

2022-23 U SPORTS STANDARDS

| SCY | LCM | SCM | | SCM | LCM | SCY |
|---------------------|---------|---------|---------------------|-------------------|----------|----------|
| <i>WOMEN</i> | | | EVENT | <i>MEN</i> | | |
| 0:23.83 | 0:27.24 | 0:26.45 | 50 FREE | 0:23.12 | 0:23.81 | 0:20.83 |
| 0:51.44 | 0:58.81 | 0:57.10 | 100 FREE | 0:50.48 | 0:51.99 | 0:45.48 |
| 1:50.85 | 2:06.73 | 2:03.04 | 200 FREE | 1:50.39 | 1:53.70 | 1:39.45 |
| 5:00.26 | 4:30.61 | 4:22.73 | 400 FREE | 3:55.80 | 4:02.87 | 4:29.49 |
| 10:20.27 | 9:19.02 | 9:02.74 | 800 FREE | | | |
| | | | 1500 FREE | 15:55.63 | 16:24.30 | 15:49.93 |
| 0:26.47 | 0:30.26 | 0:29.38 | 50 BACK | 0:25.87 | 0:26.65 | 0:23.31 |
| 0:57.13 | 1:05.31 | 1:03.41 | 100 BACK | 0:55.66 | 0:57.33 | 0:50.14 |
| 2:04.20 | 2:22.00 | 2:17.86 | 200 BACK | 2:02.29 | 2:05.96 | 1:50.17 |
| 0:29.88 | 0:34.17 | 0:33.17 | 50 BREAST | 0:28.89 | 0:29.76 | 0:26.03 |
| 1:04.83 | 1:14.12 | 1:11.96 | 100 BREAST | 1:02.83 | 1:04.71 | 0:56.60 |
| 2:20.94 | 2:41.13 | 2:36.44 | 200 BREAST | 2:17.52 | 2:21.65 | 2:03.89 |
| 0:25.28 | 0:28.90 | 0:28.06 | 50 FLY | 0:24.93 | 0:25.68 | 0:22.46 |
| 0:56.50 | 1:04.59 | 1:02.71 | 100 FLY | 0:55.24 | 0:56.90 | 0:49.77 |
| 2:07.09 | 2:25.30 | 2:21.07 | 200 FLY | 2:03.02 | 2:06.71 | 1:50.83 |
| 2:06.98 | 2:25.18 | 2:20.95 | 200 I.M. | 2:04.06 | 2:07.78 | 1:51.77 |
| 4:30.68 | 5:09.47 | 5:00.46 | 400 I.M. | 4:25.55 | 4:33.52 | 3:59.23 |
| 3:28.39 | 3:58.25 | 3:51.31 | 400 Fr. Rly | 3:22.90 | 3:28.99 | 3:02.79 |
| 7:33.28 | 8:38.23 | 8:23.14 | 800 Fr. Rly | 7:28.63 | 7:42.09 | 6:44.17 |
| 3:49.15 | 4:21.99 | 4:14.36 | 400 Med. Rly | 3:44.42 | 3:51.15 | 3:22.18 |