



2025 TIME STANDARDS

USA SWIMMING NATIONAL CHAMPIONSHIPS

Qualifying from June 1, 2024 through Entry Deadline



WOMEN

MEN

SCY	LCM	EVENT	LCM	SCY
22.19	25.69	50 FR	22.69	19.39
48.49	55.89	100 FR	49.69	42.49
1:44.99	2:01.19	200 FR	1:49.89	1:33.69
4:41.99	4:16.89	400/500 FR	3:55.59	4:17.19
9:48.09	8:46.79	800/1000 FR	8:07.59	9:01.09
16:12.59	16:49.19	1500/1650 FR	15:37.69	14:57.19
52.39	1:02.19	100 BK	55.69	46.19
1:54.09	2:14.59	200 BK	2:02.09	1:41.69
59.99	1:10.29	100 BR	1:02.09	52.49
2:10.39	2:32.39	200 BR	2:16.09	1:54.59
52.19	1:00.19	100 FL	53.49	45.99
1:56.09	2:14.59	200 FL	2:00.89	1:43.39
1:57.09	2:16.89	200 IM	2:02.89	1:43.89
4:11.39	4:51.79	400 IM	4:24.69	3:45.49



2025 TIME STANDARDS

USA SWIMMING NATIONAL CHAMPIONSHIPS (18U BONUS)

Qualifying from June 1, 2024 through Entry Deadline



WOMEN

MEN

SCY	LCM	18 & U	LCM	SCY
22.29	25.79	50 FR	23.09	19.99
49.19	56.69	100 FR	50.79	44.19
1:47.09	2:02.39	200 FR	1:50.49	1:35.69
4:47.89	4:18.99	400/500 FR	3:55.59	4:19.19
9:51.49	8:55.89	800/1000 FR	8:12.99	9:01.89
16:40.79	17:03.49	1500/1650 FR	15:44.89	15:14.39
53.09	1:02.19	100 BK	56.49	47.79
1:55.69	2:14.59	200 BK	2:02.39	1:43.99
1:01.59	1:10.89	100 BR	1:02.89	54.49
2:13.29	2:33.29	200 BR	2:16.99	1:58.89
53.29	1:00.69	100 FL	54.29	47.59
1:57.99	2:15.49	200 FL	2:01.29	1:45.99
1:58.89	2:18.19	200 IM	2:04.29	1:45.99
4:15.59	4:51.79	400 IM	4:25.19	3:49.29