

17.0 MAXIMUM TIME STANDARDS

	MALE					
	GROUP 5	GROUP 4	GROUP 3	GROUP 2	GROUP 1	OPEN
	MAX	MAX	MAX	MAX	MAX	MAX
50m FREE	N/A	32.64	28.34	26.44	25.50	25.03
100m FREE	N/A	1:11.64	1:01.62	57.59	55.81	54.19
200m FREE		2:37.44	2:16.95	2:08.14	2:03.93	2:01.14
400m FREE			5:00.63	4:35.54	4:25.63	4:39.40
800m FREE				10:04.00	9:51.77	10:08.54
1500m FREE						
50m BACK	N/A	39.58	33.54	30.74	28.88	28.92
100m BACK	N/A	1:26.63	1:13.49	1:07.13	1:05.29	1:03.40
200m BACK			2:37.75	2:29.35	2:24.17	2:25.78
50m BREAST	N/A	43.51	36.70	33.02	31.76	30.69
100m BREAST	N/A	1:33.48	1:20.21	1:13.55	1:10.28	1:07.12
200m BREAST			2:57.55	2:45.66	2:36.22	2:36.03
50m FLY	N/A	36.44	30.84	28.63	27.20	26.90
100m FLY	N/A	1:23.57	1:09.91	1:02.06	1:00.48	59.59
200m FLY			2:46.27	2:25.12	2:17.75	2:22.99
200m IM		3:01.21	2:55.39	2:22.13	2:20.45	2:19.12
400m IM				5:15.94	5:02.38	5:09.43

	FEMALE					
	GROUP 5	GROUP 4	GROUP 3	GROUP 2	GROUP 1	OPEN
	MAX	MAX	MAX	MAX	MAX	MAX
50m FREE	N/A	33.31	30.67	29.54	29.22	29.40
100m FREE	N/A	1:13.41	1:06.23	1:03.90	1:03.01	1:04.29
200m FREE		2:43.25	2:26.96	2:21.93	2:17.63	2:22.17
400m FREE			5:12.77	5:09.71	4:55.34	5:07.12
800m FREE				10:34.95	10:39.43	10:37.99
1500m FREE						
50m BACK	N/A	38.28	35.49	34.66	33.48	34.79
100m BACK	N/A	1:26.29	1:16.63	1:15.08	1:13.07	1:16.38
200m BACK			2:47.62	2:44.20	2:45.40	2:47.99
50m BREAST	N/A	44.20	38.97	38.20	37.16	38.47
100m BREAST	N/A	1:36.79	1:26.11	1:23.93	1:21.93	1:22.43
200m BREAST			3:09.57	3:02.66	3:04.39	3:01.88
50m FLY	N/A	36.73	32.43	32.11	31.32	31.58
100m FLY	N/A	1:24.94	1:13.06	1:13.34	1:08.70	1:10.20
200m FLY			2:57.76	2:45.84	2:42.04	2:33.95
200m IM		2:58.85	2:43.72	2:36.58	2:35.36	2:38.44
400m IM				5:50.87	5:48.19	5:57.41

NOTES:

- [NORTHERN/EM REGIONS] To accommodate current participation levels and encourage broader entry, the Minimum Time Standards have been removed. Only Maximum Time Standards apply.
- No changes have been made to the Maximum Time Standards 2026.