



NATIONAL
CHAMPIONSHIPS



2023 TIME STANDARDS

PHILLIPS 66 NATIONAL CHAMPIONSHIPS

Qualifying from January 1, 2022 through Entry Deadline

WOMEN

MEN

| SCY | LCM | | LCM | SCY |
|----------|----------|--------------|----------|----------|
| 22.29 | 25.79 | 50 FR | 22.79 | 19.59 |
| 48.59 | 55.89 | 100 FR | 49.89 | 42.89 |
| 1:45.29 | 2:01.29 | 200 FR | 1:50.09 | 1:34.29 |
| 4:41.59 | 4:16.09 | 400/500 FR | 3:55.79 | 4:17.99 |
| 9:51.69 | 8:48.09 | 800/1000 FR | 8:12.99 | 9:06.79 |
| 16:17.59 | 16:49.19 | 1500/1650 FR | 15:44.89 | 15:03.59 |
| 52.59 | 1:02.09 | 100 BK | 55.89 | 46.49 |
| 1:54.09 | 2:14.19 | 200 BK | 2:02.39 | 1:42.09 |
| 1:00.19 | 1:10.39 | 100 BR | 1:02.49 | 52.89 |
| 2:10.09 | 2:32.39 | 200 BR | 2:16.29 | 1:55.09 |
| 52.49 | 1:00.39 | 100 FL | 53.69 | 46.29 |
| 1:56.39 | 2:14.19 | 200 FL | 2:00.79 | 1:43.69 |
| 1:56.99 | 2:16.59 | 200 IM | 2:03.49 | 1:44.49 |
| 4:10.49 | 4:50.79 | 400 IM | 4:25.79 | 3:45.99 |



NATIONAL
CHAMPIONSHIPS



2023 TIME STANDARDS

PHILLIPS 66 NATIONAL CHAMPIONSHIPS (18U BONUS)

Qualifying from January 1, 2022 through Entry Deadline

WOMEN

MEN

| SCY | LCM | 18 & U | LCM | SCY |
|----------|----------|--------------|----------|----------|
| 22.59 | 25.89 | 50 FR | 23.29 | 20.19 |
| 49.29 | 56.19 | 100 FR | 51.19 | 44.09 |
| 1:46.89 | 2:01.29 | 200 FR | 1:51.59 | 1:36.19 |
| 4:41.59 | 4:16.09 | 400/500 FR | 3:58.09 | 4:22.69 |
| 9:51.69 | 8:48.09 | 800/1000 FR | 8:13.89 | 9:06.79 |
| 16:21.89 | 16:49.19 | 1500/1650 FR | 15:44.89 | 15:13.89 |
| 52.99 | 1:02.09 | 100 BK | 55.89 | 47.39 |
| 1:54.99 | 2:14.19 | 200 BK | 2:02.39 | 1:42.99 |
| 1:01.39 | 1:11.19 | 100 BR | 1:03.39 | 53.79 |
| 2:12.79 | 2:33.29 | 200 BR | 2:17.19 | 1:57.89 |
| 53.19 | 1:00.39 | 100 FL | 54.29 | 47.29 |
| 1:56.59 | 2:14.39 | 200 FL | 2:00.99 | 1:45.69 |
| 1:58.99 | 2:16.59 | 200 IM | 2:03.99 | 1:46.69 |
| 4:13.49 | 4:51.49 | 400 IM | 4:25.79 | 3:48.89 |