

2024 LONG COURSE CHAMPIONSHIPS TIME STANDARDS

Eligibility period: from May 1, 2023 to meet entry deadline

WOMEN				MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
25.19	27.99	28.79	50 FREE	26.19	25.39	22.79
54.69	1:00.79	1:02.29	100 FREE	55.69	54.89	49.49
1:58.29	2:11.29	2:14.49	200 FREE	2:03.89	2:00.69	1:48.69
5:15.99	4:36.99	4:42.99	400 FREE	4:22.79	4:16.79	4:52.99
10:59.99	9:36.99	9:49.99	800 FREE	9:04.49	8:51.69	10:09.99
18:40.99	18:38.99	19:02.99	1500 FREE	17:40.79	17:16.79	17:19.99
1:00.69	1:07.39	1:08.59	100 BACK	1:03.39	1:02.19	55.99
2:11.49	2:25.99	2:28.39	200 BACK	2:17.79	2:15.39	2:01.99
1:10.29	1:18.09	1:20.09	100 BREAST	1:12.49	1:10.49	1:03.49
2:31.99	2:48.68	2:52.69	200 BREAST	2:38.69	2:34.29	2:18.99
59.99	1:06.79	1:07.79	100 FLY	1:01.99	1:00.59	54.59
2:15.99	2:30.99	2:33.79	200 FLY	2:20.49	2:17.69	2:03.99
2:11.99	2:26.49	2:30.49	200 IM	2:17.99	2:14.79	2:01.39
4:41.99	5:12.99	5:21.89	400 IM	4:57.19	4:40.79	4:21.99

WOMEN			RELAYS	MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
--	--	--	200 FREE	--	--	--
3:45.79	4:11.69	4:17.29	400 FREE	3:50.59	3:44.19	3:21.89
8:05.39	8:58.79	9:11.59	800 FREE	8:23.89	8:11.09	7:22.39
--	--	--	200 MEDLEY	--	--	--
4:12.29	4:40.09	4:46.49	400 MEDLEY	4:18.39	4:11.99	3:46.99

Eligibility for the 800 or 1500 qualifies an athlete for both events

Eligibility for the 200 Freestyle Relay will be determined by the 400 Freestyle Relay Time Standards

Eligibility for the 200 Medley Relay will be determined by the 400 Medley Relay Time Standards