



# SAA

SCHOLASTIC  
ALL-AMERICA

# 2023 TIME STANDARDS

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WOMEN		EVENT	MEN	
SCY	LCM		LCM	SCY
23.29	26.89	50 FR	24.29	20.69
50.49	58.19	100 FR	52.59	45.29
1:49.19	2:04.99	200 FR	1:55.49	1:38.99
4:53.09	4:23.79	400/500 FR	4:05.29	4:30.09
10:06.79	9:04.09	800/1000 FR	8:33.79	9:25.49
16:51.29	17:21.69	1500/1650 FR	16:14.79	15:43.89
55.19	1:04.79	100 BK	58.89	49.59
1:59.59	2:19.59	200 BK	2:08.29	1:48.79
1:03.19	1:13.79	100 BR	1:06.59	56.19
2:17.69	2:38.59	200 BR	2:24.79	2:02.99
54.89	1:02.69	100 FL	57.09	49.19
2:01.79	2:18.39	200 FL	2:06.39	1:49.99
2:02.39	2:22.09	200 IM	2:09.59	1:50.39
4:21.89	5:00.29	400 IM	4:35.89	3:58.19

\*Qualifying period September 1, 2022 through August 31, 2023



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# 2023 P1 TIME STANDARDS

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WOMEN		EVENT	MEN	
LCM	SCY		SCY	LCM
1:18.39	1:18.39	50 Freestyle	1:12.29	1:12.29
2:44.39	2:44.39	100 Freestyle	2:43.09	2:43.09
6:33.69	6:33.69	200 Freestyle	4:28.49	4:28.49
2:50.39	2:50.39	100 Backstroke	2:11.79	2:11.79
4:04.79	4:04.79	100 Breaststroke	3:09.09	3:09.09

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# 2023 P2 TIME STANDARDS

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WOMEN		EVENT	MEN	
LCM	SCY		SCY	LCM
40.49	38.49	50 Freestyle	35.39	37.29
1:29.99	1:25.49	100 Freestyle	1:17.99	1:22.09
3:05.19	2:55.89	200 Freestyle	2:44.89	2:53.59
5:50.99	7:09.99	400/500 Freestyle	6:56.19	5:39.69
1:53.59	1:47.99	100 Backstroke	1:40.09	1:45.29
3:54.29	3:42.56	200 Backstroke	3:07.99	3:17.79
1:53.69	1:47.99	100 Breaststroke	1:40.49	1:45.79
4:08.99	3:56.59	200 Breaststroke	3:36.79	3:48.19
2:07.09	2:00.79	100 Butterfly	1:54.79	2:00.79
3:55.79	3:43.99	200 Individual Medley	3:26.29	3:35.29

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# 2023 P3 TIME STANDARDS

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WOMEN		EVENT	MEN	
LCM	SCY		SCY	LCM
31.19	28.19	50 Freestyle	24.59	27.39
1:06.49	59.89	100 Freestyle	53.49	59.49
2:43.99	2:27.69	200 Freestyle	2:02.29	2:15.89
4:55.29	5:35.99	400/500 Freestyle	5:16.69	4:38.29
10:58.59	12:53.89	800/1000 Freestyle	12:29.19	10:37.49
22:04.09	23:32.69	1500/1650 Freestyle	23:09.99	21:42.79
1:19.79	1:11.89	100 Backstroke	59.19	1:06.09
3:11.39	3:09.29	200 Backstroke	2:22.49	2:38.29
1:24.79	1:16.39	100 Breaststroke	1:08.49	1:15.99
3:05.69	2:46.89	200 Breaststroke	2:29.69	2:46.29
1:11.99	1:04.89	100 Butterfly	56.19	1:02.49
3:02.19	2:43.49	200 Butterfly	2:22.29	2:38.09
2:48.59	2:31.79	200 Individual Medley	2:09.69	2:24.09
6:37.79	5:58.09	400 Individual Medley	5:11.79	5:40.09

\*Qualifying period September 1, 2022 through August 31, 2023