



2025-2026 Recruiting Time Standards

<u>Event</u>	<u>Men</u>	<u>Women</u>
50 Free	21.09	24.19
100 Free	46.5	52.9
200 Free	1:41	1:54
500 Free	4:39	5:08
1000 Free	9:45	10:40
1650 Free	16:15	17:45
100 Back	50.9	57.5
200 Back	1:51	2:05
100 Breast	56.8	1:05
200 Breast	2:04	2:24
100 Fly	50.9	57.2
200 Fly	1:52	2:07
200 IM	1:52	2:08
400 IM	4:08	4:37

*Time Standards are based upon current team and A10 times

*Recruiting Time Standards do not guarantee a spot on the team