



# **2026 INDY SPRING CUP TIME STANDARDS**

**REVISED: APRIL 21, 2026**

The qualifying period is May 1, 2024, through April 27, 2026.

WOMEN		EVENT	MEN	
SCY	LCM		LCM	SCY
27.29	30.89	50 FREESTYLE	28.19	24.19
58.89	1:07.19	100 FREESTYLE	1:01.49	53.19
2:07.69	2:25.09	200 FREESTYLE	2:14.29	1:56.59
5:43.69	5:04.49	400/500 FREESTYLE	4:46.39	5:15.79
11:53.99	10:32.39	800/1000 FREESTYLE	9:54.79	11:01.59
19:56.49	20:11.59	1500/1650 FREESTYLE	18:58.49	18:22.79
30.19	35.29	50 BACKSTROKE	32.39	27.19
1:04.09	1:14.49	100 BACKSTROKE	1:07.99	57.89
2:19.09	2:40.09	200 BACKSTROKE	2:27.69	2:06.59
35.19	39.59	50 BREASTSTROKE	35.79	31.39
1:13.69	1:24.49	100 BREASTSTROKE	1:16.69	1:05.89
2:39.39	3:02.09	200 BREASTSTROKE	2:46.69	2:23.19
29.79	33.49	50 BUTTERFLY	30.59	27.09
1:03.79	1:12.29	100 BUTTERFLY	1:05.79	57.59
2:22.09	2:40.99	200 BUTTERFLY	2:27.19	2:08.79
2:22.39	2:43.89	200 INDIVIDUAL MEDLEY	2:30.99	2:09.39
5:04.29	5:46.89	400 INDIVIDUAL MEDLEY	5:21.19	4:36.19