



JUNIOR NATIONAL CHAMPIONSHIP CUP
MARCH 26-30, 2019

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.79	27.29	24.49	50 Freestyle	21.79	24.39	24.99
59.69	59.39	52.79	100 Freestyle	47.59	52.89	54.49
2:09.29	2:06.59	1:54.29	200 Freestyle	1:43.79	1:54.99	1:58.59
4:29.19	4:21.89	5:01.99	500 Freestyle	4:40.09	4:05.89	4:11.19
9:04.69	8:52.79	10:14.99	1000 Freestyle	9:39.69	8:21.29	8:38.49
17:31.79	17:02.69	17:15.99	1650 Freestyle	16:15.69	16:03.19	16:40.69
100 Back Qualifying/Entry Times			50 Backstroke	100 Back Qualifying/Entry Times		
1:07.09	1:05.09	58.59	100 Backstroke	53.19	59.09	1:02.19
2:24.39	2:20.59	2:06.59	200 Backstroke	1:54.99	2:07.79	2:12.29
100 Breast Qualifying/Entry Times			50 Breaststroke	100 Breast Qualifying/Entry Times		
1:16.09	1:14.49	1:06.99	100 Breaststroke	59.99	1:06.59	1:09.29
2:43.19	2:41.09	2:24.89	200 Breaststroke	2:09.99	2:24.29	2:29.79
100 Fly Qualifying/Entry Times			50 Butterfly	100 Fly Qualifying/Entry Times		
1:05.59	1:04.69	58.19	100 Butterfly	52.29	58.29	59.59
2:23.29	2:21.89	2:07.69	200 Butterfly	1:55.49	2:08.69	2:11.79
200 IM Qualifying/Entry Times			100 Individual Medley	200 IM Qualifying/Entry Times		
2:27.99	2:24.09	2:09.79	200 Individual Medley	1:57.39	2:10.39	2:15.39
5:09.29	5:00.69	4:30.89	400 Individual Medley	4:08.99	4:36.59	4:47.89
400 FR Relay Qualifying/Entry Times			200 Freestyle Relay	400 FR Relay Qualifying/Entry Times		
4:01.99	3:57.79	3:33.89	400 Freestyle Relay	3:13.79	3:35.29	3:40.99
8:43.49	8:32.69	7:42.79	800 Freestyle Relay	7:06.79	7:52.89	8:07.79
400 MED Relay Qualifying/Entry Times			200 Medley Relay	400 MED Relay Qualifying/Entry Times		
4:38.89	4:26.29	3:59.89	<u>400 Medley Relay</u>	3:37.29	4:01.39	4:11.19
		4:09.59	*400 Mixed Medley	4:09.59		

Note: Two boys & two girls, any order

QUALIFYING PERIOD: September 1, 2017 through March 6, 2019

ENTRY TIMES FOR 50's FLY/BACK/BREAST: Must be correlating 100 time for the stroke

BONUS EVENTS: MAKE 1-2 CUTS, ADD 3 BONUS EVENTS. MAKE 3 OR MORE CUTS, ADD 2 BONUS EVENTS.