



2025 TIME STANDARDS

SPEEDO JUNIOR NATIONAL CHAMPIONSHIPS

** Qualifying from June 1, 2024 through Entry Deadline*

WOMEN

MEN

SCY	LCM	18 & UNDER STANDARDS	LCM	SCY
22.99	26.59	50 FR	23.79	20.39
49.99	57.69	100 FR	51.99	44.39
1:48.29	2:04.99	200 FR	1:54.09	1:37.89
4:50.09	4:23.59	400/500 FR	4:02.49	4:27.09
10:04.99	9:06.79	800/1000 FR	8:23.09	9:13.19
16:51.49	17:26.79	1500/1650 FR	16:05.09	15:34.19
54.39	1:04.29	100 BK	58.19	48.79
1:58.29	2:19.29	200 BK	2:06.99	1:46.79
1:02.49	1:13.29	100 BR	1:05.19	55.09
2:15.59	2:38.59	200 BR	2:22.59	2:00.59
54.19	1:02.49	100 FL	55.89	48.29
2:00.59	2:18.39	200 FL	2:05.09	1:47.89
2:01.19	2:21.29	200 IM	2:07.99	1:48.79
4:18.99	5:00.29	400 IM	4:33.09	3:52.69



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MEN

SCY	LCM	BONUS STANDARDS	LCM	SCY
23.29	26.89	50 FR	24.09	20.59
50.39	58.19	100 FR	52.59	44.99
1:49.09	2:04.99	200 FR	1:55.29	1:38.59
4:53.59	4:26.69	400/500 FR	4:05.29	4:29.29
10:11.49	9:06.79	800/1000 FR	8:28.19	9:24.29
17:02.19	17:26.79	1500/1650 FR	16:14.79	15:40.39
55.09	1:04.79	100 BK	58.79	49.29
1:59.39	2:19.59	200 BK	2:08.29	1:47.99
1:03.09	1:13.79	100 BR	1:05.99	55.69
2:17.19	2:38.59	200 BR	2:24.39	2:01.89
54.69	1:02.69	100 FL	56.59	48.79
2:01.69	2:18.39	200 FL	2:06.39	1:49.29
2:02.19	2:22.09	200 IM	2:09.49	1:49.79
4:21.69	5:00.29	400 IM	4:35.89	3:56.99



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WOMEN

SCY	LCM	RELAY STANDARDS	LCM	SCY
x	3:55.69	4x50 FR-R	3:33.59	x
3:25.49	3:55.69	4x100 FR-R	3:33.59	3:03.99
7:28.29	8:29.99	4x200 FR-R	7:47.69	6:45.49
x	4:21.49	4x50 MED-R	3:56.29	x
3:45.59	4:21.49	4x100 MED-R	3:56.29	3:21.39

MEN

Qualification for the 4 x 50 relays will be the corresponding 4 x 100 relay time. Teams may submit two relays per event, provided they have achieved the qualification standard within the qualifying period. If a team enters an A and B relay, they must use eight (8) different swimmers. Teams may not use the same swimmer twice in a relay event, or to prove a time.