



2026 SENIOR METROPOLITAN WINTER CHAMPIONSHIPS

TIME STANDARDS

WOMEN				MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
28.79	27.99	25.19	50 Free	22.79	25.39	26.19
1:02.29	1:00.79	54.69	100 Free	49.49	54.89	55.69
2:14.49	2:11.29	1:58.29	200 Free	1:48.39	2:00.69	2:03.89
4:42.99	4:36.99	5:15.99	500 Free	4:49.99	4:16.79	4:22.79
9:49.99	9:36.99	10:59.99	1000 Free	10:04.99	8:51.69	9:04.49
19:02.99	18:38.99	18:40.99	1650 Free	16:55.99	17:16.79	17:40.79
1:08.59	1:07.39	1:00.69	100 Back	55.99	1:02.19	1:03.39
2:28.39	2:25.99	2:11.49	200 Back	2:01.99	2:15.39	2:17.79
1:20.09	1:18.09	1:10.29	100 Breast	1:02.79	1:10.49	1:12.49
2:52.69	2:48.69	2:31.99	200 Breast	2:17.99	2:34.29	2:38.69
1:07.79	1:06.79	59.99	100 Fly	54.59	1:00.59	1:01.99
2:33.79	2:30.99	2:15.99	200 Fly	2:03.99	2:17.69	2:20.49
2:30.49	2:26.49	2:11.99	200 IM	2:01.39	2:14.79	2:17.99
5:21.89	5:12.99	4:41.99	400 IM	4:19.99	4:40.79	4:57.19

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

Eligibility for the 1000 or 1650 qualifies an athlete for both

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