

Arizona Swimming
Senior Regional Qualifying Time Standards
2025-2026

	Short Course Yards	Long Course Meters	Short Course Meters
WOMEN SENIOR			
50 Free	32.29	36.69	36.09
100 Free	1:09.99	1:19.19	1:17.89
200 Free	2:30.79	2:50.89	2:47.39
400/500 Free	6:41.29	6:00.89	5:48.09
800/1000 Free	13:51.09	12:15.49	12:00.89
1500/1650 Free	23:06.29	23:27.49	22:48.49
50 Back	35.19	40.29	39.09
100 Back	1:16.29	1:27.39	1:24.79
200 Back	2:44.79	3:07.99	3:03.09
50 Breast	40.79	46.29	45.29
100 Breast	1:28.29	1:40.39	1:38.19
200 Breast	3:09.99	3:33.99	3:31.29
50 Fly	33.99	38.29	37.69
100 Fly	1:16.19	1:25.89	1:24.69
200 Fly	2:46.79	3:07.19	3:05.39
200 IM	2:48.89	3:12.59	3:07.49
400 IM	6:08.49	6:39.29	6:27.99

	Short Course Yards	Long Course Meters	Short Course Meters
MEN SENIOR			
50 Free	28.99	33.39	32.49
100 Free	1:03.29	1:12.49	1:10.39
200 Free	2:18.29	2:38.09	2:33.29
400/500 Free	6:14.69	5:36.09	5:28.99
800/1000 Free	12:56.99	11:36.89	11:13.89
1500/1650 Free	21:46.69	22:20.19	21:29.99
50 Back	32.99	38.69	36.69
100 Back	1:09.69	1:21.59	1:17.49
200 Back	2:31.59	2:54.49	2:48.29
50 Breast	36.99	42.69	41.09
100 Breast	1:19.19	1:31.49	1:27.99
200 Breast	2:52.79	3:19.09	3:11.79
50 Fly	31.09	35.49	34.69
100 Fly	1:08.79	1:18.59	1:16.69
200 Fly	2:33.29	2:54.99	2:50.79
200 IM	2:34.29	2:57.99	2:51.49
400 IM	5:31.39	6:23.19	6:08.19

**Swimmers are NOT eligible for the Regionals Meet once they have achieved a State Qualifying time.*