



# 2025 TIME STANDARDS

## TYR PRO SWIM SERIES - WESTMONT, IL

*\* Qualifying period is 24 months prior to the entry deadline*

### WOMEN

### MEN

SCY	LCM	EVENT	LCM	SCY
23.29	26.89	50 FR	24.09	20.59
50.39	58.19	100 FR	52.59	44.99
1:49.09	2:04.99	200 FR	1:55.29	1:38.59
4:53.59	4:26.69	400/500 FR	4:05.29	4:29.29
10:11.49	9:06.79	800/1000 FR	8:28.19	9:24.29
17:02.19	17:26.79	1500/1650 FR	16:14.79	15:40.39
55.09	1:04.79	100 BK	58.79	49.29
1:59.39	2:19.59	200 BK	2:08.29	1:47.99
1:03.09	1:13.79	100 BR	1:05.99	55.69
2:17.19	2:38.59	200 BR	2:24.39	2:01.89
54.69	1:02.69	100 FL	56.59	48.79
2:01.69	2:18.39	200 FL	2:06.39	1:49.29
2:02.19	2:22.09	200 IM	2:09.49	1:49.79
4:21.69	5:00.29	400 IM	4:35.89	3:56.99



# 2025 TIME STANDARDS

## TYR PRO SWIM SERIES - SACRAMENTO, CA

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### WOMEN

### MEN

SCY	LCM	EVENT	LCM	SCY
23.89	27.39	50 FR	24.59	21.29
51.89	59.29	100 FR	53.59	46.39
1:52.29	2:07.79	200 FR	1:57.79	1:41.59
5:02.59	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
57.09	1:06.79	100 BK	1:00.59	51.49
2:04.19	2:23.99	200 BK	2:11.89	1:52.79
1:05.49	1:15.99	100 BR	1:08.19	57.99
2:22.69	2:43.39	200 BR	2:29.09	2:07.99
56.59	1:04.69	100 FL	57.99	50.59
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:06.39	2:26.19	200 IM	2:12.79	1:53.89
4:30.69	5:07.29	400 IM	4:42.39	4:06.99



# 2025 TIME STANDARDS

## TYR PRO SWIM SERIES - FORT LAUDERDALE, FL

*\* Qualifying period is 24 months prior to the entry deadline*

### WOMEN

### MEN

SCY	LCM	EVENT	LCM	SCY
23.29	26.89	50 FR	24.09	20.59
50.39	58.19	100 FR	52.59	44.99
1:49.09	2:04.99	200 FR	1:55.29	1:38.59
4:53.59	4:26.69	400/500 FR	4:05.29	4:29.29
10:11.49	9:06.79	800/1000 FR	8:28.19	9:24.29
17:02.19	17:26.79	1500/1650 FR	16:14.79	15:40.39
55.09	1:04.79	100 BK	58.79	49.29
1:59.39	2:19.59	200 BK	2:08.29	1:47.99
1:03.09	1:13.79	100 BR	1:05.99	55.69
2:17.19	2:38.59	200 BR	2:24.39	2:01.89
54.69	1:02.69	100 FL	56.59	48.79
2:01.69	2:18.39	200 FL	2:06.39	1:49.29
2:02.19	2:22.09	200 IM	2:09.49	1:49.79
4:21.69	5:00.29	400 IM	4:35.89	3:56.99