

17.0 MINIMUM TIME STANDARDS

WOMEN		MEN
OPEN		OPEN
34.94	50 FREE	30.20
1:24.95	100 FREE	105.01
2:45.18	200 FREE	2:27.39
6:37.30	400 FREE	6:24.10
13:35.36	800 FREE	11:38.45
48.73	50 BACK	34.39
1:51.00	100 BACK	1:36.73
3:54.11	200 BACK	3:29.40
52.92	50 BREAST	42.50
2:04.00	100 BREAST	1:46.63
3:54.11	200 BREAST	3:39.52
44.12	50 FLY	32.69
1:50.00	100 FLY	1:32.70
3:25.28	200 FLY	3:12.49
3:17.06	200 IM	2:48.90
7:28.20	400 IM	7:05.36

NOTES

1. Entries are to be submitted with times achieved in a 25 or 50m pool.
2. No conversion is required for times achieved in a 50m pool.
3. There is no change in the Minimum Time Standards for 2026