

# 2025 NIC Qualification Standards

<i>Women</i>		<i>EVENT</i>	<i>Men</i>	
<i>AUTO</i>	<i>BONUS</i>		<i>AUTO</i>	<i>BONUS</i>
22.58	23.26	50 Freestyle	19.69	20.53
49.18	50.73	100 Freestyle	43.25	44.94
1:46.85	1:50.38	200 Freestyle	1:35.35	1:39.18
4:47.20	4:55.02	500 Freestyle	4:21.28	4:33.00
10:02.99	10:20.99	1000 Freestyle	9:19.99	9:43.99
16:41.45	17:10.94	1650 Freestyle	15:21.20	16:59.99
25.70	26.45	50 Backstroke	22.42	24.09
53.53	55.61	100 Backstroke	47.16	50.60
1:56.71	2:01.84	200 Backstroke	1:44.03	1:52.10
28.82	29.64	50 Breaststroke	25.17	26.15
1:01.22	1:03.27	100 Breaststroke	53.43	55.98
2:13.28	2:18.57	200 Breaststroke	1:56.96	2:04.17
25.11	25.52	50 Butterfly	22.10	22.57
53.34	55.20	100 Butterfly	46.80	48.99
1:58.93	2:04.89	200 Butterfly	1:45.34	1:52.48
57.99	58.58	100 IM	51.55	54.03
1:59.35	2:04.42	200 IM	1:45.68	1:50.90
4:16.78	4:29.99	400 IM	3:49.53	4:09.69
1:32.85		200 Free Relay	1:21.48	
3:24.14		400 Free Relay	2:59.76	
7:26.47		800 Free Relay	6:39.78	
1:41.29		200 Medley Relay	1:29.57	
3:42.80		400 Medley Relay	3:18.12	

