# 2023 Time Standards

**Phillips 66 National Championships**

Qualifying from January 1, 2022 through Entry Deadline

<table>
<thead>
<tr>
<th>WOMEN</th>
<th>MEN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SCY</strong></td>
<td><strong>LCM</strong></td>
</tr>
<tr>
<td>22.29</td>
<td>25.79</td>
</tr>
<tr>
<td>48.59</td>
<td>55.89</td>
</tr>
<tr>
<td>1:45.29</td>
<td>2:01.29</td>
</tr>
<tr>
<td>9:51.69</td>
<td>8:48.09</td>
</tr>
<tr>
<td>16:17.59</td>
<td>16:49.19</td>
</tr>
<tr>
<td>52.59</td>
<td>1:02.09</td>
</tr>
<tr>
<td>1:54.09</td>
<td>2:14.19</td>
</tr>
<tr>
<td>1:00.19</td>
<td>1:10.39</td>
</tr>
<tr>
<td>2:10.09</td>
<td>2:32.39</td>
</tr>
<tr>
<td>52.49</td>
<td>1:00.39</td>
</tr>
<tr>
<td>1:56.39</td>
<td>2:14.19</td>
</tr>
<tr>
<td>1:56.99</td>
<td>2:16.59</td>
</tr>
<tr>
<td>4:10.49</td>
<td>4:50.79</td>
</tr>
</tbody>
</table>
# 2023 Time Standards

**Phillips 66 National Championships (18U Bonus)**

*Qualifying from January 1, 2022 through Entry Deadline*

<table>
<thead>
<tr>
<th></th>
<th><strong>WOMEN</strong></th>
<th></th>
<th><strong>MEN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>SCY</strong></td>
<td><strong>LCM</strong></td>
<td><strong>18 &amp; U</strong></td>
</tr>
<tr>
<td>22.59</td>
<td>25.89</td>
<td>50 FR</td>
<td>23.29</td>
</tr>
<tr>
<td>49.29</td>
<td>56.19</td>
<td>100 FR</td>
<td>51.19</td>
</tr>
<tr>
<td>1:46.89</td>
<td>2:01.29</td>
<td>200 FR</td>
<td>1:51.59</td>
</tr>
<tr>
<td>4:41.59</td>
<td>4:16.09</td>
<td>400/500 FR</td>
<td>3:58.09</td>
</tr>
<tr>
<td>9:51.69</td>
<td>8:48.09</td>
<td>800/1000 FR</td>
<td>8:13.89</td>
</tr>
<tr>
<td>16:21.89</td>
<td>16:49.19</td>
<td>1500/1650 FR</td>
<td>15:44.89</td>
</tr>
<tr>
<td>52.99</td>
<td>1:02.09</td>
<td>100 BK</td>
<td>55.89</td>
</tr>
<tr>
<td>1:54.99</td>
<td>2:14.19</td>
<td>200 BK</td>
<td>2:02.39</td>
</tr>
<tr>
<td>1:01.39</td>
<td>1:11.19</td>
<td>100 BR</td>
<td>1:03.39</td>
</tr>
<tr>
<td>2:12.79</td>
<td>2:33.29</td>
<td>200 BR</td>
<td>2:17.19</td>
</tr>
<tr>
<td>53.19</td>
<td>1:00.39</td>
<td>100 FL</td>
<td>54.29</td>
</tr>
<tr>
<td>1:56.59</td>
<td>2:14.39</td>
<td>200 FL</td>
<td>2:00.99</td>
</tr>
<tr>
<td>1:58.99</td>
<td>2:16.59</td>
<td>200 IM</td>
<td>2:03.99</td>
</tr>
<tr>
<td>4:13.49</td>
<td>4:51.49</td>
<td>400 IM</td>
<td>4:25.79</td>
</tr>
</tbody>
</table>