

17.0 MINIMUM and MAXIMUM TIME STANDARDS

	MALE										
	GROUP 5	GROUP 4		GROUP 3		GROUP 2		GROUP 1		OPEN	
	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN
50m FREE	1:19.99	32.64	1:09.99	28.34	59.99	26.44	49.99	25.50	39.99	25.03	34.99
100m FREE	50 FR <= 1:19.99	1:11.64	2:39.99	1:01.62	2:19.99	57.59	1:59.99	55.81	1:39.99	54.19	1:29.99
200m FREE		2:37.44	100 FR <= 2:39.99	2:16.95	4:59.99	2:08.14	4:19.99	2:03.93	3:19.99	2:01.14	3:09.99
400m FREE				5:00.63	200 FR <= 4:59.99	4:35.54	200 FR <= 4:19.99	4:25.63	200 FR <= 3:19.99	4:39.40	200 FR <= 3:09.00
800m FREE						10:04.00	200 FR <= 4:19.999	9:51.77	200 FR <= 3:19.99	10:08.54	200 FR <= 3:09.99
1500m FREE											
50m BACK	1:29.99	39.58	1:19.99	33.54	1:09.99	30.74	59.99	28.88	49.99	28.92	44.99
100m BACK	50 BK <= 1:29.99	1:26.63	2:59.99	1:13.49	2:39.99	1:07.13	2:19.99	1:05.29	1:59.99	1:03.40	1:49.99
200m BACK				2:37.75	100 BK <= 2:39.99	2:29.35	100 BK <= 2:19.99	2:24.17	100 BK <= 1:59.99	2:25.78	100 BK <= 1:49.99
50m BREAST	1:34.99	43.51	1:24.99	36.70	1:14.99	33.02	1:04.99	31.76	54.99	30.69	49.99
100m BREAST	50 BR <= 1:34.99	1:33.48	3:09.99	1:20.21	2:49.99	1:13.55	2:29.99	1:10.28	2:09.99	1:07.12	1:59.99
200m BREAST				2:57.55	100 BR <= 2:49.99	2:45.66	100 BR <= 2:29.99	2:36.22	100 BR <= 2:09.99	2:36.03	100 BR <= 1:59.99
50m FLY	1:29.99	36.44	1:19.99	30.84	1:09.99	28.63	59.99	27.20	49.99	26.90	44.99
100m FLY	50 FL <= 1:29.99	1:23.57	2:59.99	1:09.91	2:39.99	1:02.06	2:19.99	1:00.48	1:59.99	59.59	1:49.99
200m FLY				2:46.27	100 FL <= 2:39.99	2:25.12	100 FL <= 2:19.99	2:17.75	100 FL <= 1:59.99	2:22.99	100 FL <= 1:49.99
200m IM		3:01.21	3:59.99	2:55.39	3:49.99	2:22.13	3:39.99	2:20.45	3:29.99	2:19.12	3:19.99
400m IM						5:15.94	200 IM <= 3:19.99	5:02.38	200 IM <= 3:09.99	5:09.43	200 IM <= 2:59.99

	FEMALE										
	GROUP 5	GROUP 4		GROUP 3		GROUP 2		GROUP 1		OPEN	
	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN
50m FREE	1:19.99	33.31	1:09.99	30.67	59.99	29.54	49.99	29.22	39.99	29.40	39.99
100m FREE	50 FR <= 1:19.99	1:13.41	2:39.99	1:06.23	2:19.99	1:03.90	1:59.99	1:03.01	1:39.99	1:04.29	1:39.99
200m FREE		2:43.25	100 FR <= 2:39.99	2:26.96	4:59.99	2:21.93	4:19.99	2:17.63	3:19.99	2:22.17	3:19.99
400m FREE				5:12.77	200 FR <= 4:59.99	5:09.71	200 FR <= 4:19.99	4:55.34	200 FR <= 3:19.99	5:07.12	200 FR <= 3:19.99
800m FREE						10:34.95	200 FR <= 4:19.99	10:39.43	200 FR <= 3:19.99	10:37.99	200 FR <= 3:19.99
1500m FREE											
50m BACK	1:29.99	38.28	1:19.99	35.49	1:09.99	34.66	59.99	33.48	49.99	34.79	49.99
100m BACK	50 BK <= 1:29.99	1:26.29	2:59.99	1:16.63	2:39.99	1:15.08	2:19.99	1:13.07	1:59.99	1:16.38	1:59.99
200m BACK				2:47.62	100 BK <= 2:39.99	2:44.20	100 BK <= 2:19.99	2:45.40	100 BK <= 1:59.99	2:47.99	100 BK <= 1:59.99
50m BREAST	1:34.99	44.20	1:24.99	38.97	1:14.99	38.20	1:04.99	37.16	54.99	38.47	54.99
100m BREAST	50 BR <= 1:34.99	1:36.79	3:09.99	1:26.11	2:49.99	1:23.93	2:29.99	1:21.93	2:09.99	1:22.43	2:09.99
200m BREAST				3:09.57	100 BR <= 2:49.99	3:02.66	100 BR <= 2:29.99	3:04.39	100 BR <= 2:09.99	3:01.88	100 BR <= 2:09.99
50m FLY	1:29.99	36.73	1:19.99	32.43	1:09.99	32.11	59.99	31.32	49.99	31.58	49.99
100m FLY	50 FL <= 1:29.99	1:24.94	2:59.99	1:13.06	2:39.99	1:13.34	2:19.99	1:08.70	1:59.99	1:10.20	1:59.99
200m FLY				2:57.76	100 FL <= 1:39.99	2:45.84	100 FL <= 2:19.99	2:42.04	100 FL <= 1:59.99	2:33.95	100 FL <= 1:59.99
200m IM		2:58.85	3:59.99	2:43.72	3:49.99	2:36.58	3:39.99	2:35.36	3:29.99	2:38.44	3:29.99
400m IM						5:50.87	200 IM <= 3:19.99	5:48.19	200 IM <= 3:19.99	5:57.41	200 IM <= 3:19.99

NOTES:

- These Time Standards apply for Central Region only.
- No changes have been made to the Minimum and Maximum Time Standards 2026.