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**Kvaltider och kvalperioder DM/JDM 2023**

**(OBS inga kvaltider till Masters/Para)**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **JDM/DM** | **Damer**  |  |  | **Mixed** | **Mixed** | **Herrar** |  |  |
|  | **25m**  | **50m**  | **25y** | **25m** | **50m** | **25m**  | **50m** | **25y** |
| **50m fr** | 00:29,62 | 00:30,57 | 00:26,68 |   |   | 00:27,06 | 00:28,15 | 00:24,38 |
| **100m fr**  | 01:04,08 | 01:05,84 | 00:57,72 |   |   | 00:58,73 | 01:01,05 | 00:52,91 |
| **200m fr**  | 02:19,18 | 02:23,01 | 02:05,39 |   |   | 02:09,05 | 02:14,11 | 01:56,25 |
| **400m fr**  | 04:56,28 | 05:04,84 | 05:38,60 |   |   | 04:38,67 | 04:48,34 | 05:18,48 |
| **800m fr**  | 10:17,30 | 10:34,62 | 11:45,46 |   |   | 09:47,99 | 10:10,47 | 11:11,99 |
| **1500m fr**  | 19:49,64 | 20:36,32 | 19:42,53 |   |   | 18:55,12 | 19:31,82 | 18:48,35 |
| **50m br**  | 00:36,88 | 00:37,85 | 00:33,22 |   |   | 00:33,80 | 00:35,07 | 00:30,43 |
| **100m br**  | 01:19,64 | 01:22,58 | 01:11,74 |   |   | 01:13,76 | 01:17,40 | 01:06,44 |
| **200m br**  | 02:54,05 | 03:01,15 | 02:36,79 |   |   | 02:42,32 | 02:50,47 | 02:26,23 |
| **50m ry**  | 00:33,40 | 00:34,83 | 00:30,09 |   |   | 00:31,06 | 00:32,76 | 00:27,98 |
| **100m ry**  | 01:11,53 | 01:14,98 | 01:01,14 |   |   | 01:06,37 | 01:10,23 | 00:59,79 |
| **200m ry**  | 02:36,39 | 02:43,37 | 02:20,89 |   |   | 02:26,65 | 02:34,56 | 02:12,11 |
| **50m fj**  | 00:31,71 | 00:32,24 | 00:28,57 |   |   | 00:29,09 | 00:29,62 | 00:26,21 |
| **100m fj**  | 01:10,64 | 01:12,38 | 01:03,65 |   |   | 01:04,53 | 01:05,94 | 00:58,13 |
| **200m fj**  | 02:39,91 | 02:45,73 | 02:24,06 |   |   | 02:27,62 | 02:32,88 | 02:12,99 |
| **100m me**  | 01:13,19 |   | 01:05,93 |   |   | 01:07,12 |   | 01:00,46 |
| **200m me**  | 02:37,51 | 02:42,87 | 02:24,06 |   |   | 02:26,45 | 02:32,07 | 02:11,93 |
| **400 m me**  | 05:36,95 | 05:50,08 | 05:03,56 |   |   | 05:17,57 | 05:32,41 | 04:46,09 |
| **4x50m fr**  | 02:01,30 | 02:05,08 | - |   |   | 01:52,08 | 01:56,44 | 00:00,00 |
| **4x100m fr** | 04:41,60 | 04:35,08 | - | 04:11.89 | 04:21.87 | 04:02,79 | 04:14,29 | - |
| **4x200m fr**  | 09:45,73 | 10:07,68 | - |   |   | 08:58,99 | 09:25,99 | - |
| **4x50m me**  | 02:12,58 | 02:16,44 | - |   |   | 02:01,93 | 02:06,51 | - |
| **4x100m me**  | 04:52,41 | 05:04,19 | - | 04:37.95 | 04:50.85 | 04:29,46 | 04:43,81 | - |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  | Tjejer 10% JSM A kval |  |  |  |  |
|  |  | Pojker 12,5% av JSM A kval |  |  |  |
|  |  | Mixed 10% av JSM A kval |  |  |  |
|  |  |  |  |  |  |  |  |  |
| Kvalperiod | 50m | 2022-06-03 – 2023-05-21 |  |  |  |
|  | 25m | 2022-10-20 – 2023-10-08 |  |  |  |