

2025 WA State SC Championships

Time Standards

Women			Event	Men		
SCM	LCM	SCY		SCY	LCM	SCM
28.79	29.39	25.69	50 Free	22.79	26.19	25.59
1:02.99	1:03.69	55.79	100 Free	49.79	57.19	55.99
2:20.39	2:21.39	2:02.49	200 Free	1:50.69	2:08.29	2:06.19
5:04.99	5:05.89	5:37.49	400/500 Free	5:10.89	4:41.39	4:39.39
10:19.59	10:32.39	11:53.99	800/1000 Free	11:01.59	9:54.79	9:41.99
19:47.59	20:11.59	19:56.49	1500/1650 Free	18:22.79	18:58.49	18:45.69
34.59	35.39	29.69	50 Back	27.09	31.59	30.99
1:13.09	1:13.99	1:03.49	100 Back	57.19	1:07.49	1:06.19
2:41.19	2:43.99	2:20.49	200 Back	2:09.39	2:30.59	2:28.09
38.49	39.19	33.79	50 Breast	29.09	35.99	34.59
1:25.39	1:26.19	1:13.19	100 Breast	1:04.19	1:14.99	1:14.09
3:02.79	3:08.59	2:42.79	200 Breast	2:24.49	2:48.89	2:47.09
30.49	31.49	27.39	50 Fly	25.09	28.99	28.29
1:10.59	1:11.49	1:02.29	100 Fly	55.09	1:02.79	1:01.99
2:51.99	2:54.39	2:31.09	200 Fly	2:10.69	2:31.69	2:29.59
2:39.99	2:40.59	2:18.89	200 IM	2:04.59	2:23.89	2:22.39
5:40.49	5:46.89	5:10.29	400 IM	4:40.09	5:19.19	5:27.89
1:57.19	2:00.59	1:44.99	4x50 Free Relay	1:33.59	1:48.89	1:44.49
4:28.69	4:36.39	4:00.69	4x100 Free Relay	3:25.19	3:58.59	3:49.09
9:35.49	9:49.99	8:35.59	4x200 Free Relay	7:32.39	8:41.79	8:24.99
2:12.29	2:16.39	1:58.49	4x50 Medley Relay	1:43.39	2:00.59	1:55.39
5:17.09	5:17.09	4:44.09	4x100 Medley Relay	3:50.79	4:29.69	4:17.59