



2026 TIME STANDARDS

SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

* Qualifying from June 1, 2025 through Entry Deadline

WOMEN

STANDARDS

MEN

SCY	LCM	EVENT	LCM	SCY
22.99	26.59	50 FR	23.79	20.39
49.99	57.69	100 FR	51.99	44.39
1:48.19	2:04.99	200 FR	1:54.09	1:37.59
4:49.99	4:23.59	400/500 FR	4:02.19	4:25.59
10:04.69	9:06.79	800/1000 FR	8:23.09	9:13.19
16:50.99	17:26.79	1500/1650 FR	16:05.09	15:31.39
25.19	29.79	50 BK	26.69	22.49
54.39	1:04.29	100 BK	58.19	48.59
1:58.19	2:19.29	200 BK	2:06.99	1:46.49
28.79	33.69	50 BR	29.59	25.29
1:02.39	1:13.29	100 BR	1:05.09	54.99
2:15.39	2:38.59	200 BR	2:22.39	2:00.39
24.69	28.39	50 FL	25.39	21.99
54.09	1:02.49	100 FL	55.89	48.19
2:00.49	2:18.39	200 FL	2:05.09	1:47.89
2:01.09	2:21.29	200 IM	2:07.99	1:48.49
4:18.79	5:00.29	400 IM	4:33.09	3:52.69
x	3:55.69	4x50 FR-R	3:33.59	x
3:25.49	3:55.69	4x100 FR-R	3:33.59	3:03.99
7:28.29	8:29.99	4x200 FR-R	7:47.69	6:45.49
x	4:21.49	4x50 Med-R	3:56.29	x
3:45.59	4:21.49	4x100 Med-R	3:56.29	3:21.39

* Swimmers may qualify for 50 Bk/Br/Fly using the 50 standard or the corresponding 100 standard (to be seeded after the 50 qualifiers).

** Qualification standards for the 4x50 relays will be corresponding 4x100 relay time. Teams may submit two relays per event, provided they have achieved the qualification standard within the qualifying period. If a team enters an A and B relay, they must use eight (8) different swimmers. Teams may not use the same swimmer twice in a relay event, or to prove a time.



CHAMPIONSHIP
SERIES ***

2026 TIME STANDARDS

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* Qualifying from June 1, 2025 through Entry Deadline

WOMEN

BONUS STANDARDS

MEN

SCY	LCM	EVENT	LCM	SCY
23.89	27.39	50 FR	24.59	21.29
51.89	59.29	100 FR	53.59	46.39
1:52.29	2:07.79	200 FR	1:57.79	1:41.59
5:02.59	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
26.29	30.89	50 BK	27.89	23.69
57.09	1:06.79	100 BK	1:00.59	51.49
2:04.19	2:23.99	200 BK	2:11.89	1:52.79
29.79	34.79	50 BR	30.89	26.29
1:05.49	1:15.99	100 BR	1:08.19	57.99
2:22.69	2:43.39	200 BR	2:29.09	2:07.99
25.69	29.49	50 FL	26.29	22.89
56.59	1:04.69	100 FL	57.99	50.59
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:06.39	2:26.19	200 IM	2:12.79	1:53.89
4:30.69	5:07.29	400 IM	4:42.39	4:06.99

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