



2022-2023 Men LCM Trials - Minimal Qualifying Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	01:36.16	01:08.72	00:57.25	00:45.12	00:38.00	00:32.93	00:31.44	00:30.07	00:28.52	00:26.74	00:29.89	00:28.14	00:26.83	00:26.72
100	Freestyle	03:34.78	02:32.72	02:08.87	01:42.55	01:24.74	01:15.05	01:09.68	01:04.88	01:01.57	00:58.04	01:04.43	01:00.85	00:57.28	00:58.22
200	Freestyle	08:02.04	05:44.55	04:57.88	03:48.09	03:11.34									02:07.35
400	Freestyle						05:55.39	05:24.43	05:04.76	04:43.29	04:33.47	05:39.95	04:36.82	04:48.34	
50	Backstroke	01:46.60	01:18.28	01:02.01	00:55.30	00:44.18									
100	Backstroke	03:41.11	02:48.19				01:29.19	01:23.52	01:16.42	01:09.66	01:07.03	01:22.90	01:12.43	01:07.81	01:07.62
50	Breaststroke	03:39.54	03:28.29	00:59.22											
100	Breaststroke				02:04.10	01:54.24	01:32.99	01:30.84	01:22.77	01:17.15		01:29.82	01:19.98	01:17.85	01:13.67
50	Butterfly	01:04.66	00:57.28	00:52.03	00:46.78	00:42.64	00:36.71	00:34.54							
100	Butterfly								01:09.76	01:07.28	01:04.02	01:24.23	01:07.28	01:03.97	01:02.86
150	Medley	10:49.09	08:54.54	04:57.12	03:19.20										
200	Medley					04:55.21	03:15.11	02:59.96	02:42.31	02:33.83	02:25.91	02:58.42	02:32.72	02:28.56	02:24.56

2022-2023 Men LCM Canadian Trials - Minimal Entry Standard															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	01:45.32	01:15.27	01:02.70	00:49.42	00:41.62	00:36.06	00:34.43	00:32.94	00:31.23	00:29.29	00:32.74	00:30.82	00:29.38	00:29.27
100	Freestyle	03:55.23	02:47.27	02:21.14	01:52.32	01:32.80	01:22.20	01:16.31	01:11.06	01:07.44	01:03.57	01:10.56	01:06.64	01:02.73	01:03.77
200	Freestyle	08:47.95	06:17.36	05:26.25	04:09.81	03:29.56									02:19.48
400	Freestyle						06:29.24	05:55.33	05:33.79	05:10.27	04:59.52	06:12.32	05:03.19	05:15.80	
50	Backstroke	01:56.75	01:25.73	01:07.92	01:00.57	00:48.39									
100	Backstroke	04:02.17	03:04.21				01:37.68	01:31.47	01:23.70	01:16.29	01:13.42	01:30.79	01:19.33	01:14.27	01:14.06
50	Breaststroke	04:00.45	03:48.13	01:04.86											
100	Breaststroke				02:15.92	02:05.12	01:41.84	01:39.49	01:30.65	01:24.50		01:38.37	01:27.60	01:25.26	01:20.68
50	Butterfly	01:10.82	01:02.73	00:56.98	00:51.23	00:46.70	00:40.20	00:37.83							
100	Butterfly								01:16.41	01:13.69	01:10.12	01:32.25	01:13.69	01:10.06	01:08.85
150	Medley	11:50.91	09:45.45	05:25.42	03:38.17										
200	Medley					05:23.32	03:33.69	03:17.10	02:57.77	02:48.48	02:39.80	03:15.41	02:47.27	02:42.71	02:38.33

2022-2023 Women LCM Trials - Minimal Qualifying Standards															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	02:04.09	01:25.66	01:07.78	00:50.23	00:44.87	00:39.67	00:37.46	00:35.29	00:32.53	00:30.44	00:35.41	00:32.93	00:30.32	00:30.54
100	Freestyle	04:27.28	03:06.13	02:41.47	02:04.09	01:39.60	01:29.00	01:21.88	01:15.41	01:09.22	01:06.27	01:19.25	01:11.45	01:06.34	01:06.82
200	Freestyle	09:47.04	06:40.91	05:58.66	05:10.22	03:44.43									02:25.12
400	Freestyle						06:13.72	06:04.13	05:37.92	05:19.27	05:03.60	06:15.46	05:48.41	05:13.97	
50	Backstroke	02:23.18	01:49.77	01:18.45	01:06.30	00:53.63									
100	Backstroke	04:46.37	03:46.55				01:39.49	01:35.11	01:28.19	01:20.06	01:18.25	01:32.68	01:26.07	01:16.68	01:18.31
50	Breaststroke	02:51.82	01:40.22	01:12.37											
100	Breaststroke				02:31.71	02:05.56	01:55.25	01:50.69	01:37.11	01:28.91		01:46.17	01:36.09	01:29.95	01:30.38
50	Butterfly	02:18.41	02:04.09	01:30.68	01:16.37	00:59.42	00:44.61	00:42.26							
100	Butterfly								01:25.60	01:16.32	01:13.87	01:30.68	01:23.04	01:18.31	01:15.58
150	Medley	09:04.09	07:38.18	04:46.37	03:54.73										
200	Medley					04:55.21	03:34.48	03:32.27	03:16.46	02:54.86	02:44.77	03:19.97	03:06.13	02:48.50	02:49.40

2022-2023 Women LCM Trials - Minimal Entry Standard															
Distance	Stroke	S/SB/SM 1	S/SB/SM 2	S/SB/SM 3	S/SB/SM 4	S/SB/SM 5	S/SB/SM 6	S/SB/SM 7	S/SB/SM 8	S/SB/SM 9	S/SB/SM 10	S/SB/SM 11	S/SB/SM 12	S/SB/SM 13	S/SB/SM 14
50	Freestyle	02:15.91	01:33.82	01:14.23	00:55.02	00:49.14	00:43.45	00:41.03	00:38.65	00:35.63	00:33.34	00:38.78	00:36.06	00:33.21	00:33.45
100	Freestyle	04:52.73	03:23.86	02:56.85	02:15.91	01:49.09	01:37.47	01:29.68	01:22.59	01:15.81	01:12.58	01:26.80	01:18.26	01:12.66	01:13.19
200	Freestyle	10:42.95	07:19.09	06:32.82	05:39.77	04:05.80									02:38.94
400	Freestyle						06:49.31	06:38.81	06:10.10	05:49.68	05:32.51	06:51.22	06:21.59	05:43.87	
50	Backstroke	02:36.81	02:00.22	01:25.92	01:12.61	00:58.74									
100	Backstroke	05:13.64	04:08.12				01:48.96	01:44.17	01:36.59	01:27.69	01:25.70	01:41.51	01:34.27	01:23.98	01:25.77
50	Breaststroke	03:08.19	01:49.77	01:19.26											
100	Breaststroke				02:46.16	02:17.52	02:06.22	02:01.23	01:46.36	01:37.38		01:56.28	01:45.24	01:38.52	01:38.99
50	Butterfly	02:31.59	02:15.91	01:39.31	01:23.64	01:05.08	00:48.86	00:46.29							
100	Butterfly								01:33.75	01:23.59	01:20.90	01:39.31	01:30.95	01:25.77	01:22.78
150	Medley	09:55.91	08:21.81	05:13.64	04:17.08										
200	Medley					05:23.32	03:54.91	03:52.48	03:35.16	03:11.51	03:00.46	03:39.02	03:23.86	03:04.55	03:05.53