

# QUALIFYING TIME STANDARDS

## WOMEN

## MEN

<b>LCM</b>	<b>SCY</b>	<b>EVENT</b>	<b>SCY</b>	<b>LCM</b>
29.49	24.59	<b>50 Free</b>	22.19	25.59
1:00.69	53.09	<b>100 Free</b>	48.49	55.69
2:13.09	1:53.79	<b>200 Free</b>	1:46.29	2:01.49
4:37.69	5:05.09	<b>500/400 Free</b>	4:42.79	4:15.79
9:34.99	10:30.79	<b>1000/800 Free</b>	9:50.49	8:49.99
18:16.79	17:25.69	<b>1650/1500 Free</b>	16:30.49	16:56.49
33.00	29.00	<b>50 Back</b>	26.00	30.00
1:07.89	58.99	<b>100 Back</b>	53.39	1:02.99
2:26.99	2:07.19	<b>200 Back</b>	1:54.89	2:14.79
38.00	33.00	<b>50 Breast</b>	30.00	34.00
1:17.89	1:07.19	<b>100 Breast</b>	1:00.49	1:10.59
2:46.39	2:24.39	<b>200 Breast</b>	2:09.69	2:33.59
33.00	29.00	<b>50 Fly</b>	26.00	30.00
1:06.49	58.19	<b>100 Fly</b>	53.09	1:00.29
2:25.09	2:09.09	<b>200 Fly</b>	1:57.59	2:15.29
2:13.50	1:55.00	<b>100 IM</b>	59.00	1:07.50
2:28.69	2:09.29	<b>200 IM</b>	1:58.79	2:16.19
5:20.49	4:33.39	<b>400 IM</b>	4:14.09	4:49.89

### QUALIFYING PERIOD

January 1, 2023 - March 17, 2025