

2023-2024 USPORT SWIMMING TIME STANDARDS

WOMEN			EVENT	MEN		
SCY	LCM	SCM		SCM	LCM	SCY
0:23.77	0:27.18	0:26.39	50 FREE	0:23.09	0:23.78	0:20.80
0:51.43	0:58.80	0:57.09	100 FREE	0:50.41	0:51.92	0:45.41
1:50.71	2:06.58	2:02.89	200 FREE	1:50.58	1:53.90	1:39.62
4:59.65	4:30.06	4:22.19	400 FREE	3:55.66	4:02.73	4:29.33
10:19.65	9:18.46	9:02.19	800 FREE			
			1500 FREE	15:57.17	16:25.89	15:51.46
0:26.47	0:30.26	0:29.38	50 BACK	0:25.90	0:26.68	0:23.33
0:57.13	1:05.31	1:03.41	100 BACK	0:55.69	0:57.36	0:50.17
2:03.70	2:21.43	2:17.31	200 BACK	2:02.41	2:06.08	1:50.28
0:29.77	0:34.03	0:33.04	50 BREAST	0:28.78	0:29.64	0:25.93
1:04.78	1:14.07	1:11.91	100 BREAST	1:02.67	1:04.55	0:56.46
2:20.78	2:40.96	2:36.27	200 BREAST	2:17.31	2:21.43	2:03.70
0:25.27	0:28.89	0:28.05	50 FLY	0:24.86	0:25.61	0:22.40
0:56.64	1:04.76	1:02.87	100 FLY	0:55.19	0:56.85	0:49.72
2:06.87	2:25.05	2:20.83	200 FLY	2:03.12	2:06.81	1:50.92
2:06.83	2:25.00	2:20.78	200 I.M.	2:04.05	2:07.77	1:51.76
4:29.53	5:08.16	4:59.18	400 I.M.	4:26.16	4:34.14	3:59.78
3:27.81	3:57.59	3:50.67	400 Fr. Rly	3:22.81	3:28.89	3:02.71
7:33.29	8:38.24	8:23.15	800 Fr. Rly	7:30.37	7:43.88	6:45.74
3:50.10	4:23.07	4:15.41	400 Med. Rly	3:45.51	3:52.28	3:23.16

SCM=short course metres

LCM=long course metres

SCY=short course yards