

LWC 2024 Entry Guide Times

Women Men

	Age	Event	Entry Guide Times	Entry Guide Times
Youth	Youth	200m Obstacle Swim	03:05.83	02:55.11
	Youth	50m Manikin Carry	00:51.06	00:43.82
	Youth	100m Manikin Carry with Fins	01:14.00	01:08.94
	Youth	100m Manikin Tow with Fins	01:27.76	01:15.01
	Youth	200m Super Lifesaver	03:33.48	03:11.66
	Youth	100m Rescue Medley	01:45.32	01:29.46
Open	Open	200m Obstacle Swim	03:02.82	02:49.74
	Open	50m Manikin Carry	00:49.18	00:41.66
	Open	100m Manikin Carry with Fins	01:13.95	01:06.06
	Open	100m Manikin Tow with Fins	01:23.10	01:13.53
	Open	200m Super Lifesaver	03:24.11	03:06.49
	Open	100m Rescue Medley	01:40.56	01:25.59
Masters	Masters M30	200m Obstacle Swim	03:15.21	02:54.27
	Masters M30	50m Manikin Carry	00:50.24	00:43.20
	Masters M30	100m Manikin Carry with Fins	01:17.70	01:09.17
	Masters M30	100m Manikin Tow with Fins	01:27.57	01:15.03
	Masters M35	200m Obstacle Swim	03:29.70	03:06.18
	Masters M35	50m Manikin Carry	00:51.75	00:46.05
	Masters M35	100m Manikin Carry with Fins	01:28.30	01:12.20
	Masters M35	100m Manikin Tow with Fins	01:32.65	01:22.51
	Masters M40	200m Obstacle Swim	03:37.77	03:18.82
	Masters M40	50m Manikin Carry	00:59.63	00:50.59
	Masters M40	100m Manikin Carry with Fins	01:33.02	01:18.81
	Masters M40	100m Manikin Tow with Fins	01:39.49	01:25.56
	Masters M45	200m Obstacle Swim	03:38.11	03:18.58
	Masters M45	50m Manikin Carry	01:00.57	00:50.67
	Masters M45	100m Manikin Carry with Fins	01:37.33	01:19.01
	Masters M45	100m Manikin Tow with Fins	01:41.83	01:26.00
	Masters M50	200m Obstacle Swim	03:40.78	03:27.05
	Masters M50	50m Manikin Carry	01:04.26	00:51.74
	Masters M50	100m Manikin Carry with Fins	01:42.00	01:22.85
	Masters M50	100m Manikin Tow with Fins	01:46.51	01:31.36
	Masters M55	100m Obstacle Swim	01:46.05	01:37.73
	Masters M55	50m Manikin Carry	01:03.60	00:54.57
	Masters M55	100m Manikin Carry with Fins	01:49.83	01:23.43
	Masters M55	100m Manikin Tow with Fins	01:46.46	01:35.75
	Masters M60	100m Obstacle Swim	01:43.90	01:39.68
	Masters M60	50m Manikin Carry	01:03.74	00:56.31
	Masters M60	100m Manikin Carry with Fins	01:48.62	01:30.00
	Masters M60	100m Manikin Tow with Fins	01:47.31	01:37.32
	Masters M65	100m Obstacle Swim	02:18.93	01:46.57
	Masters M65	50m Manikin Carry	01:28.71	01:03.76
Masters M65	100m Manikin Carry with Fins	02:14.55	01:44.34	
Masters M65	100m Manikin Tow with Fins	02:12.74	01:46.33	
Masters M70	100m Obstacle Swim	02:24.73	02:03.67	
Masters M70	50m Manikin Carry	01:29.58	01:14.51	
Masters M70	100m Manikin Carry with Fins	02:35.42	02:02.77	
Masters M70	100m Manikin Tow with Fins	02:48.98	01:59.51	
Masters M75	100m Obstacle Swim*	02:30.00	02:15.00	
Masters M75	50m Manikin Carry*	01:37.50	01:21.00	
Masters M75	100m Manikin Carry with Fins*	02:48.00	02:16.50	
Masters M75	100m Manikin Tow with Fins*	03:07.50	02:30.00	

\*No World Record yet published - times are estimates

Based on World Records as at 03/10/2022 + 50%