



# 2024 Time Standards

## CZ SPEEDO NORTH SECTION SPRING CHAMPIONSHIPS

*Qualifying from July 1, 2022 through the Entry Deadline*

WOMEN			MEN	
LCM	SCY		SCY	LCM
28.99	25.49	<b>50 Freestyle</b>	22.79	26.19
1:02.29	54.99	<b>100 Freestyle</b>	49.49	57.09
2:14.09	1:58.89	<b>200 Freestyle</b>	1:48.49	2:04.49
4:42.39	5:14.99	<b>400/500 Freestyle</b>	4:52.89	4:22.19
9:41.39	10:48.39	<b>800/1000 Freestyle</b>	10:08.49	9:10.79
18:36.49	18:16.49	<b>1500/1650 Freestyle</b>	17:03.29	17:39.99
1:10.99	1:00.99	<b>100 Backstroke</b>	56.59	1:04.89
2:32.39	2:12.49	<b>200 Backstroke</b>	2:02.39	2:20.79
1:20.49	1:09.99	<b>100 Breaststroke</b>	1:04.09	1:13.29
2:53.79	2:31.99	<b>200 Breaststroke</b>	2:19.59	2:40.79
1:08.59	1:00.09	<b>100 Butterfly</b>	54.49	1:01.99
2:32.89	2:14.09	<b>200 Butterfly</b>	2:03.79	2:20.49
2:32.29	2:13.99	<b>200 Individual Medley</b>	2:01.99	2:20.39
5:24.39	4:43.99	<b>400 Individual Medley</b>	4:23.99	5:01.89
4:25.89	3:47.89	<b>400 Free Relay</b>	3:26.09	3:59.29
9:33.99	8:13.39	<b>800 Free Relay</b>	7:35.79	8:44.29
4:56.99	4:09.69	<b>400 Medley Relay</b>	3:47.99	4:27.89

*NO BONUS STANDARDS. 800M FREE & 1500M FREE CAN NOT BE SWUM AS A BONUS EVENT.  
 Bonus Formula: 1 Cut, 3 Bonus; 2 Cuts, 2 Bonus; 3 Cuts, 1 Bonus; 4 or More Cuts, No Bonus.*