



2026 Time Standards

CZ SPEEDO NORTH SECTION SPRING CHAMPIONSHIPS

Qualifying from July 1, 2024 through the Entry Deadline

WOMEN			MEN	
LCM	SCY		SCY	LCM
28.79	25.29	50 Freestyle	22.59	25.99
1:01.79	54.49	100 Freestyle	48.99	56.59
2:13.09	1:57.89	200 Freestyle	1:47.49	2:03.49
4:42.39	5:14.99	400/500 Freestyle	4:52.89	4:22.19
9:41.39	10:48.39	800/1000 Freestyle	10:08.49	9:10.79
18:36.49	18:16.49	1500/1650 Freestyle	17:03.29	17:39.99
1:10.49	1:00.49	100 Backstroke	56.09	1:04.39
2:31.39	2:11.49	200 Backstroke	2:01.39	2:19.79
1:19.99	1:09.49	100 Breaststroke	1:03.59	1:12.79
2:52.79	2:30.99	200 Breaststroke	2:18.59	2:39.79
1:08.09	59.59	100 Butterfly	53.99	1:01.49
2:31.89	2:13.09	200 Butterfly	2:02.79	2:19.49
2:31.29	2:12.99	200 Individual Medley	2:00.99	2:19.39
5:24.39	4:43.99	400 Individual Medley	4:23.99	5:01.89
4:23.89	3:45.89	400 Free Relay	3:24.09	3:57.29
9:29.99	8:09.39	800 Free Relay	7:31.79	8:40.29
4:54.99	4:07.69	400 Medley Relay	3:45.99	4:25.89

NO BONUS STANDARDS. 1000yd FREE & 1650yd FREE CAN NOT BE SWUM AS A BONUS EVENT.

Bonus Formula: 1 Cut, 3 Bonus; 2 Cuts, 2 Bonus; 3 Cuts, 1 Bonus; 4 or More Cuts, No Bonus.