

2024 NCSA SPRING SWIMMING CHAMPIONSHIPS

Time Standards

WOMEN		EVENT	MEN	
SCY	LCM		SCY	LCM
24.19	27.59	50 FREE	21.69	24.79
52.39	59.89	100 FREE	47.09	53.99
1:52.99	2:08.09	200 FREE	1:43.09	1:58.09
4:59.99	4:27.89	400/500 FREE	4:39.59	4:09.79
10:15.99	9:08.99	800/1000 FREE	9:36.89	8:40.79
17:12.89	17:34.59	1500/1650 FREE	16:08.59	16:41.69
<i>100 Back Qualifying Times</i>		50 BACK	<i>100 Back Qualifying Times</i>	
57.99	1:07.19	100 BACK	52.89	1:01.39
2:05.99	2:24.29	200 BACK	1:54.79	2:12.39
<i>100 Breast Qualifying Times</i>		50 BREAST	<i>100 Breast Qualifying Times</i>	
1:06.39	1:16.29	100 BREAST	59.49	1:08.29
2:23.29	2:41.89	200 BREAST	2:09.79	2:29.79
<i>100 Fly Qualifying Times</i>		50 FLY	<i>100 Fly Qualifying Times</i>	
57.29	1:05.29	100 FLY	51.69	58.89
2:06.39	2:23.19	200 FLY	1:54.89	2:10.59
2:07.99	2:26.59	200 IM	1:56.29	2:13.59
4:29.99	5:05.99	400 IM	4:08.09	4:43.89
<i>400 Free Relay Qualifying Time</i>		200 FREE RELAY	<i>400 Free Relay Qualifying Time</i>	
3:32.09	4:00.99	400 FREE RELAY	3:12.79	3:41.89
7:40.79	8:44.89	800 FREE RELAY	7:05.69	8:07.49
<i>400 Medley Relay Qualifying Time</i>		200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Time</i>	
3:55.09	4:30.99	400 MEDLEY RELAY	3:36.09	4:08.89

Orlando, FL
March 19-23, 2024

