 | 2:22.78 | 2:29.20 | 200 Bk | 1:58.45 | 2:12.65 | 2:20.40 |
| 1:08.46 | 1:15.15 | 1:20.46 | 100 Br | 1:01.53 | 1:07.35 | 1:13.70 |
| 2:29.07 | 2:43.68 | 2:54.86 | 200 Br | 2:15.19 | 2:27.80 | 2:40.88 |
| 58.86 | 1:04.55 | 1:06.87 | 100 Fly | 53.46 | 59.43 | 1:00.97 |
| 2:12.26 | 2:26.43 | 2:32.74 | 200 Fly | 2:00.94 | 2:14.37 | 2:20.25 |
| 2:11.81 | 2:25.85 | 2:32.19 | 200 IM | 1:59.85 | 2:12.30 | 2:19.28 |
| 4:39.34 | 5:07.75 | 5:21.68 | 400 IM | 4:18.37 | 4:45.76 | 5:00.19 |
| 1.44.69 | 1:56.89 | 1:59.29 | 200 FR | 1:32.99 | 1:43.78 | 1:46.89 |
| 3:49.09 | 4:12.14 | 4:17.29 | 400 FR | 3:25.49 | 3:46.85 | 3:54.59 |
| 8:14.49 | 9:10.46 | 9:21.69 | 800 FR | 7:38.69 | 8:26.70 | 8:43.99 |
| 1.56.29 | 2:10.99 | 2:13.39 | 200 MR | 1.44.69 | 1.55.50 | 1.59.69 |
| 4.09.49 | 4.44.93 | 4.48.39 | 400 MR | 3.47.49 | 4.15.75 | 4.23.39 |

2023 Four Corners Spring Speedo Sectional Time Standards

March 23-26, 2023 in Austin, TX

Qualifying Time Period: December 1, 2021 - close of entries

| Women | | | | Men | | |
|--------------------|---------------------|--------------------|-----------|--------------------|---------------------|--------------------|
| Short Course Yards | Short Course Meters | Long Course Meters | | Short Course Yards | Short Course Meters | Long Course Meters |
| 24.99 | 27.76 | 28.44 | 50 Fr | 22.41 | 24.72 | 25.79 |
| 53.71 | 59.04 | 1:01.26 | 100 Fr | 48.46 | 53.27 | 55.89 |
| 1:56.22 | 2:07.92 | 2:12.75 | 200 Fr | 1:45.84 | 1:56.48 | 2:02.20 |
| 5:13.17 | 4:29.34 | 4:43.21 | 4/500 Fr | 4:49.98 | 4:10.18 | 4:23.21 |
| 10:52.09 | 9:27.35 | 9:48.19 | 8/1000 Fr | 10:10.58 | 8:53.74 | 9:19.51 |
| 18:19.78 | 18:07.11 | 18:54.49 | 1500/1650 | 17:13.16 | 16:53.43 | 17:45.59 |
| 59.50 | 1:06.33 | 1:09.54 | 100 Bk | 54.42 | 1:00.66 | 1:04.26 |
| 2:07.80 | 2:22.78 | 2:29.20 | 200 Bk | 1:58.45 | 2:12.65 | 2:20.40 |
| 1:08.46 | 1:15.15 | 1:20.46 | 100 Br | 1:01.53 | 1:07.35 | 1:13.70 |
| 2:29.07 | 2:43.68 | 2:54.86 | 200 Br | 2:15.19 | 2:27.80 | 2:40.88 |
| 58.86 | 1:04.55 | 1:06.87 | 100 Fly | 53.46 | 59.43 | 1:00.97 |
| 2:12.26 | 2:26.43 | 2:32.74 | 200 Fly | 2:00.94 | 2:14.37 | 2:20.25 |
| 2:11.81 | 2:25.85 | 2:32.19 | 200 IM | 1:59.85 | 2:12.30 | 2:19.28 |
| 4:39.34 | 5:07.75 | 5:21.68 | 400 IM | 4:18.37 | 4:45.76 | 5:00.19 |
| 1.44.69 | 1.56.89 | 1.59.29 | 200 FR | 1.32.99 | 1.43.78 | 1.46.89 |
| 3.49.09 | 4.12.14 | 4.17.29 | 400 FR | 3.25.49 | 3.46.85 | 3.54.59 |
| 8.14.49 | 9.10.46 | 9.21.69 | 800 FR | 7.38.69 | 8.26.70 | 8.43.99 |
| 1.56.29 | 2.10.99 | 2.13.39 | 200 MR | 1.44.69 | 1.55.50 | 1.59.69 |
| 4.09.49 | 4.44.93 | 4.48.39 | 400 MR | 3.47.49 | 4.15.75 | 4.23.39 |

2023 Western Region Summer Speedo Sectional Time Standards

July 13-16, 2023 in Boise, ID

Qualifying Time Period: June 1, 2022 - close of entries

| Women | | | | Men | | |
|--------------------|---------------------|--------------------|-----------|--------------------|---------------------|--------------------|
| Short Course Yards | Short Course Meters | Long Course Meters | | Short Course Yards | Short Course Meters | Long Course Meters |
| 24.55 | 27.30 | 28.14 | 50 Fr | 22.05 | 24.35 | 25.49 |
| 53.09 | 58.20 | 1:00.69 | 100 Fr | 47.70 | 52.60 | 55.29 |
| 1:54.86 | 2:06.54 | 2:11.55 | 200 Fr | 1:44.33 | 1:55.49 | 2:01.00 |
| 5:09.03 | 4:26.82 | 4:39.11 | 4/500 Fr | 4:45.94 | 4:07.51 | 4:20.00 |
| 10:46.09 | 9:22.55 | 9:42.19 | 8/1000 Fr | 10:03.86 | 8:48.32 | 9:12.79 |
| 18:09.88 | 17:58.11 | 18:44.59 | 1500/1650 | 17:03.26 | 16:44.43 | 17:36.59 |
| 58.99 | 1:05.55 | 1:08.94 | 100 Bk | 53.55 | 59.47 | 1:03.66 |
| 2:07.19 | 2:21.52 | 2:28.00 | 200 Bk | 1:56.75 | 2:10.89 | 2:19.00 |
| 1:07.46 | 1:14.11 | 1:19.63 | 100 Br | 59.79 | 1:05.11 | 1:12.09 |
| 2:27.11 | 2:41.52 | 2:53.49 | 200 Br | 2:11.63 | 2:23.36 | 2:38.50 |
| 58.19 | 1:03.73 | 1:06.27 | 100 Fly | 52.61 | 58:61 | 1:00.36 |
| 2:10.19 | 2:24.26 | 2:31.16 | 200 Fly | 1:58.81 | 2:11.94 | 2:19.05 |
| 2:09.73 | 2:23.08 | 2:30.51 | 200 IM | 1:57.77 | 2:10.12 | 2:17.70 |
| 4:36.50 | 5:04.87 | 5:18.84 | 400 IM | 4:13.34 | 4:40.45 | 4:57.79 |
| 1.44.69 | 1.56.89 | 1.59.29 | 200 FR | 1.32.99 | 1.43.78 | 1.46.89 |
| 3.49.09 | 4.12.14 | 4.17.29 | 400 FR | 3.25.49 | 3.46.85 | 3.54.59 |
| 8.14.49 | 9.10.46 | 9.21.69 | 800 FR | 7.38.69 | 8.26.70 | 8.43.99 |
| 1.56.29 | 2.10.99 | 2.13.39 | 200 MR | 1.44.69 | 1.55.50 | 1.59.69 |
| 4.09.49 | 4.44.93 | 4.48.39 | 400 MR | 3.47.49 | 4.15.75 | 4.23.39 |