

2023 Long Course Championships

Qualifying Times

2023 MALE QUALIFYING TIMES						2023 FEMALE QUALIFYING TIMES				
13	14	15	16	17&O	DIST.	13	14	15	16	17&O
FREESTYLE										
0.35	0.34	0.33	0.32	0.32	50	0.37	0.36	0.35	0.34	0.34
1.13	1.10	1.08	1.07	1.07	100	1.16	1.15	1.14	1.13	1.13
2.30	2.20	2.18	2.16	2.16	200	2.35	2.33	2.31	2.29	2.29
5.10	5.00	4.55	4.50	4.50	400	5.25	5:20	5.10	5.05	5.05
		10.30	10.00	10.00	800			11.05	10.45	10.45
		20.00	19.20	19.20	1500			21.20	20.40	20.40
BACKSTROKE										
0.42	0.41	0.40	0.39	0.39	50	0.43	0.42	0.41	0.40	0.40
1.26	1.25	1.24	1.23	1.23	100	1.29	1.28	1.27	1.26	1.26
2.58	2.53	2.50	2.49	2.49	200	3.04	2.59	2.56	2.55	2.55
BREASTSTROKE										
0.45	0.44	0.43	0.42	0.42	50	0.46	0.45	0.44	0.43	0.43
1.35	1.34	1.33	1.32	1.32	100	1.39	1.38	1.37	1.36	1.36
3.14	3.13	3.12	3.11	3.11	200	3.25	3.20	3.19	3.18	3.18
BUTTERFLY										
0.42	0.41	0.39	0.37	0.37	50	0.42	0.41	0.40	0.39	0.39
1.27	1.26	1.25	1.22	1.22	100	1.28	1.27	1.26	1.25	1.25
3.18	3.10	3.09	3.08	3.08	200	3.18	3.12	3.11	3.10	3.10
INDIVIDUAL MEDLEY										
3.08	2.54	2.52	2.50	2.50	200	3.08	3.00	2.59	2.58	2.58
6.30	6.25	6.23	6.20	6.20	400	6.30	6.25	6.23	6.20	6.20

