



# 2026 TIME STANDARDS

## SENIOR CHAMPIONSHIPS

18&U Time Standards						
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
34.79	34.19	30.79	50 Backstroke	27.89	30.89	31.49
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
38.69	37.69	33.99	50 Breaststroke	29.99	33.19	34.19
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
32.59	31.89	28.49	50 Butterfly	25.29	28.39	29.09
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



# 2026 TIME STANDARDS

## SENIOR CHAMPIONSHIPS

19&O Time Standards						
WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.39	27.59	24.19	50 Freestyle	22.79	24.79	25.59
1:02.19	1:00.59	54.29	100 Freestyle	50.29	54.49	56.09
2:15.19	2:11.99	1:57.89	200 Freestyle	1:50.49	2:00.49	2:03.69
4:49.79	4:43.39	5:17.99	400/500 Freestyle	4:57.39	4:23.99	4:30.39
10:04.39	9:51.59	10:58.59	800/1000 Freestyle	10:27.79	9:09.79	9:22.59
19:26.39	19:02.39	18:08.19	1500/1650 Freestyle	17:49.09	18:02.99	18:26.99
33.39	32.79	29.49	50 Backstroke	26.89	29.89	30.49
1:10.09	1:08.89	1:00.59	100 Backstroke	58.49	1:03.19	1:04.39
2:36.09	2:33.69	2:13.09	200 Backstroke	2:04.49	2:20.59	2:22.99
37.69	36.69	33.09	50 Breaststroke	29.29	32.49	33.49
1:21.39	1:19.39	1:09.59	100 Breaststroke	1:04.99	1:11.09	1:13.09
2:57.79	2:53.79	2:32.59	200 Breaststroke	2:22.69	2:39.69	2:43.69
31.09	30.39	27.39	50 Butterfly	24.19	26.89	27.59
1:08.69	1:07.29	59.49	100 Butterfly	54.59	59.99	1:01.39
2:37.89	2:35.09	2:16.89	200 Butterfly	2:04.49	2:20.19	2:23.19
2:36.19	2:32.99	2:15.09	200 IM	2:01.49	2:21.29	2:24.49
5:32.49	5:26.09	5:51.39	400 IM	4:17.29	5:04.19	5:10.59