

				2023-2	2024 LCM M	en Ken Demo	huk Invitati	onal - Minin	nal Qualifyin	g Standard [MQS]				
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:32.90	01:40.64	01:19.73	01:11.10	00:56.81									
100	Backstroke	05:16.73	03:36.25				01:54.67	01:47.38	01:36.68	01:29.56	01:25.05	01:46.58	01:33.13	01:27.19	01:25.24
50	Breaststroke	04:42.27	04:27.80	01:16.14											
100	Breaststroke				02:39.56	02:26.88	01:59.55	01:56.79	01:46.42	01:39.20		01:55.48	01:42.83	01:38.13	01:34.71
50	Butterfly		01:13.64	01:06.89	01:00.14	00:54.82	00:47.19	00:44.41							
100	Butterfly								01:29.70	01:23.92	01:22.19	01:48.29	01:25.60	01:20.53	01:19.24
50	Freestyle	02:03.64	01:50.27	01:13.60	00:58.01	00:48.86	00:44.89	00:40.42	00:38.20	00:35.55	00:33.71	00:38.43	00:34.28	00:33.81	00:33.71
100	Freestyle	04:36.14	04:02.89	02:45.69	02:11.85	01:48.94	01:36.50	01:30.49	01:23.42	01:19.02	01:13.23	01:30.44	01:18.23	01:14.99	01:13.39
200	Freestyle	10:19.77	07:22.99	06:22.99	04:53.26	04:06.01									02:40.53
400	Freestyle						07:36.93	06:57.13	06:24.16	06:01.52	05:44.72	07:17.07	07:09.82	06:03.46	
150	Medley	13:54.55	11:27.27	06:22.01	04:16.11										
200	Medley					06:19.55	04:10.85	03:51.38	03:24.10	03:14.92	03:03.92	03:49.39	03:50.77	03:07.26	03:02.23

				2023-20	24 LCM Wor	nen Ken Der	nchuk Invita	tional - Min	imal Qualify	ing Standard	[MQS]				
Distance	Stroke	S/SB/SM 1	S/SB/SM 2									S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:04.08	02:33.34	01:40.86	01:25.24	01:08.96									
100	Backstroke	06:08.19	04:52.86				02:07.91	02:01.58	01:51.51	01:42.94	01:38.63	02:00.27	01:50.66	01:36.65	01:38.71
50	Breaststroke	03:40.92	02:08.86	01:32.33											
100	Breaststroke				03:15.06	02:40.93	02:28.17	02:21.81	02:04.86	01:54.32		02:16.50	02:03.54	01:53.39	01:53.93
50	Butterfly			01:56.58	01:38.19	01:16.40	00:57.36	00:54.34							
100	Butterfly								01:47.89	01:38.13	01:33.41	01:56.58	01:48.02	01:38.71	01:35.27
50	Freestyle	02:39.55	01:50.14	01:49.78	01:04.59	01:01.14	00:51.01	00:48.78	00:44.48	00:40.35	00:38.38	00:45.52	00:41.85	00:38.22	00:38.22
100	Freestyle	05:43.64	03:59.31	03:27.61	02:39.55	02:08.06	01:52.57	01:45.28	01:38.81	01:27.15	01:25.20	01:41.90	01:31.87	01:27.34	01:24.23
200	Freestyle		08:35.45	07:41.14	06:38.86	04:48.55									03:02.92
400	Freestyle						08:00.49	07:48.17	07:05.87	06:42.44	06:23.09	08:02.64	08:44.15	06:35.76	
150	Medley		09:49.08	06:08.19	05:01.79										
200	Medley					06:19.55	04:35.76	04:32.91	04:07.63	03:40.40	03:31.00	04:17.11	04:14.07	03:32.40	03:32.92

				2023-2	2024 SCM M	en Ken Demo	chuk Invitati	onal - Minin	nal Qualifyin	g Standard [MQS]				
Distance	Stroke	S/SB/SM 1	S/SB/SM 2									S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	02:35.96	01:42.65	01:21.32	01:12.52	00:57.95									
100	Backstroke	05:23.06	03:40.58				01:54.67	01:47.38	01:34.78	01:27.80	01:23.38	01:48.71	01:33.13	01:25.48	01:23.57
50	Breaststroke	04:47.92	04:33.16	01:17.66											
100	Breaststroke				02:42.75	02:29.82	01:59.55	01:56.79	01:44.33	01:37.25		01:57.79	01:42.83	01:36.21	01:32.85
50	Butterfly		01:15.11	01:08.23	01:01.34	00:55.92	00:47.19	00:44.41							
100	Butterfly								01:27.94	01:22.27	01:20.58	01:50.46	01:25.60	01:18.95	01:17.69
50	Freestyle	02:06.11	01:52.48	01:15.07	00:59.17	00:49.84	00:44.89	00:40.42	00:37.45	00:34.85	00:33.05	00:39.20	00:34.28	00:33.15	00:33.05
100	Freestyle	04:41.66	04:07.75	02:49.00	02:14.49	01:51.12	01:36.50	01:30.49	01:21.78	01:17.47	01:11.79	01:32.25	01:18.23	01:13.52	01:11.95
200	Freestyle	10:32.17	07:31.85	06:30.65	04:59.13	04:10.93									02:37.38
400	Freestyle						07:36.93	06:57.13	06:16.63	05:54.43	05:37.96	07:25.81	07:09.82	05:56.33	
150	Medley	14:11.24	11:41.02	06:29.65	04:21.23										
200	Medley					06:27.14	04:10.85	03:51.38	03:20.10	03:11.10	03:00.31	03:53.98	03:50.77	03:03.59	02:58.66

				2023-20	24 SCM Wor	nen Ken Der	nchuk Invita	tional - Min	imal Qualify	ing Standard	I [MQS]				
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:07.76	02:36.41	01:42.88	01:26.94	01:10.34									
100	Backstroke	06:15.55	04:58.72				02:07.91	02:01.58	01:49.32	01:40.92	01:36.70	02:02.68	01:50.66	01:34.75	01:36.77
50	Breaststroke	03:45.34	02:11.44	01:34.18											
100	Breaststroke				03:18.96	02:44.15	02:28.17	02:21.81	02:02.41	01:52.08		02:19.23	02:03.54	01:51.17	01:51.70
50	Butterfly			01:58.91	01:40.15	01:17.93	00:57.36	00:54.34							
100	Butterfly								01:45.77	01:36.21	01:31.58	01:58.91	01:48.02	01:36.77	01:33.40
50	Freestyle	02:42.74	01:52.34	01:51.98	01:05.88	01:02.36	00:51.01	00:48.78	00:43.61	00:39.56	00:37.63	00:46.43	00:41.85	00:37.47	00:37.47
100	Freestyle	05:50.51	04:04.10	03:31.76	02:42.74	02:10.62	01:52.57	01:45.28	01:36.87	01:25.44	01:23.53	01:43.94	01:31.87	01:25.63	01:22.58
200	Freestyle		08:45.76	07:50.36	06:46.84	04:54.32									02:59.33
400	Freestyle						08:00.49	07:48.17	06:57.52	06:34.55	06:15.58	08:12.29	08:44.15	06:28.00	
150	Medley		10:00.86	06:15.55	05:07.83										
200	Medley					06:27.14	04:35.76	04:32.91	04:02.77	03:36.08	03:26.86	04:22.25	04:14.07	03:28.24	03:28.75

											_				
				2	023-2024 LC	M Men Ken I	Demchuk Inv	vitational - N	/linimal Entr	y Time [MET]				
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:01.22	01:59.28	01:34.50	01:24.27	01:07.33									
100	Backstroke	06:15.39	04:16.29				02:15.90	02:07.26	01:54.59	01:46.14	01:40.80	02:06.32	01:50.37	01:43.33	01:41.02
50	Breaststroke	05:34.54	05:17.40	01:30.24											
100	Breaststroke				03:09.11	02:54.08	02:21.69	02:18.42	02:06.12	01:57.57		02:16.86	02:01.88	01:56.30	01:52.25
50	Butterfly		01:27.28	01:19.28	01:11.28	01:04.97	00:55.93	00:52.63							
100	Butterfly								01:46.31	01:39.46	01:37.41	02:08.35	01:41.45	01:35.44	01:33.91
50	Freestyle	02:26.53	02:10.69	01:27.23	01:08.76	00:57.91	00:53.20	00:47.90	00:45.27	00:42.13	00:39.96	00:45.55	00:40.63	00:40.07	00:39.96
100	Freestyle	05:27.28	04:47.87	03:16.37	02:36.27	02:09.11	01:54.37	01:47.24	01:38.87	01:33.65	01:26.79	01:47.19	01:32.72	01:28.88	01:26.98
200	Freestyle	12:14.54	08:45.02	07:33.91	05:47.56	04:51.56									03:10.26
400	Freestyle						09:01.55	08:14.37	07:35.30	07:08.47	06:48.56	08:38.01	08:29.41	07:10.76	
150	Medley	16:29.09	13:34.54	07:32.76	05:03.54										
200	Medley					07:29.84	04:57.31	04:34.23	04:01.89	03:51.01	03:37.98	04:31.87	04:33.50	03:41.94	03:35.97

	2023-2024 LCM Women Ken Demchuk Invitational - Minimal Entry Time [MET]														
Distance	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/SM 10 S/SB/SM 11 S/SB/SM 12 S/SB/SM 13 S/SB/SM 14														
50	Backstroke	03:38.17	03:01.73	01:59.54	01:41.02	01:21.73									

100	Backstroke	07:16.37	05:47.09				02:31.60	02:24.10	02:12.16	02:02.00	01:56.90	02:22.54	02:11.16	01:54.55	01:56.99
50	Breaststroke	04:21.83	02:32.72	01:49.43											
100	Breaststroke				03:51.18	03:10.73	02:55.61	02:48.07	02:27.98	02:15.49		02:41.78	02:26.42	02:14.39	02:15.03
50	Butterfly			02:18.17	01:56.37	01:30.55	01:07.98	01:04.40							
100	Butterfly								02:07.87	01:56.30	01:50.71	02:18.17	02:08.03	01:56.99	01:52.92
50	Freestyle	03:09.09	02:10.53	02:10.11	01:16.55	01:12.46	01:00.45	00:57.81	00:52.72	00:47.82	00:45.48	00:53.95	00:49.60	00:45.30	00:45.30
100	Freestyle	06:47.28	04:43.63	04:06.05	03:09.09	02:31.78	02:13.41	02:04.77	01:57.11	01:43.29	01:40.98	02:00.77	01:48.88	01:43.51	01:39.83
200	Freestyle		10:10.91	09:06.53	07:52.72	05:41.98									03:36.79
400	Freestyle						09:29.47	09:14.87	08:24.74	07:56.97	07:34.04	09:32.02	10:21.22	07:49.05	
150	Medley		11:38.17	07:16.37	05:57.68										
200	Medley					07:29.84	05:26.83	05:23.45	04:53.48	04:21.22	04:10.07	05:04.72	05:01.12	04:11.73	04:12.35

				2	023-2024 SC	M Men Ken	Demchuk Inv	vitational - N	Ainimal Entr	v Time [MET	1				
Distance	Stroke	S/SB/SM 1	S/SB/SM 2							_		S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:04.84	02:01.67	01:36.39	01:25.96	01:08.68									
100	Backstroke	06:22.90	04:21.42				02:15.90	02:07.26	01:52.34	01:44.06	01:38.82	02:08.85	01:50.37	01:41.30	01:39.04
50	Breaststroke	05:41.23	05:23.75	01:32.04											
100	Breaststroke				03:12.89	02:57.56	02:21.69	02:18.42	02:03.65	01:55.26		02:19.60	02:01.88	01:54.02	01:50.05
50	Butterfly		01:29.03	01:20.87	01:12.71	01:06.27	00:55.93	00:52.63							
100	Butterfly								01:44.23	01:37.51	01:35.50	02:10.92	01:41.45	01:33.57	01:32.07
50	Freestyle	02:29.46	02:13.30	01:28.97	01:10.14	00:59.07	00:53.20	00:47.90	00:44.38	00:41.30	00:39.18	00:46.46	00:40.63	00:39.28	00:39.18
100	Freestyle	05:33.83	04:53.63	03:20.30	02:39.40	02:11.69	01:54.37	01:47.24	01:36.93	01:31.81	01:25.09	01:49.33	01:32.72	01:27.14	01:25.27
200	Freestyle	12:29.23	08:55.52	07:42.99	05:54.51	04:57.39									03:06.53
400	Freestyle						09:01.55	08:14.37	07:26.37	07:00.07	06:40.55	08:48.37	08:29.41	07:02.31	
150	Medley	16:48.87	13:50.83	07:41.82	05:09.61										
200	Medley					07:38.84	04:57.31	04:34.23	03:57.15	03:46.48	03:33.71	04:37.31	04:33.50	03:37.59	03:31.74

				202	3-2024 SCM	Women Ker	n Demchuk I	nvitational -	Minimal En	try Time [Mi	T]				
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/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Backstroke	03:42.53	03:05.36	02:01.93	01:43.04	01:23.36									
100	Backstroke	07:25.10	05:54.03				02:31.60	02:24.10	02:09.57	01:59.61	01:54.61	02:25.39	02:11.16	01:52.30	01:54.70
50	Breaststroke	04:27.07	02:35.77	01:51.62											
100	Breaststroke				03:55.80	03:14.54	02:55.61	02:48.07	02:25.08	02:12.83		02:45.02	02:26.42	02:11.75	02:12.38
50	Butterfly			02:20.93	01:58.70	01:32.36	01:07.98	01:04.40							
100	Butterfly								02:05.36	01:54.02	01:48.54	02:20.93	02:08.03	01:54.70	01:50.71
50	Freestyle	03:12.87	02:13.14	02:12.71	01:18.08	01:13.91	01:00.45	00:57.81	00:51.69	00:46.88	00:44.59	00:55.03	00:49.60	00:44.41	00:44.41
100	Freestyle	06:55.43	04:49.30	04:10.97	03:12.87	02:34.82	02:13.41	02:04.77	01:54.81	01:41.26	01:39.00	02:03.19	01:48.88	01:41.48	01:37.87
200	Freestyle		10:23.13	09:17.46	08:02.17	05:48.82									03:32.54
400	Freestyle						09:29.47	09:14.87	08:14.84	07:47.62	07:25.14	09:43.46	10:21.22	07:39.85	
150	Medley		11:52.13	07:25.10	06:04.83										
200	Medley					07:38.84	05:26.83	05:23.45	04:47.73	04:16.10	04:05.17	05:10.81	05:01.12	04:06.79	04:07.40