

2024-25 U SPORTS STANDARDS

SCY	LCM	SCM		SCM	LCM	SCY
<i>WOMEN</i>			EVENT	<i>MEN</i>		
0:23.71	0:27.11	0:26.32	50 FREE	0:22.99	0:23.68	0:20.71
0:51.40	0:58.76	0:57.05	100 FREE	0:50.21	0:51.72	0:45.23
1:50.60	2:06.45	2:02.77	200 FREE	1:50.07	1:53.37	1:39.16
4:59.93	4:30.31	4:22.44	400 FREE	3:55.28	4:02.34	4:28.89
10:19.87	9:18.66	9:02.39	800 FREE			
			1500 FREE	15:59.22	16:28.00	15:53.50
0:26.46	0:30.25	0:29.37	50 BACK	0:25.85	0:26.63	0:23.29
0:57.14	1:05.32	1:03.42	100 BACK	0:55.59	0:57.26	0:50.08
2:03.49	2:21.18	2:17.07	200 BACK	2:02.45	2:06.12	1:50.32
0:29.67	0:33.92	0:32.93	50 BREAST	0:28.66	0:29.52	0:25.82
1:04.55	1:13.80	1:11.65	100 BREAST	1:02.43	1:04.30	0:56.24
2:20.88	2:41.07	2:36.38	200 BREAST	2:17.13	2:21.24	2:03.54
0:25.27	0:28.89	0:28.05	50 FLY	0:24.77	0:25.51	0:22.32
0:56.67	1:04.79	1:02.90	100 FLY	0:55.00	0:56.65	0:49.55
2:06.86	2:25.03	2:20.81	200 FLY	2:02.90	2:06.59	1:50.72
2:06.50	2:24.63	2:20.42	200 I.M.	2:03.87	2:07.59	1:51.59
4:28.56	5:07.04	4:58.10	400 I.M.	4:25.82	4:33.79	3:59.48
3:28.42	3:58.29	3:51.35	400 Fr. Rly	3:22.93	3:29.02	3:02.82
7:34.94	8:40.13	8:24.98	800 Fr. Rly	7:31.03	7:44.56	6:46.33
3:50.83	4:23.91	4:16.22	400 Med. Rly	3:45.69	3:52.46	3:23.32