

Arizona Swimming
Senior State Qualifying Time Standards
2025-2026

	Short Course Yards	Long Course Meters	Short Course Meters
WOMEN SENIOR			
50 Free	25.49	29.59	28.29
100 Free	55.89	1:03.69	1:02.19
200 Free	2:00.99	2:18.19	2:14.59
400/500 Free	5:25.49	4:52.79	4:42.29
800/1000 Free	11:20.79	10:02.49	9:50.49
1500/1650 Free	19:39.09	19:57.09	19:23.99
50 Back	29.59	34.89	32.89
100 Back	1:04.19	1:15.69	1:11.29
200 Back	2:18.29	2:39.89	2:33.69
50 Breast	33.79	38.99	37.59
100 Breast	1:13.29	1:24.39	1:21.49
200 Breast	2:36.49	3:01.29	2:54.09
50 Fly	27.99	31.89	31.09
100 Fly	1:02.79	1:11.59	1:09.79
200 Fly	2:22.59	2:40.09	2:38.49
200 IM	2:17.19	2:38.79	2:32.29
400 IM	4:53.09	5:34.59	5:25.39

	Short Course Yards	Long Course Meters	Short Course Meters
MEN SENIOR			
50 Free	23.39	26.69	26.19
100 Free	50.39	58.09	55.89
200 Free	1:51.19	2:09.89	2:03.39
400/500 Free	5:04.49	4:33.09	4:29.29
800/1000 Free	10:35.09	9:29.59	9:54.69
1500/1650 Free	19:09.49	19:32.09	19:08.09
50 Back	28.39	33.19	31.59
100 Back	59.99	1:09.99	1:06.59
200 Back	2:13.19	2:32.29	2:27.89
50 Breast	30.19	36.49	35.79
100 Breast	1:04.69	1:18.29	1:16.79
200 Breast	2:27.09	2:49.39	2:43.19
50 Fly	25.39	29.39	28.19
100 Fly	56.19	1:05.09	1:02.39
200 Fly	2:09.89	2:28.29	2:24.19
200 IM	2:05.89	2:27.89	2:19.69
400 IM	4:31.29	5:13.69	5:01.19

