

### Q-times for 2023 LC Eastern Zone Sr Champs

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.69	27.89	25.09	50 Free	22.49	24.99	25.79
1:01.79	1:00.19	54.19	100 Free	49.29	54.39	55.99
2:12.59	2:09.39	1:56.49	200 Free	1:46.49	1:58.29	2:01.49
4:41.59	4:35.19	5:10.39	400/500 Free	4:48.99	4:15.29	4:20.89
9:42.59	9:29.79	10:43.79	800/1000 Free	10:04.49	8:55.09	9:07.89
18:36.29	18:12.29	18:00.99	1500/1650 Free	16:47.49	16:58.49	17:22.49
1:08.39	1:07.19	1:00.49	100 Back	54.99	1:00.99	1:02.29
2:27.99	2:25.59	2:11.09	200 Back	1:59.19	2:13.49	2:15.89
1:18.59	1:16.59	1:08.99	100 Breast	1:02.39	1:09.29	1:11.29
2:50.79	2:46.79	2:30.19	200 Breast	2:16.19	2:31.19	2:35.19
1:07.39	1:05.99	59.39	100 Fly	53.99	59.99	1:01.39
2:29.99	2:27.69	2:13.69	200 Fly	2:01.39	2:14.89	2:17.69
2:29.69	2:26.49	2:11.89	200 IM	2:00.59	2:13.89	2:17.09
5:22.09	5:10.79	4:39.99	400 IM	4:16.89	4:44.99	4:51.39
1:57.79	1:56.19	1:44.59	4 x 50 Free Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 x 100 Free Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 x 200 Free Relay	7:22.39	8:06.69	8:14.79
4:44.09	4:40.29	4:12.29	4 x 100 Medley Relay	3:46.99	4:15.59	4:19.69

Times achieved in sanctioned, approved or observed competition since January 1, 2022

#### Bonus Qualifying Times

WOMEN			Events	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
29.19	28.39	25.59	50 Free	23.19	25.69	26.49
1:02.89	1:01.29	55.29	100 Free	50.19	55.59	57.29
2:14.89	2:11.69	1:58.79	200 Free	1:49.29	2:01.09	2:04.29
4:47.19	4:40.79	5:15.99	400/500 Free	4:54.59	4:22.09	4:27.69
9:42.59	9:29.79	10:43.79	800/1000 Free	10:04.49	8:55.09	9:07.89
18:36.29	18:12.29	18:00.99	1500/1650 Free	16:47.49	16:58.49	17:22.49
1:09.79	1:08.59	1:01.89	100 Back	56.39	1:02.39	1:03.69
2:30.79	2:28.39	2:13.89	200 Back	2:01.99	2:16.29	2:18.69
1:19.99	1:17.99	1:10.59	100 Breast	1:03.79	1:10.69	1:12.69
2:53.59	2:49.59	2:32.99	200 Breast	2:18.99	2:33.99	2:37.99
1:08.79	1:07.39	1:00.79	100 Fly	55.39	1:01.39	1:03.79
2:34.09	2:31.59	2:17.59	200 Fly	2:04.99	2:18.49	2:21.29
2:33.09	2:29.89	2:15.29	200 IM	2:04.19	2:17.49	2:20.69
5:25.09	5:16.39	4:45.59	400 IM	4:22.49	4:50.59	4:56.69

Times achieved in sanctioned, approved or observed competition since January 1, 2022