



2023-2024 SENIOR LSC CHAMPIONSHIP

Time Standards - Short Course Championship

WOMEN				MEN		
SCY	SCM	LCM	EVENT	SCY	SCM	LCM
:26.59	:29.39	:30.69	50 Free	:23.49	:25.99	:27.49
:56.79	1:02.99	1:05.99	100 Free	:50.69	:56.19	:59.99
2:04.39	2:17.99	2:21.59	200 Free	1:51.49	2:03.69	2:11.39
5:29.19	4:53.79	4:57.69	400/500 Free	5:04.19	4:24.19	4:33.19
11:20.09	10:06.89	10:14.29	800/1000 Free	10:40.09	9:20.09	9:36.39
19:15.09	19:38.19	19:50.89	1500/1650 Free	18:09.09	18:15.59	18:46.0
n/a	n/a	n/a	50 Back	n/a	n/a	9 n/a
1:04.69	1:11.79	1:15.69	100 Back	:57.39	1:03.69	1:08.89
2:20.69	2:35.99	2:42.09	200 Back	2:06.69	2:20.59	2:28.89
n/a	n/a	n/a	50 Breast	n/a	n/a	n/a
1:14.49	1:22.89	1:25.39	100 Breast	1:06.49	1:13.79	1:16.99
2:41.29	2:58.89	3:05.39	200 Breast	2:24.59	2:40.49	2:48.39
n/a	n/a	n/a	50 Fly	n/a	n/a	n/a
1:03.99	1:10.99	1:13.39	100 Fly	:56.79	1:02.99	1:05.89
2:22.89	2:38.59	2:41.39	200 Fly	2:12.99	2:24.09	2:27.99
n/a	n/a	n/a	100 IM	n/a	n/a	n/a
2:22.59	2:38.19	2:41.29	200 IM	2:04.29	2:17.89	2:27.89
5:04.49	5:37.89	5:47.09	400 IM	4:29.19	4:58.79	5:26.09
1:45.99	1:56.59	2:03.79	200 Free Relay	1:34.09	1:43.49	1:50.09
3:48.39	4:11.29	4:23.99	400 Free Relay	3:22.79	3:43.09	3:59.99
8:17.99	9:07.79	9:26.39	800 Free Relay	7:25.99	8:10.59	8:45.59
2:02.99	2:15.29	2:24.29	200 Medley Relay	1:47.29	1:57.99	2:10.89
4:23.09	4:49.39	5:06.39	400 Medley Relay	3:52.39	4:15.79	4:36.89



2023-2024 AGE GROUP LSC CHAMPIONSHIP

Time Standards - Short Course Yards

GIRLS				BOYS		
10 & Under	11-12	13-14	EVENT	10 & Under	11-12	13-14
:33.89	:29.29	:26.89	50 Free	:34.49	:29.99	:26.09
1:16.89	1:04.49	:58.19	100 Free	1:16.49	1:04.79	:56.49
2:50.59	2:22.39	2:05.59	200 Free	2:47.99	2:22.69	2:04.09
8:11.99	6:29.99	5:38.59	500 Free	8:11.99	6:33.39	5:31.89
n/a	13:59.99	11:47.09	1000 Free	n/a	13:59.99	11:43.39
n/a	22:59.99	19:59.99	1650 Free	n/a	23:29.99	19:27.29
:39.99	:34.29	n/a	50 Back	:40.99	:34.79	n/a
1:27.69	1:15.09	1:07.19	100 Back	1:30.99	1:15.49	1:05.79
n/a	2:49.39	2:25.09	200 Back	n/a	2:47.89	2:23.39
:46.19	:39.59	n/a	50 Breast	:46.19	:39.49	n/a
1:41.79	1:25.69	1:17.19	100 Breast	1:42.49	1:26.19	1:16.09
n/a	3:13.69	2:51.49	200 Breast	n/a	3:14.79	2:43.99
:39.79	:32.99	n/a	50 Fly	:39.79	:34.09	n/a
1:38.19	1:16.49	1:07.69	100 Fly	1:41.59	1:19.89	1:03.99
n/a	2:58.49	2:34.49	200 Fly	n/a	2:58.19	2:29.49
1:27.79	1:16.19	n/a	100 I.M.	1:27.69	1:15.59	n/a
3:12.09	2:41.39	2:26.59	200 I.M.	3:21.39	2:41.69	2:20.19
n/a	5:50.79	5:10.49	400 I.M.	n/a	5:49.99	4:59.99
2:16.92	1:58.29	n/a	200 Free Relay	2:19.29	2:01.09	n/a
n/a	n/a	3:55.09	400 Free Relay	n/a	n/a	3:48.19
2:41.69	2:17.49	n/a	200 Medley Relay	2:42.99	2:19.49	n/a
n/a	n/a	4:32.99	400 Medley Relay	n/a	n/a	4:24.89