

2025-26 U SPORTS STANDARDS

SCY	LCM	SCM		SCM	LCM	SCY
WOMEN			EVENT	MEN		
0:23.74	0:27.14	0:26.35	50 FREE	0:22.95	0:23.64	0:20.68
0:51.53	0:58.92	0:57.20	100 FREE	0:50.16	0:51.66	0:45.19
1:50.95	2:06.84	2:03.15	200 FREE	1:49.74	1:53.03	1:38.86
4:59.95	4:30.33	4:22.46	400 FREE	3:55.45	4:02.51	4:29.09
10:20.49	9:19.22	9:02.93	800 FREE			
			1500 FREE	15:58.09	16:26.83	15:52.38
0:26.41	0:30.19	0:29.31	50 BACK	0:25.81	0:26.58	0:23.25
0:57.11	1:05.29	1:03.39	100 BACK	0:55.56	0:57.23	0:50.05
2:03.43	2:21.12	2:17.01	200 BACK	2:02.30	2:05.97	1:50.18
0:29.68	0:33.94	0:32.95	50 BREAST	0:28.63	0:29.49	0:25.79
1:04.46	1:13.70	1:11.55	100 BREAST	1:02.17	1:04.04	0:56.01
2:21.30	2:41.55	2:36.84	200 BREAST	2:16.64	2:20.74	2:03.10
0:25.33	0:28.96	0:28.12	50 FLY	0:24.67	0:25.41	0:22.23
0:56.57	1:04.67	1:02.79	100 FLY	0:54.88	0:56.53	0:49.44
2:07.24	2:25.48	2:21.24	200 FLY	2:03.01	2:06.70	1:50.82
2:06.76	2:24.92	2:20.70	200 I.M.	2:03.91	2:07.63	1:51.63
4:28.02	5:06.43	4:57.50	400 I.M.	4:25.59	4:33.56	3:59.27
3:28.38	3:58.24	3:51.30	400 Fr. Rly	3:22.73	3:28.81	3:02.64
7:35.41	8:40.67	8:25.50	800 Fr. Rly	7:30.32	7:43.83	6:45.69
3:50.40	4:23.41	4:15.74	400 Med. Rly	3:44.77	3:51.51	3:22.50