

**2022-2023 Men LCM Eastern/Western - Minimal Qualifying Standard**

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	01:54.48	01:21.81	01:08.15	00:53.71	00:45.24	00:39.20	00:37.43	00:35.80	00:33.95	00:31.84	00:35.59	00:33.50	00:31.94	00:31.81
100	Freestyle	04:15.69	03:01.81	02:33.41	02:02.09	01:40.88	01:29.35	01:22.95	01:17.24	01:13.30	01:09.10	01:16.70	01:12.44	01:08.19	01:09.31
200	Freestyle	09:33.86	06:50.17	05:54.62	04:31.54	03:47.79									02:31.61
400	Freestyle						07:03.09	06:26.22	06:02.81	05:37.25	05:25.56	06:44.70	05:29.55	05:43.26	
50	Backstroke	02:06.90	01:33.19	01:13.82	01:05.84	00:52.60									
100	Backstroke	04:23.22	03:20.23				01:46.18	01:39.43	01:30.98	01:22.93	01:19.80	01:38.69	01:26.22	01:20.72	01:20.50
50	Breaststroke	04:21.36	04:07.96	01:10.50											
100	Breaststroke				02:27.74	02:16.00	01:50.70	01:48.14	01:38.54	01:31.85		01:46.93	01:35.21	01:32.68	01:27.70
50	Butterfly	01:16.97	01:08.19	01:01.94	00:55.69	00:50.76	00:43.70	00:41.12							
100	Butterfly								01:23.05	01:20.10	01:16.21	01:40.28	01:20.10	01:16.15	01:14.84
150	Medley	12:52.72	10:36.36	05:53.71	03:57.14										
200	Medley					05:51.44	03:52.27	03:34.24	03:13.23	03:03.12	02:53.70	03:32.40	03:01.81	02:56.86	02:52.10

**2022-2023 Men LCM Eastern/Western - Minimal Entry Standard**

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	02:08.21	01:31.63	01:16.33	01:00.16	00:50.67	00:43.90	00:41.92	00:40.10	00:38.02	00:35.66	00:39.86	00:37.52	00:35.77	00:35.63
100	Freestyle	04:46.37	03:23.63	02:51.82	02:16.74	01:52.98	01:40.07	01:32.90	01:26.51	01:22.10	01:17.39	01:25.90	01:21.13	01:16.37	01:17.63
200	Freestyle	10:42.73	07:39.40	06:37.18	05:04.12	04:15.12									02:49.81
400	Freestyle						07:53.86	07:12.57	06:46.35	06:17.72	06:04.63	07:33.26	06:09.10	06:24.45	
50	Backstroke	02:22.13	01:44.37	01:22.68	01:13.74	00:58.91									
100	Backstroke	04:54.81	03:44.25				01:58.92	01:51.36	01:41.89	01:32.88	01:29.38	01:50.53	01:36.57	01:30.41	01:30.16
50	Breaststroke	04:52.73	04:37.72	01:18.96											
100	Breaststroke				02:45.47	02:32.32	02:03.98	02:01.11	01:50.36	01:42.87		01:59.76	01:46.64	01:43.80	01:38.22
50	Butterfly	01:26.21	01:16.37	01:09.37	01:02.37	00:56.85	00:48.94	00:46.06							
100	Butterfly								01:33.02	01:29.71	01:25.36	01:52.31	01:29.71	01:25.29	01:23.82
150	Medley	14:25.45	11:52.73	06:36.16	04:25.59										
200	Medley					06:33.61	04:20.15	03:59.95	03:36.41	03:25.10	03:14.54	03:57.89	03:23.63	03:18.09	03:12.75

**2022-2023 Women LCM Eastern/Western - Minimal Qualifying Standard**

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	02:27.73	01:41.98	01:20.69	00:59.80	00:53.41	00:47.22	00:44.60	00:42.01	00:38.72	00:36.24	00:42.15	00:39.20	00:36.10	00:36.36
100	Freestyle	05:18.19	03:41.59	03:12.22	02:27.73	01:58.58	01:45.95	01:37.48	01:29.78	01:22.40	01:18.89	01:34.35	01:25.06	01:18.97	01:19.55
200	Freestyle	11:38.86	07:57.28	07:06.98	06:09.31	04:27.18									02:52.76
400	Freestyle						07:24.90	07:13.49	06:42.29	06:20.09	06:01.42	07:26.98	06:54.78	06:13.78	
50	Backstroke	02:50.45	02:10.67	01:33.39	01:18.92	01:03.85									
100	Backstroke	05:40.91	04:29.70				01:58.44	01:53.22	01:44.99	01:35.31	01:33.15	01:50.34	01:42.46	01:31.29	01:33.22
50	Breaststroke	03:24.55	01:59.31	01:26.15											
100	Breaststroke				03:00.61	02:29.48	02:17.20	02:11.78	01:55.61	01:45.85		02:06.39	01:54.39	01:47.09	01:47.60
50	Butterfly	02:44.77	02:27.73	01:47.95	01:30.91	01:10.74	00:53.11	00:50.31							
100	Butterfly								01:41.90	01:30.86	01:27.94	01:47.95	01:38.86	01:33.22	01:29.98
150	Medley	10:47.72	09:05.45	05:40.91	04:39.44										
200	Medley					05:51.44	04:15.34	04:12.70	03:53.88	03:28.16	03:16.15	03:58.06	03:41.59	03:20.60	03:21.66

**2022-2023 Women LCM Eastern/Western - Minimal Entry Standard**

Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	02:45.45	01:54.21	01:30.37	01:06.98	00:59.82	00:52.89	00:49.95	00:47.05	00:43.37	00:40.59	00:47.21	00:43.90	00:40.43	00:40.73
100	Freestyle	05:56.37	04:08.18	03:35.29	02:45.45	02:12.80	01:58.66	01:49.17	01:40.55	01:32.29	01:28.35	01:45.67	01:35.27	01:28.45	01:29.10
200	Freestyle	13:02.73	08:54.55	07:58.21	06:53.63	04:59.24									03:13.49
400	Freestyle						08:18.29	08:05.51	07:30.56	07:05.70	06:44.80	08:20.61	07:44.55	06:58.63	
50	Backstroke	03:10.90	02:26.36	01:44.59	01:28.40	01:11.51									
100	Backstroke	06:21.82	05:02.06				02:12.65	02:06.81	01:57.59	01:46.75	01:44.33	02:03.58	01:54.76	01:42.24	01:44.41
50	Breaststroke	03:49.10	02:13.63	01:36.49											
100	Breaststroke				03:22.29	02:47.41	02:33.66	02:27.59	02:09.49	01:58.55		02:21.55	02:08.11	01:59.94	02:00.51
50	Butterfly	03:04.55	02:45.45	02:00.90	01:41.82	01:19.23	00:59.49	00:56.35							
100	Butterfly								01:54.13	01:41.77	01:38.49	02:00.90	01:50.73	01:44.41	01:40.77
150	Medley	12:05.45	10:10.90	06:21.82	05:12.97										
200	Medley					06:33.61	04:45.98	04:43.02	04:21.94	03:53.14	03:39.69	04:26.63	04:08.18	03:44.67	03:45.86