



2025 American Long Course Qualifying Standards

Meet Qualifying Time Standards: One qualify time, unlimited bonus up to daily limit. Must enter qualifying event.

American Long Course Champs						
Women				Men		
SCY	SCM	LCM	Event	LCM	SCM	SCY
26.09	28.79	29.89	50 Free	26.29	25.79	23.29
56.49	1:02.49	1:04.49	100 Free	58.59	56.39	50.99
2:01.89	2:14.89	2:19.09	200 Free	2:08.79	2:03.49	1:51.59
5:20.09	4:42.49	5:02.99	400/500 Free	4:43.69	4:22.39	4:59.09
11:03.29	9:42.49	9:57.59	800/1000 Free	9:22.69	9:08.59	10:22.09
18:48.39	18:32.09	19:06.29	1500/1650 Free	17:50.49	17:25.99	17:21.19
1:02.69	1:09.19	1:12.79	100 Back	1:06.79	1:03.29	57.29
2:15.29	2:29.59	2:35.49	200 Back	2:22.69	2:17.59	2:04.49
1:12.49	1:20.09	1:23.09	100 Breast	1:15.59	1:11.89	1:05.09
2:35.99	2:52.39	2:57.99	200 Breast	2:42.89	2:36.89	2:21.99
1:02.59	1:09.09	1:10.79	100 Fly	1:04.29	1:02.39	56.49
2:16.99	2:31.39	2:35.59	200 Fly	2:22.89	2:19.09	2:05.89
2:16.69	2:31.29	2:37.49	200 IM	2:24.39	2:18.09	2:04.79
4:47.49	5:18.39	5:25.09	400 IM	5:00.99	4:52.79	4:24.19