



2025 TIME STANDARDS

TYR PRO SWIM SERIES - WESTMONT, IL

** Qualifying period is 24 months prior to the entry deadline*

WOMEN

MEN

SCY	LCM	EVENT	LCM	SCY
23.29	26.89	50 FR	24.09	20.59
50.39	58.19	100 FR	52.59	44.99
1:49.09	2:04.99	200 FR	1:55.29	1:38.59
4:53.59	4:26.69	400/500 FR	4:05.29	4:29.29
10:11.49	9:06.79	800/1000 FR	8:28.19	9:24.29
17:02.19	17:26.79	1500/1650 FR	16:14.79	15:40.39
55.09	1:04.79	100 BK	58.79	49.29
1:59.39	2:19.59	200 BK	2:08.29	1:47.99
1:03.09	1:13.79	100 BR	1:05.99	55.69
2:17.19	2:38.59	200 BR	2:24.39	2:01.89
54.69	1:02.69	100 FL	56.59	48.79
2:01.69	2:18.39	200 FL	2:06.39	1:49.29
2:02.19	2:22.09	200 IM	2:09.49	1:49.79
4:21.69	5:00.29	400 IM	4:35.89	3:56.99



2025 TIME STANDARDS

TYR PRO SWIM SERIES - SACRAMENTO, CA

** Qualifying period is 24 months prior to the entry deadline*

WOMEN

MEN

SCY	LCM	EVENT	LCM	SCY
23.29	26.89	50 FR	24.09	20.59
50.39	58.19	100 FR	52.59	44.99
1:49.09	2:04.99	200 FR	1:55.29	1:38.59
4:53.59	4:26.69	400/500 FR	4:05.29	4:29.29
10:11.49	9:06.79	800/1000 FR	8:28.19	9:24.29
17:02.19	17:26.79	1500/1650 FR	16:14.79	15:40.39
55.09	1:04.79	100 BK	58.79	49.29
1:59.39	2:19.59	200 BK	2:08.29	1:47.99
1:03.09	1:13.79	100 BR	1:05.99	55.69
2:17.19	2:38.59	200 BR	2:24.39	2:01.89
54.69	1:02.69	100 FL	56.59	48.79
2:01.69	2:18.39	200 FL	2:06.39	1:49.29
2:02.19	2:22.09	200 IM	2:09.49	1:49.79
4:21.69	5:00.29	400 IM	4:35.89	3:56.99



2025 TIME STANDARDS

TYR PRO SWIM SERIES - FORT LAUDERDALE, FL

** Qualifying period is 24 months prior to the entry deadline*

WOMEN

MEN

SCY	LCM	EVENT	LCM	SCY
23.29	26.89	50 FR	24.09	20.59
50.39	58.19	100 FR	52.59	44.99
1:49.09	2:04.99	200 FR	1:55.29	1:38.59
4:53.59	4:26.69	400/500 FR	4:05.29	4:29.29
10:11.49	9:06.79	800/1000 FR	8:28.19	9:24.29
17:02.19	17:26.79	1500/1650 FR	16:14.79	15:40.39
55.09	1:04.79	100 BK	58.79	49.29
1:59.39	2:19.59	200 BK	2:08.29	1:47.99
1:03.09	1:13.79	100 BR	1:05.99	55.69
2:17.19	2:38.59	200 BR	2:24.39	2:01.89
54.69	1:02.69	100 FL	56.59	48.79
2:01.69	2:18.39	200 FL	2:06.39	1:49.29
2:02.19	2:22.09	200 IM	2:09.49	1:49.79
4:21.69	5:00.29	400 IM	4:35.89	3:56.99