

LWC 2020 Entry Guide Times
Women
Men

	Age	Event	Entry Guide Times	Entry Guide Times
Youth	Youth	200m Obstacle Swim	3:09,17	2:55,11
	Youth	50m Manikin Carry	0:51,54	0:44,65
	Youth	100m Manikin Carry with Fins	1:15,65	1:08,94
	Youth	100m Manikin Tow with Fins	1:28,55	1:18,29
	Youth	200m Super Lifesaver	3:35,80	3:17,37
	Youth	100m Rescue Medley (new)	1:45,21	1:33,18
Open	Open	200m Obstacle Swim	3:02,82	2:50,89
	Open	50m Manikin Carry	0:49,18	0:40,90
	Open	100m Manikin Carry with Fins	1:14,80	1:06,06
	Open	100m Manikin Tow with Fins	1:23,10	1:13,53
	Open	200m Super Lifesaver	3:32,42	3:06,49
	Open	100m Rescue Medley (new)	1:43,29	1:28,23
Masters	Masters M30	200m Obstacle Swim	3:25,90	2:54,27
	Masters M30	50m Manikin Carry	0:51,41	0:43,89
	Masters M30	100m Manikin Carry with Fins	1:22,29	1:10,47
	Masters M30	100m Manikin Tow with Fins	1:28,17	1:18,45
	Masters M35	200m Obstacle Swim	3:29,70	3:14,14
	Masters M35	50m Manikin Carry	1:01,22	0:46,23
	Masters M35	100m Manikin Carry with Fins	1:29,98	1:13,32
	Masters M35	100m Manikin Tow with Fins	1:35,61	1:22,51
	Masters M40	200m Obstacle Swim	3:37,77	3:18,82
	Masters M40	50m Manikin Carry	0:59,63	0:50,72
	Masters M40	100m Manikin Carry with Fins	1:33,09	1:18,81
	Masters M40	100m Manikin Tow with Fins	1:39,49	1:27,01
	Masters M45	200m Obstacle Swim	3:38,11	3:20,40
	Masters M45	50m Manikin Carry	1:01,17	0:53,57
	Masters M45	100m Manikin Carry with Fins	1:39,77	1:22,59
	Masters M45	100m Manikin Tow with Fins	1:42,30	1:29,86
	Masters M50	200m Obstacle Swim	3:40,78	3:27,05
	Masters M50	50m Manikin Carry	1:04,26	0:53,57
	Masters M50	100m Manikin Carry with Fins	1:42,00	1:22,85
	Masters M50	100m Manikin Tow with Fins	1:46,51	1:31,36
	Masters M55	100m Obstacle Swim	1:46,05	1:37,73
	Masters M55	50m Manikin Carry	1:03,60	0:56,46
	Masters M55	100m Manikin Carry with Fins	1:51,07	1:23,43
	Masters M55	100m Manikin Tow with Fins	1:46,46	1:34,96
	Masters M60	100m Obstacle Swim	1:43,90	1:43,33
	Masters M60	50m Manikin Carry	1:03,74	1:01,40
	Masters M60	100m Manikin Carry with Fins	1:48,62	1:43,47
	Masters M60	100m Manikin Tow with Fins	1:47,31	1:42,49
	Masters M65	100m Obstacle Swim	2:18,93	1:52,22
	Masters M65	50m Manikin Carry	1:28,71	1:10,05
	Masters M65	100m Manikin Carry with Fins	2:14,55	1:45,90
	Masters M65	100m Manikin Tow with Fins	2:13,05	1:46,33
Masters M70	100m Obstacle Swim	2:24,73	2:04,56	
Masters M70	50m Manikin Carry	1:29,58	1:14,51	
Masters M70	100m Manikin Carry with Fins	2:37,26	2:02,77	
Masters M70	100m Manikin Tow with Fins	2:48,98	1:59,51	
Masters M75	100m Obstacle Swim*	2:30,00	2:15,00	
Masters M75	50m Manikin Carry*	1:37,50	1:21,00	
Masters M75	100m Manikin Carry with Fins*	2:48,00	2:16,50	
Masters M75	100m Manikin Tow with Fins*	3:07,50	2:30,00	

*No World Record yet established - times are estimates