

2023-2024 U SPORTS STANDARDS

SCY	LCM	SCM	EVENT	SCM	LCM	SCY
WOMEN				MEN		
23.77	27.18	26.39	50 FREE	23.09	23.78	20.80
51.43	58.80	57.09	100 FREE	50.41	51.92	45.41
1:50.71	2:06.58	2:02.89	200 FREE	1:50.58	1:53.90	1:39.62
4:59.65	4:30.06	4:22.19	400 FREE	3:55.66	4:02.73	4:29.33
10:19.65	9:18.46	9:02.19	800 FREE			
			1500 FREE	15:57.17	16:25.89	15:51.46
26.47	30.26	29.38	50 BACK	25.90	26.68	23.33
57.13	1:05.31	1:03.41	100 BACK	55.69	57.36	50.17
2:03.70	2:21.43	2:17.31	200 BACK	2:02.41	2:06.08	1:50.28
29.77	34.03	33.04	50 BREAST	28.78	29.64	25.93
1:04.78	1:14.07	1:11.91	100 BREAST	1:02.67	1:04.55	56.45
2:20.78	2:40.96	2:36.27	200 BREAST	2:17.31	2:21.43	2:03.70
25.27	28.89	28.05	50 FLY	24.86	25.61	22.40
56.64	1:04.76	1:02.87	100 FLY	55.19	56.85	49.72
2:06.87	2:25.05	2:20.83	200 FLY	2:03.12	2:06.81	1:50.92
2:06.83	2:25.00	2:20.78	200 I.M.	2:04.05	2:07.77	1:51.76
4:29.53	5:08.16	4:59.18	400 I.M.	4:26.16	4:34.14	3:59.78
3:27.81	3:57.59	3:50.67	400 FR. RLY	3:22.81	3:28.89	3:02.71
7:33.29	8:38.24	8:23.15	800 FR. RLY	7:30.37	7:43.88	6:45.74
3:50.10	4:23.07	4:15.41	400 MED. RLY	3:45.51	3:52.28	3:23.16

SCM = SHORT COURSE METRES
LCM = LONG COURSE METRES
SCY = SHORT COURSE YARDS