



# FUTURES CHAMPIONSHIPS

## 2023 TIME STANDARDS

### WOMEN

### MEN

SCY	LCM		LCM	SCY
24.09	27.39	50 FR	24.89	21.39
52.09	59.39	100 FR	53.79	46.49
1:52.59	2:07.79	200 FR	1:58.09	1:41.79
5:03.49	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
58.09	1:06.89	100 BK	1:00.79	52.09
2:04.99	2:23.99	200 BK	2:11.89	1:52.79
1:05.99	1:15.99	100 BR	1:08.69	58.69
2:22.69	2:43.39	200 BR	2:29.09	2:08.59
57.49	1:04.69	100 FL	58.39	51.09
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:08.29	2:26.39	200 IM	2:12.79	1:55.09
4:30.69	5:07.29	400 IM	4:42.39	4:07.59
	4:04.29	4x100 FR-R	3:40.89	
	8:40.89	4x200 FR-R	8:00.49	
	4:33.79	4x100 MED-R	4:05.89	

Qualifying from June 1, 2022 through Entry Deadline