

(2023 - 2024) Time Standards

| Women | 4A | | 3A | | 1A/2A | |
|----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| | Automatic | Consideration | Automatic | Consideration | Automatic | Consideration |
| 200 yard medley relay | 1:56.99 | 3:30.99 | 2:12.99 | 3:50.99 | 2:16.99 | 3:15.99 |
| 200 yard freestyle | 1:58.99 | 2:15.99 | 2:20.99 | 2:55.99 | 2:21.99 | 3:05.99 |
| 200 yard individual medley | 2:13.99 | 2:39.99 | 2:48.99 | 3:30.99 | 2:54.99 | 3:55.99 |
| 50 yard freestyle | 24.99 | 27.99 | 28.49 | 32.99 | 27.99 | 32.99 |
| 100 yard butterfly | 1:00.49 | 1:11.99 | 1:12.99 | 1:55.99 | 1:15.99 | 1:55.99 |
| 100 yard freestyle | 55.49 | 1:00.99 | 1:02.99 | 1:17.99 | 1:05.99 | 1:16.99 |
| 500 yard freestyle | 5:22.99 | 6:30.99 | 6:30.99 | 7:59.99 | 6:30.99 | 8:10.99 |
| 200 yard freestyle relay | 1:46.99 | 2:59.99 | 2:00.99 | 2:50.99 | 2:02.99 | 2:55.99 |
| 100 yard backstroke | 59.99 | 1:10.99 | 1:13.99 | 1:34.99 | 1:12.49 | 1:35.99 |
| 100 yard breaststroke | 1:07.99 | 1:23.99 | 1:22.99 | 1:43.99 | 1:23.99 | 1:40.99 |
| 400 yard freestyle relay | 3:55.99 | 6:15.99 | 4:42.99 | 6:20.99 | 4:52.99 | 6:45.99 |

| Men | 4A | | 3A | | 1A/2A | |
|----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| | Automatic | Consideration | Automatic | Consideration | Automatic | Consideration |
| 200 yard medley relay | 1:42.99 | 2:59.99 | 2:00.99 | 3:10.99 | 2:02.99 | 3:10.99 |
| 200 yard freestyle | 1:48.99 | 2:09.99 | 2:02.99 | 2:40.99 | 2:13.99 | 2:46.99 |
| 200 yard individual medley | 2:02.99 | 2:32.99 | 2:27.99 | 3:15.99 | 2:30.99 | 3:40.99 |
| 50 yard freestyle | 22.49 | 24.99 | 24.99 | 27.99 | 24.49 | 29.99 |
| 100 yard butterfly | 53.99 | 1:04.99 | 1:03.99 | 1:42.99 | 1:07.99 | 1:45.99 |
| 100 yard freestyle | 49.99 | 55.99 | 55.99 | 1:09.99 | 58.99 | 1:10.99 |
| 500 yard freestyle | 4:57.99 | 6:30.99 | 6:15.99 | 7:45.99 | 6:30.99 | 8:10.99 |
| 200 yard freestyle relay | 1:33.99 | 2:35.99 | 1:45.99 | 2:45.99 | 1:46.99 | 2:55.99 |
| 100 yard backstroke | 55.99 | 1:05.99 | 1:04.99 | 1:28.99 | 1:07.99 | 1:34.99 |
| 100 yard breaststroke | 1:01.99 | 1:14.99 | 1:13.99 | 1:31.99 | 1:12.99 | 1:37.99 |
| 400 yard freestyle relay | 3:30.99 | 5:45.99 | 4:00.99 | 5:55.99 | 4:11.99 | 6:15.99 |