

2025 LONG COURSE SENIOR CHAMPIONSHIPS

TIME STANDARDS

FEMALE LCM	FEMALE SCM	FEMALE SCY		MALE SCY	MALE SCM	MALE LCM
28.69	27.99	25.29	50 FREE	22.39	24.79	25.59
1:02.29	1:00.79	54.59	100 FREE	48.69	54.29	56.09
2:16.49	2:12.49	1:58.99	200 FREE	1:47.99	2:00.39	2:04.19
4:49.89	4:41.39	5:19.99	500/400 FREE	4:55.29	4:19.49	4:28.09
9:59.99	10:04.49	11:14.99	1000/800 FREE	10:25.99	9:05.69	9:18.29
19:23.99	18:59.59	18:59.99	1650/1500 FREE	17:39.99	17:39.39	18:01.59
1:10.99	1:08.29	1:00.09	100 BACK	55.49	1:02.79	1:05.19
2:35.59	2:30.39	2:13.09	200 BACK	2:00.39	2:17.99	2:23.69
1:21.79	1:18.79	1:09.99	100 BREAST	1:02.99	1:10.59	1:13.19
2:55.19	2:52.09	2:35.19	200 BREAST	2:18.59	2:38.59	2:46.49
1:08.59	1:06.99	1:00.09	100 FLY	54.09	1:00.19	1:01.79
2:39.99	2:37.69	2:19.99	200 FLY	2:07.09	2:22.19	2:25.89
2:35.49	2:31.39	2:15.39	200 IM	2:01.69	2:16.89	2:21.79
5:37.59	5:26.59	4:49.99	400 IM	4:26.99	4:57.39	5:04.79