



National Championships Swimming Qualifying Standards 2026-2027

EVENTS	MEN		WOMEN	
	YARDS	METERS	YARDS	METERS
50 FREESTYLE	19.91 21.55	22.27 24.13	23.56 25.50	26.36 28.53
100 FREESTYLE	43.96 47.59	48.84 52.87	51.10 55.32	56.77 1:01.45
200 FREESTYLE	1:37.04 1:45.05	1:47.52 1:56.39	1:51.75 2:00.97	2:03.81 2:14.03
500/400 FREESTYLE	4:29.27 4:51.48	3:56.40 4:15.90	5:02.09 5:27.01	4:25.22 4:47.10
1650/1500 FREESTYLE	15:47.99 17:06.20	15:35.82 16:53.03	17:24.02 18:50.15	17:10.62 18:35.65
100 BACKSTROKE	48.23 52.21	53.58 58.00	55.75 1:00.35	1:01.94 1:07.05
200 BACKSTROKE	1:46.67 1:55.47	1:58.40 2:08.17	2:01.93 2:11.99	2:15.33 2:26.51
100 BREASTSTROKE	54.28 58.76	1:00.25 1:05.22	1:02.26 1:07.40	1:09.10 1:14.81
200 BREASTSTROKE	1:59.28 2:09.12	2:12.39 2:23.32	2:16.00 2:27.22	2:30.96 2:43.41
100 BUTTERFLY	48.00 51.96	53.47 57.87	55.61 1:00.20	1:01.95 1:07.05
200 BUTTERFLY	1:47.83 1:56.73	2:00.11 2:10.02	2:05.30 2:15.64	2:19.57 2:31.09
200 INDIVIDUAL MEDLEY	1:48.32 1:57.26	2:00.34 2:10.27	2:04.32 2:14.58	2:18.11 2:29.51
400 INDIVIDUAL MEDLEY	3:55.30 4:14.71	4:21.42 4:42.97	4:27.32 4:49.37	4:56.98 5:21.49

Provisional time standards are in Red.

EVENT	MEN		WOMEN	
	YARDS	METERS	YARDS	METERS
200 FREE RELAY	1:25.94	1:35.22	1:37.95	1:48.53
400 FREE RELAY	3:05.89	3:25.97	3:33.44	3:56.49
800 FREE RELAY	6:52.22	7:36.75	7:52.52	8:43.56
200 MEDLEY RELAY	1:33.23	1:43.57	1:48.25	2:00.26
400 MEDLEY RELAY	3:24.71	3:47.43	3:56.91	4:23.20

National Championships Diving Qualification Standards 2026-2027

EVENT	Minimum Score	Degree of Difficulty	Minimum Score	Degree of Difficulty
1 METER (6 DIVES)	200	12.0	180	10.8
3 METER (6 DIVES)	200	12.0	180	12.0

All diving entries must meet the qualifying standards for the minimum point total in a bona fide championship or certified diving meet. Judges must be used in computing the point totals. Scores must be submitted on the official entry form and a copy of the diving sheet along with Degree of Difficulty should be included with the entry. Diving scores can be achieved in a 6 optional -OR- in a 5 optional/1 voluntary format. Furthermore, either of these formats can be pulled from an 11-dive format to achieve the 6-dive standard on either board.