



## 2023 FG LCM BB Championships Jul 7-9, 2023

- Sanctioned by:** Held under the sanction of USA Swimming and Florida Gold Coast Swimming, Inc.
- It is understood and agreed that USA Swimming, the facilities, and the host organizations shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Location:** Please see team lists on pages 7 and 9 for specific team assignments to BB South and BB North.
- Format:** These championships will be conducted in LCM. The 200 Backstroke, 200 Breaststroke, 200 Butterfly, all events 400 meters and longer, and all events for 7-10 year old athletes will be timed final events. All other individual events will be conducted as preliminaries and finals with the fastest ten swimmers in each of the following age groups: 11-12, 13-14, 15&Over advancing to finals.
- Breaks between events may be inserted at Meet Director and Meet Referee discretion.
- Rules:** Current USA Swimming and FGC rules will govern this meet. Safety rules as outlined by USA Swimming and as recommended by the referee will be in effect.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Public Health and Safety mandates and guidelines of the State of Florida, Broward County / Palm Beach County and the City of Pembroke Pines / Lake Lytal will be enforced.

**Deck Changing:** Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**Camera Free Zone:** The Florida Gold Coast Swimming **CAMERA FREE ZONE** policy is in effect at this meet. No person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.

**Image Authorization:** All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.

**Conflict of Interest:** Unauthorized sale, advertisement and promotion of products and/or services at the location of the competition as well as its vicinity are not allowed without the written request and written approval of the meet host and meet director. All requests must be submitted to the meet director no later than 10 days prior to the first day of the competition. Failing to comply with such order will result in removal from the facility and/or immediate vicinity.

**Eligibility:** This meet is open to all swimmers who:

1. Are 7 years of age or older on the first day of the meet.
2. Are 2023 registered members of USA Swimming as provided by article 302.
3. Are attached to a USA Swimming Club registered with Florida Gold Coast Swimming, or Unattached and awaiting attachment to a USA Swimming Club registered with Florida Gold Coast Swimming.
4. Have achieved one or more qualifying times within the qualifying period.

Qualifying time standards are 2023 USA Swimming National Age Group Motivational "BB" times. Bonus time standards are 2023 USA Swimming National Age Group Motivational "B" times. Athletes who have achieved a qualifying time for the 2023 Summer FGC Age Group Championship (7-14 year old athletes) or 2023 Summer FGC Senior Championships (15&Over athletes) within the qualifying period may not enter that event in these championships.

The qualifying period is Jul 1, 2021 through the entry deadline.

No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.

**Disability Athletes:** Any athlete with a disability will be accommodated in accordance with Article 105. Please contact the host ahead of time to allow for preparations.

**Entry:** Entries will be accepted through USA Swimming Online Meet Entry (OME).

OME Opens: 12:00 AM EDT Jun 2, 2023

OME Closes: 12:00 PM EDT Jul 2, 2023

A tutorial on OME entry is available here:

<https://usaswimming.thecloudtutorialusers.com/main/articles/1658528971765>

OME Help: Allan Golding email: [allan.c.golding@comcast.net](mailto:allan.c.golding@comcast.net).

Entry times must be achieved in competition sanctioned, approved, or observed by USA Swimming and proven through the USA Swimming SWIMS database. If a valid qualifying time does not exist in the USA Swimming SWIMS database, please contact the National Times Verification Officer for the LSC in which the time was swum. In the case of a time achieved in a foreign meet sanctioned by another FINA member, please contact the National Times Committee Chairperson so that the time may be entered into the SWIMS database.

Unregistered swimmers may not be added to a team's roster.  
Time trial only swimmers may be added to a team's roster.

**Bonus Entries:**

Bonus entries will be permitted according to the table below:

Individual event qualifying times	Bonus events permitted
1	2
2	1
3 or more	0

**Entry Fees:**

\$15.00 per individual event

**Athlete Surcharge:**

\$20.00 per swimmer

**Late Entries:**

Late entries will not be accepted.

**Deck Entries:**

**THE FGC DECK SEED POLICY WILL NOT BE IN EFFECT.** Deck entries will not be accepted.

**Responsibility Clause:**

The coach, swimmer or swimmer representative who enters these championships thereby attests that all times stated are true and correct as achieved qualifying times for each event entered and furthermore that best achieved times are not 2023 FGC Age Group Championship or 2023 Senior Championship qualifying times. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$50 penalty for each such time entered.

**Refunds:**

Once a team or individual entry has been received and processed, there will be no refunds in full or in part.

**Entry Limit:**

Swimmers may swim a maximum of three (3) individual events per day including time trials, and no more than seven (7) for the meet excluding time trials . Swimmers who enter more than three (3) events in one day must scratch events in excess of three (3) events by the scratch deadline for that day's events.

**Seeding:**

All events will be seeded fast to slow in the following order: LCM, SCM, SCY, nonconforming distance LCM, nonconforming distance SCM, nonconforming distance SCY except as otherwise noted. Timed final events and preliminary heats for 11-12, 13-14 and 15&Over age groups may be swum combined with events renumbered correspondingly. If

so, they will be resulted separately. Finals events will be swum in the following order: 11-12, 13-14, 15&Over girls, then 11-12, 13-14, 15&Over boys.

Friday evening's 400 freestyle and 400 IM will be seeded in event order without alternating heats of women and men. Positive check-in is NOT required for the 400 freestyle and 400 IM.

**1500 Freestyle:**

Swimmers may qualify for the 1500 freestyle using any of the 1500m / 1650y or 800m / 1000y qualifying standards.

Girls and boys will enter 1500 freestyle in separate events. They will compete in single mixed event seeded by time which will be resulted and scored separately.

Positive check-in by 6:30pm on Saturday, Jul 8 is required in order to compete. Heats will be swum slow to fast with the fastest eight girls in the second last heat and the fastest eight boys in the last heat. The last heat will conclude approximately 10 minutes prior to the start of warm-ups for finals

**Scratches:**

Scratches from timed final events and preliminaries will be accepted until the deadlines listed below:

Friday July 7 events	6:30pm Thursday July 6
Saturday July 8 events	6:30pm Friday July 7
Sunday July 9 events	6:30pm Saturday July 8

These Championships will follow the National Championship Scratch Procedures as outlined in the USA Swimming Rulebook 207.11.6 - .7 except as noted below:

1. In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been properly scratched shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events.
2. Any swimmer qualifying for a championship final in an individual event who fails to compete in said final shall be barred from their next individual swim (which may be a final or a preliminary). Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box for that day's events. In the event that the missed event is the swimmer's last individual event of the meet, the team or individual submitting the swimmer's entries shall be fined \$25 by the Florida Gold Coast LSC.

Alternates wishing to swim in an open lane in finals must be standing at the starter's tent prepared to step on the block for the swim when the swimmers are called to the blocks

**Awards:**

1<sup>st</sup> - 8<sup>th</sup> place

**Scoring:**

This meet shall not be scored.

**Time Trials:**

Time trials for individual events may be conducted at the discretion of the meet referee, provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session.

Athletes who are 2023 registered members of USA Swimming as provided by article 302 and who are attached to a USA Swimming Club registered with Florida Gold Coast Swimming, or who are unattached and awaiting attachment to a USA Swimming Club registered with Florida Gold Coast Swimming are eligible to enter time trials. Time trial only athletes should be added to the roster prior to submitting the entry file.

Time Trial entries will close at 10:00 AM each day. Entry fees and surcharges for time trials will be the same as the meet entry fees. Each swimmer is limited to a maximum of two time trials during the course of the meet. The two event limit may be waived for swimmers whose 11<sup>th</sup>, 13<sup>th</sup>, or 15<sup>th</sup> birthday falls between July 8 and July 13 and who are entering time trial events in which their best achieved time is a 2023 FGC Age Group Championship qualifying time in their current age group but is slower than the applicable 2023 FGC Age Group Championship or 2023 FGC Senior Championship qualifying time in their new age group. In no case may any swimmer enter more than three time trial events in one day. Time trials will count toward the swimmer's individual event total for each day, but not the meet total.

If conducted, time trials will begin approximately 15 minutes after the conclusion of the preliminary session. The order of events in time trials will be that day's events followed by the remaining events in the meet. Alternatively, time trial events may be swum in available open lanes combined with the analogous stroke/distance events in time trials. Time trial events will be open age group, mixed gender. The 1500 freestyle will be offered on only one day to be determined by the meet referee and may be swum combined with events 95-100.

# **Order of Events**

## **Friday PM Timed Finals**

400 Freestyle  
400 Individual Medley

## **Saturday Prelims**

200 Butterfly  
100 Backstroke  
50 Freestyle  
50 Butterfly  
100 Breaststroke  
200 Freestyle

## **Saturday Finals**

100 Backstroke  
50 Freestyle  
50 Butterfly  
100 Breaststroke  
200 Freestyle

## **Sunday Prelims**

200 Breaststroke  
100 Freestyle  
200 Backstroke  
100 Butterfly  
50 Breaststroke  
50 Backstroke  
200 Individual Medley

## **Sunday Distance**

1650 Freestyle

## **Sunday Finals**

100 Freestyle  
100 Butterfly  
50 Breaststroke  
50 Backstroke  
200 Individual Medley



## FGC BB South

AZFL AJSC AKS ASC BISC BMHG BRVO CANE CFK CCPR CM EA FKSC GPA GRSC HSC MACM MCDA MIA MJST  
MS MWA NMST NSU OSC RANS SF SGST SOFL SFTL SWAT SWS YSF

**Sanction Number:** FG3L231881D056

**Hosted by:** Ransom Everglades Aquatic Club

**Location:** Ansin Aquatic Center  
3575 Main Highway  
Miami, FL 33131

### Date & Time:

Date	Prelim Warm-up	Prelims Start	Finals Warm-up	Finals Start
Friday, Jul 7	N/A	N/A	4:00 pm	5:30 pm
Saturday, Jul 8	7:00 am	8:30 am	5:00 pm	6:00 pm
Sunday, Jul 9	7:00 am	8:30 am	5:00 pm	6:00 pm

**Pool/Timing:** Ansin Aquatic Center: Outdoor stretch 50 meter Olympic sized pool with two bulkheads. 8-lane 50 meters FINA regulated course will be used for competition. Additional 5 warm up/down lanes. Depth at start end-7 feet. OMEGA track start championship blocks and OMEGA Time System will be used with 8-lane discrete digit and full color video viviLED scoreboard. Hy-Tek Meet Manager software will be used for scoring. The competition course has been certified in accordance with 104.2.2(C)(4). A copy of such certification is on file with USA Swimming.

**Entry:** Entries will be accepted through USA Swimming Online Meet Entry (OME).

Name of meet in OME: **2023 FG LCM BB Championships South**

OME Opens: 12:00 AM EDT Jun 2, 2023

OME Closes: 12:00 PM EDT Jul 2, 2023

**Medical Supervision:** TBA

**Meet Director:** Franz Huggins

**Head Referee:** Rodolfo Manrique

**Admin Referee:** TBA

**Admission:** TBA

**Application to Officiate** <http://tinyurl.com/2mp4shb7>

**Information:** Email Franz Huggins: [fhuggins@ransomeverglades.org](mailto:fhuggins@ransomeverglades.org)

**Warm up:** The host will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed prior to the start of the meet and monitored by the Meet Referee (or his/her special designees). Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.





## FGC BB North

BR CSSC ESC FAA FAST HAFL HAT JDST LHP LLL MART NPB PAQ PCS POMP PST SAS SUN TSA TSU WASC  
WOW

**Sanction Number:** FG1L2318806055

**Hosted by:** Boca Raton Swim Team

**Location:** Boca Raton High School Aquatic Center  
1501 NW 15th Court Boca Raton FL 33486

**Directions:** From I-95 or Turnpike exit onto Glades Road. Head east on Glades Road then turn south on to 15th Court the High School is on right the pool is located next to stadium and track

### Date & Time:

Date	Prelim Warm-up	Prelims Start	Finals Warm-up	Finals Start
Friday, Jul 7	N/A	N/A	4:00 pm	5:30 pm
Saturday, Jul 8	7:00 am	8:30 am	5:00 pm	6:00 pm
Sunday, Jul 9	7:00 am	8:30 am	5:00 pm	6:00 pm

**Pool/Timing:** 50 meters x 25 yards heated outdoor pool, 8 long-course racing lanes with separate warm-up and swim-down lane available. Colorado timing System will be used. Fly-over starts will possibly be used. The competition course has been certified in accordance with 104.2.2C (4). Water depth at the start varies from 5'6 to 15'0 depending on lane assignment accordance with 202.3.7 (C).

**Entry:** Entries will be accepted through USA Swimming Online Meet Entry (OME).

Name of meet in OME: **2023 FG LCM BB Championships North**

OME Opens: 12:00 AM EDT Jun 2, 2023  
OME Closes: 12:00 PM EDT Jul 2, 2023

**Medical Supervision:** Lifeguards, AED device, Shepard's crooks, Lifeguard buoys, first aid kits with band aid and bandages, ice packets, a Palm Beach County School District School Police Officer are all available to athletes participating in the meet. Boca Regional General Hospital and ER are both located 1.2 miles from the pool.

**Meet Director:** Allan Williams

**Head Referee:** Tom Ward

**Admin Official:** Allan Williams

**Admission:** \$5.00 – a viewing area on deck will be available. Standing room only, no seats.

**Information:** Call Allan Williams at (561) 251-3724

**Warm up:** The host will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed prior to the start of the meet and monitored by the Meet Referee (or his/her special designees). Only feet-first entries are allowed during warm-ups, except in designated lanes and times. No equipment (fins, snorkels, hand paddles, etc.) are permitted in the competition pool at any time. Violations may result in disqualification from next individual event or expulsion from the meet.

**2023 FG LCM BB Championships - 7/7/2023 to 7/9/2023**  
**Qualifying Times**

WOMEN				MEN				
SCY	SCM	LCM		LCM	SCM	SCY		
6:44.90 - 7:34.89	5:54.30 - 6:38.59	6:05.40 - 6:51.09	1	7-10 400 Free	2	6:07.60 - 6:44.49	5:55.80 - 6:31.19	6:45.40 - 7:26.99
6:00.20 - 6:38.19	5:15.30 - 5:48.69	5:22.30 - 5:56.49	3	11-12 400 Free	4	5:21.90 - 5:48.69	5:13.00 - 5:39.09	5:57.70 - 6:27.49
5:36.30 - 6:18.69	4:54.30 - 5:32.69	5:01.60 - 5:40.59	5	13-14 400 Free	6	4:46.70 - 5:24.09	4:37.90 - 5:14.19	5:17.60 - 5:58.99
5:31.60 - 6:11.99	4:47.30 - 5:25.59	4:55.30 - 5:32.89	7	15 & Over 400 Free	8	4:38.40 - 5:09.89	4:30.40 - 5:02.79	5:09.90 - 5:44.09
5:22.50 - 5:56.79	5:56.30 - 6:34.19	6:09.10 - 6:48.29	9	11-12 400 IM	10	6:08.70 - 6:39.19	5:53.40 - 6:22.79	5:19.80 - 5:46.39
5:00.50 - 5:37.59	5:32.00 - 6:15.39	5:42.90 - 6:25.89	11	13-14 400 IM	12	5:22.60 - 6:04.69	5:10.30 - 5:50.69	4:40.80 - 5:17.09
5:00.30 - 5:30.49	5:36.00 - 6:06.89	5:42.40 - 6:18.79	13	15 & Over 400 IM	14	5:17.50 - 5:47.29	5:11.10 - 5:37.69	4:40.60 - 5:03.69
2:25.80 - 2:36.89	5:41.10 - 2:54.49	2:45.70 - 2:59.19	15	13-14 200 Fly	16	2:36.20 - 2:47.99	2:30.00 - 2:42.49	2:15.70 - 2:26.89
2:23.50 - 2:33.49	2:35.50 - 2:51.09	2:38.30 - 2:53.99	17	15 & Over 200 Fly	18	2:23.80 - 2:39.99	2:21.00 - 2:35.39	2:11.60 - 2:20.49
1:21.30 - 1:30.69	1:29.70 - 1:40.19	1:34.70 - 1:45.99	19	7-10 100 Back	20	1:35.50 - 1:43.09	1:31.50 - 1:39.09	1:23.20 - 1:29.29
1:13.40 - 1:18.09	1:21.50 - 1:26.69	1:22.70 - 1:30.99	21	11-12 100 Back	22	1:22.50 - 1:27.99	1:20.60 - 1:23.69	1:13.20 - 1:15.69
1:06.10 - 1:11.19	1:13.10 - 1:19.19	1:17.10 - 1:23.59	23	13-14 100 Back	24	1:12.30 - 1:17.89	1:08.20 - 1:13.89	1:01.80 - 1:06.39
1:06.00 - 1:09.39	1:13.30 - 1:17.39	1:14.50 - 1:21.09	25	15 & Over 100 Back	26	1:09.20 - 1:14.39	1:07.90 - 1:10.19	1:00.60 - 1:03.19
32.40 - 35.19	35.70 - 38.89	36.60 - 39.89	27	7-10 50 Free	28	36.50 - 39.49	35.20 - 38.09	32.00 - 34.49
28.60 - 31.29	31.80 - 34.69	32.50 - 35.69	29	11-12 50 Free	30	32.10 - 34.69	30.90 - 33.39	27.90 - 30.29
26.70 - 30.19	29.60 - 33.49	30.50 - 34.49	31	13-14 50 Free	32	28.30 - 31.99	27.30 - 30.79	24.70 - 27.79
26.30 - 29.49	29.40 - 32.89	30.20 - 33.79	33	15 & Over 50 Free	34	27.00 - 30.19	26.20 - 29.59	23.50 - 26.39
37.20 - 41.79	41.00 - 46.19	42.00 - 47.09	35	7-10 50 Fly	36	42.20 - 45.99	41.10 - 44.79	37.40 - 40.49
31.80 - 33.89	35.20 - 37.69	35.90 - 38.29	37	11-12 50 Fly	38	36.10 - 38.59	35.40 - 37.79	31.90 - 34.19
1:33.90 - 1:44.99	1:43.50 - 1:55.99	1:48.30 - 1:59.79	39	7-10 100 Breast	40	1:48.20 - 1:55.99	1:43.60 - 1:52.59	1:34.20 - 1:41.69
1:22.40 - 1:27.19	1:30.90 - 1:36.59	1:35.40 - 1:40.89	41	11-12 100 Breast	42	1:34.40 - 1:38.39	1:30.60 - 1:34.39	1:22.40 - 1:24.49
1:16.00 - 1:21.69	1:24.00 - 1:30.99	1:27.70 - 1:34.79	43	13-14 100 Breast	44	1:21.30 - 1:28.09	1:17.10 - 1:23.49	1:09.80 - 1:15.49
1:15.80 - 1:19.69	1:23.70 - 1:29.19	1:25.70 - 1:32.39	45	15 & Over 100 Breast	46	1:17.20 - 1:23.49	1:15.20 - 1:19.59	1:09.10 - 1:11.09
2:35.60 - 2:57.19	2:52.00 - 3:15.99	2:56.30 - 3:20.99	47	7-10 200 Free	48	2:54.80 - 3:12.09	2:49.00 - 3:05.69	2:33.40 - 2:47.99
2:15.30 - 2:28.99	2:29.50 - 2:45.39	2:34.10 - 2:49.19	49	11-12 200 Free	50	2:32.50 - 2:44.89	2:27.50 - 2:39.79	2:13.50 - 2:23.49
2:05.80 - 2:21.29	2:19.00 - 2:37.19	2:23.90 - 2:41.79	51	13-14 200 Free	52	2:14.80 - 2:32.29	2:09.80 - 2:26.69	1:57.50 - 2:12.79
2:05.60 - 2:18.69	1:15.20 - 2:33.79	2:19.40 - 2:38.29	53	15 & Over 200 Free	54	2:07.90 - 2:26.09	2:04.70 - 2:20.89	1:52.60 - 2:06.79
2:44.60 - 2:57.29	3:01.90 - 3:16.99	3:09.80 - 3:23.99	55	13-14 200 Breast	56	2:56.80 - 3:10.79	2:48.90 - 3:02.99	2:32.90 - 2:43.99
2:44.40 - 2:52.79	3:01.40 - 3:13.09	3:05.40 - 3:20.49	57	15 & Over 200 Breast	58	2:49.40 - 3:01.39	2:45.40 - 2:53.09	2:32.70 - 2:36.19
1:10.50 - 1:19.99	1:17.90 - 1:28.39	1:20.60 - 1:31.19	59	7-10 100 Free	60	1:21.90 - 1:30.19	1:19.00 - 1:26.99	1:11.70 - 1:18.79
1:01.60 - 1:08.29	1:08.30 - 1:15.49	1:11.00 - 1:18.09	61	11-12 100 Free	62	1:09.90 - 1:15.49	1:07.30 - 1:12.89	1:00.90 - 1:05.89
58.10 - 1:05.49	1:04.30 - 1:12.69	1:06.10 - 1:14.79	63	13-14 100 Free	64	1:01.50 - 1:09.89	59.60 - 1:07.29	53.50 - 1:00.89
57.20 - 1:03.99	1:04.00 - 1:11.39	1:05.60 - 1:13.49	65	15 & Over 100 Free	66	57.60 - 1:06.89	56.00 - 1:04.49	50.70 - 57.89
2:23.40 - 2:34.89	2:38.50 - 2:51.69	2:45.60 - 2:58.69	67	13-14 200 Back	68	2:36.60 - 2:49.09	2:28.80 - 2:41.19	2:14.70 - 2:25.09
2:23.20 - 2:31.39	2:38.40 - 2:48.39	2:40.80 - 2:54.99	69	15 & Over 200 Back	70	2:29.30 - 2:41.39	2:26.90 - 2:33.79	2:13.60 - 2:17.49
1:26.10 - 1:39.09	1:35.00 - 1:49.49	1:38.00 - 1:52.99	71	7-10 100 Fly	72	1:39.00 - 1:50.79	1:36.30 - 1:48.29	1:27.30 - 1:37.09
1:13.50 - 1:17.59	1:21.00 - 1:26.49	1:22.80 - 1:28.49	73	11-12 100 Fly	74	1:22.60 - 1:26.29	1:20.90 - 1:24.49	1:13.60 - 1:16.09
1:06.00 - 1:10.89	1:12.90 - 1:18.89	1:14.80 - 1:20.39	75	13-14 100 Fly	76	1:08.30 - 1:15.49	1:07.70 - 1:13.29	1:00.70 - 1:06.09
1:04.60 - 1:09.39	1:09.80 - 1:17.29	1:11.20 - 1:19.29	77	15 & Over 100 Fly	78	1:03.70 - 1:11.79	1:02.30 - 1:10.09	57.00 - 1:02.69
42.80 - 47.49	47.20 - 52.49	48.50 - 53.99	79	7-10 50 Breast	80	49.00 - 53.29	47.30 - 51.39	43.00 - 46.59
37.90 - 39.99	41.80 - 44.19	43.00 - 45.49	81	11-12 50 Breast	82	43.60 - 45.19	42.00 - 43.69	38.20 - 39.49
37.70 - 41.89	41.60 - 46.29	43.90 - 48.89	83	7-10 50 Back	84	45.00 - 49.19	39.10 - 46.79	39.10 - 42.29
33.90 - 35.39	37.30 - 39.29	39.00 - 40.79	85	11-12 50 Back	86	39.50 - 40.39	37.70 - 38.99	34.30 - 34.99
2:52.70 - 3:15.59	3:10.80 - 3:36.19	3:17.10 - 3:43.19	87	7-10 200 IM	88	3:19.40 - 3:40.79	3:12.90 - 3:33.49	2:55.00 - 3:13.19
2:31.70 - 2:47.29	2:47.60 - 3:05.39	2:53.10 - 3:11.39	89	11-12 200 IM	90	2:53.90 - 3:08.49	2:46.70 - 3:01.49	2:30.90 - 2:43.99

5/28/2023

**2023 FG LCM BB Championships - 7/7/2023 to 7/9/2023**  
**Qualifying Times**

<b>WOMEN</b>			<b>MEN</b>					
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>		<b>LCM</b>	<b>SCM</b>	<b>SCY</b>		
2:20.90 - 2:37.59	2:35.60 - 2:55.89	2:42.20 - 3:01.79	91	13-14 200 IM	92	2:34.80 - 2:51.39	2:31.30 - 2:44.19	2:16.30 - 2:28.49
2:20.70 - 2:34.89	2:37.80 - 2:52.59	2:41.00 - 2:58.19	93	15 & Over 200 IM	94	2:27.20 - 2:43.99	2:24.00 - 2:36.69	2:10.80 - 2:20.89
20:53.90 - 23:07.29	20:46.60 - 22:59.19	21:37.40 - 23:55.39	95	11-12 1500 Free	96	21:37.40 - 23:25.49	20:45.70 - 22:29.59	20:53.00 - 22:37.49
19:12.90 - 21:43.19	19:06.20 - 21:35.69	19:48.10 - 22:23.09	97	13-14 1500 Free	98	18:58.90 - 21:27.39	18:13.40 - 20:35.99	18:19.80 - 20:43.19
19:12.70 - 21:26.19	19:06.00 - 21:18.69	19:43.10 - 22:02.19	99	15 & Over 1500 Free	100	18:30.00 - 20:33.99	17:60.00 - 19:55.89	18:11.00 - 20:02.89