



# 2023 TIME STANDARDS

## SPEEDO WINTER JUNIOR CHAMPIONSHIPS

\* Qualifying period 11/1/2022 through entry deadline

### WOMEN

### MEN

SCY	LCM	EVENT	LCM	SCY
23.29	26.89	50 FR	24.29	20.59
50.39	58.19	100 FR	52.59	45.09
1:49.09	2:04.99	200 FR	1:55.49	1:38.79
4:53.09	4:23.79	400/500 FR	4:05.29	4:29.49
10:08.19	9:04.09	800/1000 FR	8:30.99	9:25.49
16:54.79	17:21.69	1500/1650 FR	16:14.79	15:40.39
55.09	1:04.79	100 BK	58.89	49.39
1:59.39	2:19.59	200 BK	2:08.29	1:48.29
1:03.09	1:13.79	100 BR	1:06.59	55.89
2:17.19	2:38.59	200 BR	2:24.79	2:02.29
54.69	1:02.69	100 FL	57.09	48.99
2:01.69	2:18.39	200 FL	2:06.39	1:49.59
2:02.19	2:22.09	200 IM	2:09.59	1:50.09
4:21.69	5:00.29	400 IM	4:35.89	3:57.59
3:27.49	X	4x100 FR-R	X	3:05.79
7:32.79	X	4x200 FR-R	X	6:49.59
3:47.79	X	4x100 MED-R	X	3:23.39
X	X	4x50 FR-R	X	X
X	X	4x50 MED-R	X	X

Relay qualifying times must be made by swimmers age 18 or under as of the first day of the meet (whether using team or aggregate times), and each of those swimmer must be entered on the team roster. Each team may enter only one relay per event except any team that has 8 individual athletes who qualified and are swimming in the meet, and whose combined times meet a relay qualifying time, such team can enter a B relay as well. "B" relays must be entered through OME.

**Relay-only swimmers are not permitted at these competitions.**