

LOWE'S LIGHTNING SWIM TEAM 2024-25 ELITE NATIONAL TRAINING GROUP TIME STANDARDS

	WOMEN		MEN	
LCM	SCY	EVENT	SCY	LCM
28.79	25.43	50 Freestyle	22.75	25.76
1:02.86	55.53	100 Freestyle	50.12	56.74
2:15.87	2:00.56	200 Freestyle	1:49.40	2:03.85
4:45.59	5:20.51	400/500 Freestyle	4:56.91	4:27.53
9:48.50	10:59.39	800/1000 Freestyle	10:06.34	9:50.08
18:44.36	18:25.64	1650/1500 Freestyle	17:12.14	17:29.62
1:09.58	1:01.45	100 Backstroke	56.05	1:03.45
2:29.87	2:12.38	200 Backstroke	2:01.25	2:17.28
1:19.93	1:10.60	100 Breaststroke	1:03.33	1:11.69
2:53.78	2:33.49	200 Breaststroke	2:18.00	2:36.23
1:09.10	1:01.04	100 Butterfly	54.91	1:02.15
2:34.00	2:16.02	200 Butterfly	2:02.50	2:18.69
2:32.82	2:14.98	200 I. M.	2:02.50	2:18.69
5:28.80	4:47.65	400 I. M.	4:25.19	5:03.12