



| 2026 USA Swimming Speedo Championship Series<br>Western Region Section Four Corners Spring Standards     |          |          |                  |          |          |          |
|----------------------------------------------------------------------------------------------------------|----------|----------|------------------|----------|----------|----------|
| March 26-29, 2026 * Carmel Aquatic Center<br>Qualifying Time Period: December 1, 2024 – close of entries |          |          |                  |          |          |          |
| Women                                                                                                    |          |          | EVENTS           | Men      |          |          |
| SCY                                                                                                      | SCM      | LCM      |                  | SCY      | SCM      | LCM      |
| 24.99                                                                                                    | 27.76    | 28.44    | 50 Free          | 22.41    | 24.72    | 25.79    |
| 53.71                                                                                                    | 59.04    | 1:01.26  | 100 Free         | 48.46    | 53.27    | 55.89    |
| 1:56.22                                                                                                  | 2:07.92  | 2:12.75  | 200 Free         | 1:45.84  | 1:56.48  | 2:02.20  |
| 5:13.17                                                                                                  | 4:29.34  | 4:43.21  | 400/500 Free     | 4:49.98  | 4:10.18  | 4:23.21  |
| 10:52.09                                                                                                 | 9:27.35  | 9:48.19  | 800/1000 Free    | 10:10.58 | 8:53.74  | 9:19.51  |
| 18:19.78                                                                                                 | 18:07.11 | 18:54.49 | 1500/1650 Free   | 17:13.16 | 16:53.43 | 17:45.59 |
| 59.50                                                                                                    | 1:06.33  | 1:09.54  | 100 Back         | 54.42    | 1:00.66  | 1:04.26  |
| 2:07.80                                                                                                  | 2:22.78  | 2:29.20  | 200 Back         | 1:58.45  | 2:12.65  | 2:20.40  |
| 1:08.46                                                                                                  | 1:15.15  | 1:20.46  | 100 Breast       | 1:01.53  | 1:07.35  | 1:13.70  |
| 2:29.07                                                                                                  | 2:43.68  | 2:54.86  | 200 Breast       | 2:15.19  | 2:27.80  | 2:40.88  |
| 58.86                                                                                                    | 1:04.55  | 1:06.87  | 100 Fly          | 53.46    | 59.43    | 1:00.97  |
| 2:12.26                                                                                                  | 2:26.43  | 2:32.74  | 200 Fly          | 2:00.94  | 2:14.37  | 2:20.25  |
| 2:11.81                                                                                                  | 2:25.85  | 2:32.19  | 200 Ind. Medley  | 1:59.85  | 2:12.30  | 2:19.28  |
| 4:39.34                                                                                                  | 5:07.75  | 5:21.68  | 400 Ind. Medley  | 4:18.37  | 4:45.76  | 5:00.19  |
| 1:44.69                                                                                                  | 1:56.89  | 1:59.29  | 200 Free Relay   | 1:32.99  | 1:43.78  | 1:46.89  |
| 3:49.09                                                                                                  | 4:12.14  | 4:17.29  | 400 Free Relay   | 3:25.49  | 3:46.85  | 3:54.59  |
| 8:14.49                                                                                                  | 9:10.46  | 9:21.69  | 800 Free Relay   | 7:38.69  | 8:26.70  | 8:43.99  |
| 1:56.29                                                                                                  | 2:10.99  | 2:13.39  | 200 Medley Relay | 1:44.69  | 1:55.50  | 1:59.69  |
| 4:09.49                                                                                                  | 4:44.93  | 4:48.39  | 400 Medley Relay | 3:47.49  | 4:15.75  | 4:23.39  |