

## 2025 - 2026 Time Standards

| Women                      | 8A        |               | 7A        |               | 6A        |               |
|----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| Event                      | Automatic | Consideration | Automatic | Consideration | Automatic | Consideration |
| 200 yard medley relay      | 2:02.99   | 3:30.99       | 1:56.99   | 3:30.99       | 2:12.99   | 4:00.99       |
| 200 yard freestyle         | 2:01.99   | 2:25.99       | 2:02.99   | 2:45.99       | 2:14.99   | 3:15.99       |
| 200 yard individual medley | 2:18.99   | 2:55.99       | 2:14.99   | 2:44.99       | 2:40.99   | 3:45.99       |
| 50 yard freestyle          | 25.99     | 28.99         | 25.49     | 28.99         | 25.99     | 34.99         |
| 100 yard butterfly         | 1:01.99   | 1:16.99       | 1:03.99   | 1:16.99       | 1:11.99   | 2:10.99       |
| 100 yard freestyle         | 55.99     | 1:07.99       | 57.49     | 1:03.99       | 59.99     | 1:18.99       |
| 500 yard freestyle         | 5:20.99   | 6:45.99       | 5:32.99   | 7:15.99       | 6:02.99   | 8:25.99       |
| 200 yard freestyle relay   | 1:50.99   | 3:10.99       | 1:45.99   | 2:59.99       | 1:55.99   | 3:05.99       |
| 100 yard backstroke        | 1:02.99   | 1:15.99       | 1:03.99   | 1:35.99       | 1:06.99   | 1:39.99       |
| 100 yard breaststroke      | 1:11.99   | 1:28.99       | 1:08.99   | 1:35.99       | 1:20.99   | 1:48.99       |
| 400 yard freestyle relay   | 4:05.99   | 6:15.99       | 4:01.99   | 6:15.99       | 4:20.99   | 6:45.99       |

| Men                        | 8A        |               | 7A        |               | 6A        |               |
|----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| Event                      | Automatic | Consideration | Automatic | Consideration | Automatic | Consideration |
| 200 yard medley relay      | 1:45.99   | 2:59.99       | 1:44.99   | 2:59.99       | 1:54.99   | 3:25.99       |
| 200 yard freestyle         | 1:51.99   | 2:20.99       | 1:53.99   | 2:20.99       | 2:08.99   | 2:55.99       |
| 200 yard individual medley | 2:01.99   | 2:40.99       | 2:03.99   | 2:48.99       | 2:21.99   | 3:28.99       |
| 50 yard freestyle          | 22.99     | 25.99         | 22.99     | 25.99         | 24.49     | 29.99         |
| 100 yard butterfly         | 53.99     | 1:09.99       | 54.99     | 1:09.99       | 1:02.99   | 1:55.99       |
| 100 yard freestyle         | 49.99     | 56.99         | 50.99     | 1:10.99       | 55.99     | 1:12.99       |
| 500 yard freestyle         | 4:59.99   | 6:45.99       | 5:12.99   | 7:15.99       | 6:13.99   | 8:05.99       |
| 200 yard freestyle relay   | 1:36.99   | 2:35.99       | 1:35.99   | 2:40.99       | 1:41.99   | 2:55.99       |
| 100 yard backstroke        | 55.99     | 1:10.99       | 58.99     | 1:10.99       | 1:09.99   | 1:45.99       |
| 100 yard breaststroke      | 1:03.99   | 1:16.99       | 1:02.99   | 1:19.99       | 1:09.99   | 1:36.99       |
| 400 yard freestyle relay   | 3:42.99   | 5:45.99       | 3:35.99   | 5:50.99       | 3:51.99   | 6:00.99       |

| Women                      | 5A        |               | 4A        |               | 1A/2A/3A  |               |
|----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| Event                      | Automatic | Consideration | Automatic | Consideration | Automatic | Consideration |
| 200 yard medley relay      | 2:14.99   | 4:00.99       | 2:25.99   | 3:20.99       | 2:11.99   | 3:20.99       |
| 200 yard freestyle         | 2:24.99   | 3:08.99       | 2:30.99   | 3:15.99       | 2:19.99   | 3:00.99       |
| 200 yard individual medley | 2:48.99   | 3:40.99       | 2:48.99   | 3:59.99       | 2:34.99   | 4:10.99       |
| 50 yard freestyle          | 27.99     | 32.99         | 28.49     | 33.99         | 27.99     | 33.99         |
| 100 yard butterfly         | 1:18.99   | 2:10.99       | 1:16.99   | 1:59.99       | 1:14.99   | 2:09.99       |
| 100 yard freestyle         | 1:04.99   | 1:18.99       | 1:02.99   | 1:17.99       | 1:03.99   | 1:19.99       |
| 500 yard freestyle         | 6:37.99   | 8:20.99       | 6:12.99   | 8:30.99       | 6:05.99   | 8:30.99       |
| 200 yard freestyle relay   | 1:58.99   | 3:00.99       | 2:06.99   | 3:05.99       | 1:58.99   | 2:59.99       |
| 100 yard backstroke        | 1:14.99   | 1:34.99       | 1:13.49   | 1:39.99       | 1:07.99   | 1:28.99       |
| 100 yard breaststroke      | 1:23.99   | 1:38.99       | 1:26.99   | 1:49.99       | 1:20.99   | 1:35.99       |
| 400 yard freestyle relay   | 4:40.99   | 6:30.99       | 5:10.99   | 6:55.99       | 4:27.99   | 6:55.99       |

| Men                        | 5A        |               | 4A        |               | 1A/2A/3A  |               |
|----------------------------|-----------|---------------|-----------|---------------|-----------|---------------|
| Event                      | Automatic | Consideration | Automatic | Consideration | Automatic | Consideration |
| 200 yard medley relay      | 1:55.99   | 3:15.99       | 2:17.99   | 3:15.99       | 1:55.99   | 3:15.99       |
| 200 yard freestyle         | 2:11.99   | 2:54.99       | 2:08.99   | 3:10.99       | 2:07.99   | 2:40.99       |
| 200 yard individual medley | 2:30.99   | 3:18.99       | 2:41.99   | 3:50.99       | 2:27.99   | 3:59.99       |
| 50 yard freestyle          | 24.99     | 28.99         | 24.99     | 30.99         | 24.49     | 27.99         |
| 100 yard butterfly         | 1:02.99   | 1:59.99       | 1:09.99   | 1:55.99       | 1:03.99   | 2:00.99       |
| 100 yard freestyle         | 56.99     | 1:06.99       | 55.99     | 1:11.99       | 55.99     | 1:06.99       |
| 500 yard freestyle         | 6:32.99   | 8:20.99       | 6:15.99   | 8:30.99       | 5:56.99   | 8:30.99       |
| 200 yard freestyle relay   | 1:45.99   | 2:55.99       | 1:53.99   | 2:59.99       | 1:42.99   | 2:59.99       |
| 100 yard backstroke        | 1:07.99   | 1:45.99       | 1:09.99   | 1:49.99       | 1:02.99   | 1:22.99       |
| 100 yard breaststroke      | 1:14.99   | 1:39.99       | 1:19.99   | 1:49.99       | 1:12.99   | 1:30.99       |
| 400 yard freestyle relay   | 3:54.99   | 6:00.99       | 4:33.99   | 6:25.99       | 3:59.99   | 6:25.99       |