



## 2026 North Carolina Swimming SENIOR SCY Championship Time Standards February 19-22, 2026

| COURSE | WOMEN    | EVENT            | MEN      | COURSE |
|--------|----------|------------------|----------|--------|
| YD     | 25.89    | 50 FREE          | 23.29    | YD     |
| MTR    | 29.39    |                  | 27.19    | MTR    |
| YD     | 55.89    | 100 FREE         | 51.19    | YD     |
| MTR    | 1:03.89  |                  | 59.49    | MTR    |
| YD     | 1:59.89  | 200 FREE         | 1:51.89  | YD     |
| MTR    | 2:18.89  |                  | 2:07.39  | MTR    |
| YD     | 5:22.19  | 400/500<br>FREE  | 5:04.29  | YD     |
| MTR    | 4:49.29  |                  | 4:32.39  | MTR    |
| YD     | 11:15.19 | 800/1000<br>FREE | 10:38.89 | YD     |
| MTR    | 10:02.39 |                  | 9:26.59  | MTR    |
| YD     | 18:50.49 | 1500/1650 FREE   | 17:44.79 | YD     |
| MTR    | 19:03.09 |                  | 18:05.69 | MTR    |
| YD     | 1:03.89  | 100 BACK         | 57.59    | YD     |
| MTR    | 1:13.19  |                  | 1:06.59  | MTR    |
| YD     | 2:14.89  | 200 BACK         | 2:04.89  | YD     |
| MTR    | 2:33.89  |                  | 2:24.29  | MTR    |
| YD     | 1:12.79  | 100 BREAST       | 1:04.99  | YD     |
| MTR    | 1:22.79  |                  | 1:14.49  | MTR    |
| YD     | 2:36.89  | 200 BREAST       | 2:21.59  | YD     |
| MTR    | 2:57.99  |                  | 2:41.99  | MTR    |
| YD     | 1:02.89  | 100 FLY          | 56.59    | YD     |
| MTR    | 1:10.69  |                  | 1:03.79  | MTR    |
| YD     | 2:19.09  | 200 FLY          | 2:06.19  | YD     |
| MTR    | 2:34.99  |                  | 2:21.89  | MTR    |
| YD     | 2:15.89  | 200 IM           | 2:04.89  | YD     |
| MTR    | 2:34.49  |                  | 2:25.39  | MTR    |
| YD     | 4:49.19  | 400 IM           | 4:29.49  | YD     |
| MTR    | 5:27.79  |                  | 5:09.59  | MTR    |