



# 2025 TIME STANDARDS

## TYR PRO SWIM SERIES - WESTMONT, IL

*\* Qualifying period is 24 months prior to the entry deadline*

### WOMEN

| SCY      | LCM      |
|----------|----------|
| 23.29    | 26.89    |
| 50.39    | 58.19    |
| 1:49.09  | 2:04.99  |
| 4:53.59  | 4:26.69  |
| 10:11.49 | 9:06.79  |
| 17:02.19 | 17:26.79 |
| 55.09    | 1:04.79  |
| 1:59.39  | 2:19.59  |
| 1:03.09  | 1:13.79  |
| 2:17.19  | 2:38.59  |
| 54.69    | 1:02.69  |
| 2:01.69  | 2:18.39  |
| 2:02.19  | 2:22.09  |
| 4:21.69  | 5:00.29  |

### MEN

| LCM      | SCY      |
|----------|----------|
| 24.09    | 20.59    |
| 52.59    | 44.99    |
| 1:55.29  | 1:38.59  |
| 4:05.29  | 4:29.29  |
| 8:28.19  | 9:24.29  |
| 16:14.79 | 15:40.39 |
| 58.79    | 49.29    |
| 2:08.29  | 1:47.99  |
| 1:05.99  | 55.69    |
| 2:24.39  | 2:01.89  |
| 56.59    | 48.79    |
| 2:06.39  | 1:49.29  |
| 2:09.49  | 1:49.79  |
| 4:35.89  | 3:56.99  |



# 2025 TIME STANDARDS

## TYR PRO SWIM SERIES - SACRAMENTO, CA

*\* Qualifying period is 24 months prior to the entry deadline*

### WOMEN

| SCY      | LCM      |
|----------|----------|
| 23.89    | 27.39    |
| 51.89    | 59.29    |
| 1:52.29  | 2:07.79  |
| 5:02.59  | 4:28.79  |
| 10:20.49 | 9:13.79  |
| 17:14.39 | 17:40.19 |
| 57.09    | 1:06.79  |
| 2:04.19  | 2:23.99  |
| 1:05.49  | 1:15.99  |
| 2:22.69  | 2:43.39  |
| 56.59    | 1:04.69  |
| 2:05.39  | 2:21.89  |
| 2:06.39  | 2:26.19  |
| 4:30.69  | 5:07.29  |

### MEN

| EVENT        | LCM      | SCY      |
|--------------|----------|----------|
| 50 FR        | 24.59    | 21.29    |
| 100 FR       | 53.59    | 46.39    |
| 200 FR       | 1:57.79  | 1:41.59  |
| 400/500 FR   | 4:09.99  | 4:37.09  |
| 800/1000 FR  | 8:40.69  | 9:34.29  |
| 1500/1650 FR | 16:38.99 | 16:05.49 |
| 100 BK       | 1:00.59  | 51.49    |
| 200 BK       | 2:11.89  | 1:52.79  |
| 100 BR       | 1:08.19  | 57.99    |
| 200 BR       | 2:29.09  | 2:07.99  |
| 100 FL       | 57.99    | 50.59    |
| 200 FL       | 2:10.19  | 1:53.69  |
| 200 IM       | 2:12.79  | 1:53.89  |
| 400 IM       | 4:42.39  | 4:06.99  |



# 2025 TIME STANDARDS

## TYR PRO SWIM SERIES - FORT LAUDERDALE, FL

*\* Qualifying period is 24 months prior to the entry deadline*

### WOMEN

| SCY      | LCM      |
|----------|----------|
| 23.29    | 26.89    |
| 50.39    | 58.19    |
| 1:49.09  | 2:04.99  |
| 4:53.59  | 4:26.69  |
| 10:11.49 | 9:06.79  |
| 17:02.19 | 17:26.79 |
| 55.09    | 1:04.79  |
| 1:59.39  | 2:19.59  |
| 1:03.09  | 1:13.79  |
| 2:17.19  | 2:38.59  |
| 54.69    | 1:02.69  |
| 2:01.69  | 2:18.39  |
| 2:02.19  | 2:22.09  |
| 4:21.69  | 5:00.29  |

### MEN

| LCM      | SCY      |
|----------|----------|
| 24.09    | 20.59    |
| 52.59    | 44.99    |
| 1:55.29  | 1:38.59  |
| 4:05.29  | 4:29.29  |
| 8:28.19  | 9:24.29  |
| 16:14.79 | 15:40.39 |
| 58.79    | 49.29    |
| 2:08.29  | 1:47.99  |
| 1:05.99  | 55.69    |
| 2:24.39  | 2:01.89  |
| 56.59    | 48.79    |
| 2:06.39  | 1:49.29  |
| 2:09.49  | 1:49.79  |
| 4:35.89  | 3:56.99  |