



2026 TIME STANDARDS

SENIOR CHAMPIONSHIPS

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.89	25.19	50 Freestyle	23.39	24.89	25.69
1:02.79	1:01.19	54.99	100 Freestyle	50.79	54.79	56.39
2:16.29	2:13.09	1:59:59	200 Freestyle	1:51.49	2:02.09	2:05.79
4:49.79	4:43.39	5:20.99	400/500 Freestyle	5:01.79	4:24.39	4:30.79
10:04.39	9:51.59	11:07.59	800/1000 Freestyle	10:48.19	9:09.79	9:22.59
19:26.39	19:02.39	18:35:19	1500/1650 Freestyle	18:00.69	18:02.99	18:26.99
entry into 50 requires 100 standard			50 Backstroke	entry into 50 requires 100 standard		
1:11.69	1:09.69	1:01:59	100 Backstroke	58.29	1:03.89	1:05.09
2:36.09	2:33.69	2:15:39	200 Backstroke	2:07.79	2:20.59	2:22.99
entry into 50 requires 100 standard			50 Breaststroke	entry into 50 requires 100 standard		
1:22.79	1:20.49	1:10.99	100 Breaststroke	1:06.99	1:11.39	1:13.39
3:01.09	2:57.49	2:36:39	200 Breaststroke	2:28:49	2:42.29	2:46.29
entry into 50 requires 100 standard			50 Butterfly	entry into 50 requires 100 standard		
1:08.79	1:07.39	1:00:29	100 Butterfly	56.29	59.99	1:01.35
2:43.79	2:38.59	2:20:29	200 Butterfly	2:12.99	2:23.79	2:26.59
2:36.19	2:32.99	2:16.19	200 IM	2:05.59	2:21.49	2:24.69
5:32.49	5:26.09	4:52.19	400 IM	4:33.79	5:07.69	5:14.09