



2025 North Carolina Swimming Long Course Senior Championships Qualifying Time Standards

	<u>Women</u>		<u>Men</u>
LCM	29.69	50 FR	26.89
SCY	26.19		23.09
LCM	1:03.99	100 FR	58.99
SCY	56.39		50.79
LCM	2:17.69	200 FR	2:06.59
SCY	2:01.19		1:51.09
LCM	4:48.79	4-500 FR	4:30.29
SCY	5:21.99		5:00.19
LCM	9:56.49	8-1000 FR	9:20.99
SCY	11:08.59		10:30.19
LCM	19:01.59	15-1650 FR	17:54.89
SCY	18:39.79		17:30.19
LCM	1:12.89	100 BK	1:05.99
SCY	1:03.49		56.69
LCM	2:36.49	200 BK	2:22.89
SCY	2:16.79		2:03.39
LCM	1:21.99	100 BR	1:13.69
SCY	1:12.79		1:03.89
LCM	2:56.69	200 BR	2:40.39
SCY	2:35.39		2:18.99
LCM	1:10.69	100 FL	1:02.49
SCY	1:02.89		55.79
LCM	2:33.49	200 FL	2:20.49
SCY	2:17.69		2:04.39
LCM	2:37.39	200 IM	2:23.99
SCY	2:17.39		2:04.09
LCM	5:31.19	400 IM	5:06.79
SCY	4:52.19		4:25.79



2025 North Carolina Swimming Long Course Senior Championships Bonus Qualifying Time Standards

	<u>Women</u>		<u>Men</u>
LCM	N/A	50 FR	N/A
SCY	N/A		N/A
LCM	N/A	100 FR	N/A
SCY	N/A		N/A
LCM	N/A	200 FR	N/A
SCY	N/A		N/A
LCM	5:04.49	4-500 FR	4:46.39
SCY	5:43.39		5:15.79
LCM	10:32.39	8-1000 FR	9:54.79
SCY	11:53.99		11:01.59
LCM	20:11.59	15-1650 FR	18:58.49
SCY	19:56.49		18:22.79
LCM	N/A	100 BK	N/A
SCY	N/A		N/A
LCM	N/A	200 BK	N/A
SCY	N/A		N/A
LCM	N/A	100 BR	N/A
SCY	N/A		N/A
LCM	N/A	200 BR	N/A
SCY	N/A		N/A
LCM	N/A	100 FL	N/A
SCY	N/A		N/A
LCM	N/A	200 FL	N/A
SCY	N/A		N/A
LCM	N/A	200 IM	N/A
SCY	N/A		N/A
LCM	5:46.89	400 IM	5:21.19
SCY	5:04.29		4:36.19