

2024 CA/NV Sectionals Time Standards

December 19-22, 2024

WOMEN		EVENT	MEN	
SCY	LCM		SCY	LCM
24.89	28.69	50 Free	22.19	25.89
53.99	1:01.89	100 Free	48.19	56.09
1:56.29	2:12.99	200 Free	1:45.79	2:03.09
5:10.69	4:39.69	500/400 Free	4:47.79	4:21.09
10:39.89	9:39.09	1000/800 Free	9:59.49	9:04.69
17:46.59	18:22.99	1650/1500 Free	16:43.89	17:13.49
59.49	1:09.49	100 Back	53.89	1:03.29
2:08.59	2:29.19	200 Back	1:57.29	2:17.39
1:07.59	1:18.79	100 Breast	1:00.89	1:11.29
2:28.19	2:49.69	200 Breast	2:13.29	2:35.79
59.19	1:07.19	100 Fly	52.89	1:00.89
2:10.09	2:27.99	200 Fly	1:58.89	2:15.89
2:10.49	2:31.09	200 IM	1:58.19	2:18.39
4:39.09	5:20.09	400 IM	4:14.69	4:55.09
3:41.79	4:11.59	400 Free Relay	3:18.59	3:46.89
8:00.19	9:05.59	800 Free Relay	7:15.29	8:15.69
4:02.69	4:39.09	400 Medley Relay	3:38.99	4:09.69



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December 19-22, 2024

CA/NV Sectionals BONUS Time Standards

WOMEN			MEN	
SCY	LCM	EVENT	SCY	LCM
24.89	28.69	50 Free	22.19	25.89
53.99	1:01.89	100 Free	48.19	56.09
1:56.29	2:12.99	200 Free	1:45.79	2:03.09
5:10.69	4:39.69	500/400 Free	4:47.79	4:21.09
10:39.89	9:39.09	1000/800 Free	9:59.49	9:04.69
17:46.59	18:22.99	1650/1500 Free	16:43.89	17:13.49
59.49	1:09.49	100 Back	53.89	1:03.29
2:08.59	2:29.19	200 Back	1:57.29	2:17.39
1:07.59	1:18.79	100 Breast	1:00.89	1:11.29
2:28.19	2:49.69	200 Breast	2:13.29	2:35.79
59.19	1:07.19	100 Fly	52.89	1:00.89
2:10.09	2:27.99	200 Fly	1:58.89	2:15.89
2:10.49	2:31.09	200 IM	1:58.19	2:18.39
4:39.09	5:20.09	400 IM	4:14.69	4:55.09
3:41.79	4:11.59	400 Free Relay	3:18.59	3:46.89
8:00.19	9:05.59	800 Free Relay	7:15.29	8:15.69
4:02.69	4:39.09	400 Medley Relay	3:38.99	4:09.69

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