



ISCA



INTERNATIONAL SENIOR CUP

MARCH 25- MARCH 29, 2025

Qualifying Time Standards

	WOMEN				MEN	
LCM		SCY	EVENT	SCY		LCM
29.49		24.59	50 Freestyle	22.19		25.59
1:00.69		53.09	100 Freestyle	48.49		55.69
2:13.09		1:53.79	200 Freestyle	1:46.29		2:01.49
4:37.69		5:05.09	400/500 Freestyle	4:42.79		4:15.79
9:34.99		10:30.79	1000/800 Freestyle	9:50.49		8:49.99
18:16.79		17:25.69	1500/1650 Freestyle	16:30.49		16:56.49
33.00		29.00	50 Backstroke	26.00		30.00
1:07.89		58.99	100 Backstroke	53.39		1:02.99
2:26.99		2:07.19	200 Backstroke	1:54.89		2:14.79
38.00		33.00	50 Breaststroke	30.00		34.00
1:17.89		1:07.19	100 Breaststroke	1:00.49		1:10.59
2:46.39		2:24.39	200 Breaststroke	2:09.69		2:33.59
33.00		29.00	50 Butterfly	26.00		30.00
1:06.49		58.19	100 Butterfly	53.09		1:00.29
2:25.09		2:09.09	200 Butterfly	1:57.59		2:15.29
2:28.69		2:09.29	200 Individual Medley	1:58.79		2:16.19
5:20.49		4:33.39	400 Individual Medley	4:14.09		4:49.89

QUALIFYING PERIOD: January 1, 2022 through March 17, 2025

