



2024-2025 SENIOR LSC CHAMPIONSHIP

Time Standards - Short Course Championship

WOMEN				MEN		
SCY	SCM	LCM	EVENT	SCY	SCM	LCM
:26.59	:29.39	:30.69	50 Free	:23.49	:25.99	:27.49
:56.79	1:02.99	1:05.99	100 Free	:50.69	:56.19	:59.99
2:04.39	2:17.99	2:21.59	200 Free	1:51.49	2:03.69	2:11.39
5:29.19	4:53.79	4:57.69	400/500 Free	5:04.19	4:24.19	4:33.19
11:26.89	10:06.89	10:14.29	800/1000 Free	10:40.09	9:20.09	9:36.39
19:15.09	19:38.19	19:50.89	1500/1650 Free	18:09.09	18:15.59	18:46.0
n/a	n/a	n/a	50 Back	n/a	n/a	9 n/a
1:04.69	1:11.79	1:15.69	100 Back	:57.39	1:03.69	1:08.89
2:20.69	2:35.99	2:42.09	200 Back	2:06.69	2:20.59	2:28.89
n/a	n/a	n/a	50 Breast	n/a	n/a	n/a
1:14.49	1:22.89	1:25.39	100 Breast	1:06.49	1:13.79	1:16.99
2:41.29	2:58.89	3:05.39	200 Breast	2:24.59	2:40.49	2:48.39
n/a	n/a	n/a	50 Fly	n/a	n/a	n/a
1:03.99	1:10.99	1:13.39	100 Fly	:56.79	1:02.99	1:05.89
2:25.79	2:38.59	2:41.39	200 Fly	2:12.99	2:24.09	2:27.99
n/a	n/a	n/a	100 IM	n/a	n/a	n/a
2:22.59	2:38.19	2:41.29	200 IM	2:04.29	2:17.89	2:27.89
5:04.49	5:37.89	5:47.09	400 IM	4:29.19	4:58.79	5:26.09
1:45.99	1:56.59	2:03.79	200 Free Relay	1:34.09	1:43.49	1:50.09
3:48.39	4:11.29	4:23.99	400 Free Relay	3:22.79	3:43.09	3:59.99
8:17.99	9:07.79	9:26.39	800 Free Relay	7:25.99	8:10.59	8:45.59
2:02.99	2:15.29	2:24.29	200 Medley Relay	1:47.29	1:57.99	2:10.89
4:23.09	4:49.39	5:06.39	400 Medley Relay	3:52.39	4:15.79	4:36.89



2024-2025 SENIOR LSC CHAMPIONSHIP

Time Standards - Long Course Championship

WOMEN				MEN		
SCY	SCM	LCM	EVENT	SCY	SCM	LCM
:27.39	:30.19	:31.59	50 Free	:24.19	:26.69	:28.29
:58.49	1:04.79	1:07.89	100 Free	:52.19	:57.79	1:01.69
2:08.09	2:22.09	2:25.79	200 Free	1:54.79	2:07.39	2:15.29
5:38.99	5:02.59	5:06.59	400/500 Free	5:20.69	4:40.49	4:50.09
11:40.49	10:25.09	10:32.69	800/1000 Free	10:59.29	9:36.79	9:53.59
19:49.69	20:13.49	20:26.59	1500/1650 Free	18:41.69	18:48.39	19:19.79
n/a	n/a	n/a	50 Back	n/a	n/a	n/a
1:06.59	1:13.89	1:17.89	100 Back	:59.09	1:05.59	1:10.89
2:24.89	2:40.59	2:46.89	200 Back	2:10.49	2:24.69	2:33.29
n/a	n/a	n/a	50 Breast	n/a	n/a	n/a
1:16.69	1:25.29	1:27.89	100 Breast	1:08.39	1:15.99	1:19.19
2:46.09	3:04.19	3:10.89	200 Breast	2:28.89	2:45.29	2:53.39
n/a	n/a	n/a	50 Fly	n/a	n/a	n/a
1:05.89	1:13.09	1:15.59	100 Fly	:58.49	1:04.79	1:07.79
2:27.09	2:43.29	2:46.19	200 Fly	2:16.89	2:28.29	2:32.39
n/a	n/a	n/a	100 IM	n/a	n/a	n/a
2:26.79	2:42.89	2:46.09	200 IM	2:07.99	2:21.99	2:32.29
5:13.59	5:47.99	5:57.49	400 IM	4:37.19	5:07.69	5:35.79
1:45.99	1:56.59	2:03.79	200 Free Relay	1:34.09	1:43.49	1:50.09
3:48.39	4:11.29	4:23.99	400 Free Relay	3:22.79	3:43.09	3:59.99
8:17.99	9:07.79	9:26.39	800 Free Relay	7:25.99	8:10.59	8:45.59
2:02.99	2:15.29	2:24.29	200 Medley Relay	1:47.29	1:57.99	2:10.89
4:23.09	4:49.39	5:06.39	400 Medley Relay	3:52.39	4:15.79	4:36.89



SHORT COURSE/LONG COURSE LSC CHAMPIONSHIP QUALIFYING:

Qualifying times differ for Short Course and Long Course LSC Championships. Obtaining a qualifying time for the Short Course LSC Championships will guarantee entry into the Long Course LSC Championships. Obtaining a qualifying time for the Long Course LSC Championships does not guarantee entry into the Short Course LSC Championships. Please consult the qualifying time standards for each LSC Championship to determine athlete eligibility.

PARA-SWIMMING:

Para-Swimming athletes are eligible to compete at LSC Championships provided they achieve the USA Swimming suggested LSC time standards for any offered event.