



2025 TIME STANDARDS

USA SWIMMING NATIONAL CHAMPIONSHIPS

Qualifying from June 1, 2024 through Entry Deadline

WOMEN

MEN

SCY	LCM	EVENT	LCM	SCY
22.19	25.69	50 FR	22.69	19.39
48.49	55.89	100 FR	49.69	42.49
1:44.99	2:01.19	200 FR	1:49.89	1:33.69
4:41.99	4:16.89	400/500 FR	3:55.59	4:17.19
9:48.09	8:46.79	800/1000 FR	8:07.59	9:01.09
16:12.59	16:49.19	1500/1650 FR	15:37.69	14:57.19
52.39	1:02.19	100 BK	55.69	46.19
1:54.09	2:14.59	200 BK	2:02.09	1:41.69
59.99	1:10.29	100 BR	1:02.09	52.49
2:10.39	2:32.39	200 BR	2:16.09	1:54.59
52.19	1:00.19	100 FL	53.49	45.99
1:56.09	2:14.59	200 FL	2:00.89	1:43.39
1:57.09	2:16.89	200 IM	2:02.89	1:43.89
4:11.39	4:51.79	400 IM	4:24.69	3:45.49



2025 TIME STANDARDS

USA SWIMMING NATIONAL CHAMPIONSHIPS (18U)

Qualifying from June 1, 2024 through Entry Deadline

WOMEN

MEN

SCY

LCM

18 & U

LCM

SCY

22.29

25.79

50 FR

23.09

19.99

49.19

56.69

100 FR

50.79

44.19

1:47.09

2:02.39

200 FR

1:50.49

1:35.69

4:47.89

4:18.99

400/500 FR

3:55.59

4:19.19

9:51.49

8:55.89

800/1000 FR

8:12.99

9:01.89

16:40.79

17:03.49

1500/1650 FR

15:44.89

15:14.39

53.09

1:02.19

100 BK

56.49

47.79

1:55.69

2:14.59

200 BK

2:02.39

1:43.99

1:01.59

1:10.89

100 BR

1:02.89

54.49

2:13.29

2:33.29

200 BR

2:16.99

1:58.89

53.29

1:00.69

100 FL

54.29

47.59

1:57.99

2:15.49

200 FL

2:01.29

1:45.99

1:58.89

2:18.19

200 IM

2:04.29

1:45.99

4:15.59

4:51.79

400 IM

4:25.19

3:49.29