

2026 Western Zone Senior Championships Time Standards

Women			Event	Men		
SCY	SCM	LCM		LCM	SCM	SCY
26.09	28.89	29.59	50 FR	26.99	25.69	23.19
56.49	1:02.39	1:04.39	100 FR	58.99	56.29	50.99
2:02.39	2:15.29	2:18.99	200 FR	2:08.69	2:03.49	1:51.79
5:29.39	4:48.19	4:51.79	400 / 500 FR	4:34.39	4:24.79	5:02.69
11:24.19	9:58.69	10:05.99	800 / 1000 FR	9:29.99	9:14.79	10:33.99
19:06.69	18:59.79	19:21.09	1500 / 1650 FR	18:11.09	17:30.49	17:36.89
1:01.39	1:07.79	1:11.39	100 BK	1:05.19	1:01.29	55.49
2:13.29	2:27.29	2:33.39	200 BK	2:21.49	2:13.99	2:01.29
1:10.59	1:17.99	1:20.99	100 BR	1:13.49	1:09.79	1:03.19
2:32.79	2:48.79	2:54.49	200 BR	2:39.79	2:31.69	2:17.29
1:01.09	1:07.49	1:09.29	100 FL	1:03.09	1:00.99	55.19
2:16.19	2:30.49	2:34.29	200 FL	2:21.09	2:16.39	2:03.39
2:16.49	2:30.79	2:36.99	200 IM	2:24.69	2:16.99	2:03.99
4:51.59	5:22.29	5:32.49	400 IM	5:07.79	4:52.39	4:24.69