



2021 Speedo Sectionals Time Standards

North Section

Des Moines, Iowa (March 11-14)

Fargo, North Dakota (March 25-28)

Women

Men

LCM	SCY	Event	SCY	LCM
28.59	24.89	50 Free	22.29	25.99
1:02.19	53.99	100 Free	49.49	56.59
2:14.99	1:56.69	200 Free	1:48.69	2:03.99
4:44.89	5:16.39	400/500 Free	4:56.39	4:24.79
9:49.39	10:54.49	800/1000 Free*	10:14.09	9:12.09
18:50.69	18:26.99	1500/1650 Free*	17:12.19	17:41.79
1:10.69	1:00.49	100 Back	56.29	1:05.09
2:33.69	2:10.49	200 Back	2:01.69	2:20.39
1:21.19	1:08.29	100 Breast	1:03.09	1:12.39
2:54.59	2:30.09	200 Breast	2:17.59	2:38.79
1:08.89	59.39	100 Fly	55.09	1:01.99
2:32.89	2:15.09	200 Fly	2:01.79	2:18.49
2:34.29	2:12.19	200 IM	2:03.29	2:21.69
5:26.99	4:48.49	400 IM	4:22.99	5:00.99

Times Achieved after January 1, 2019

The 1000 freestyle will not be offered.

A swimmer may swim the 1650 with a QT in the 800/1000.

No relays offered.



2021 Speedo Sectionals Bonus Standards

North Section

Des Moines, Iowa (March 11-14)

Fargo, North Dakota (March 25-28)

Women

Men

LCM	SCY	Event	SCY	LCM
29.59	25.89	50 Free	23.29	26.99
1:04.19	55.99	100 Free	51.49	58.59
2:18.99	2:00.69	200 Free	1:52.69	2:07.99
4:52.89	5:26.39	400/500 Free	5:06.39	4:32.79
None	None	800/1000 Free*	None	None
None	None	1500/1650 Free*	None	None
1:12.69	1:02.49	100 Back	58.29	1:07.09
2:37.69	2:14.49	200 Back	2:05.69	2:24.39
1:23.19	1:10.29	100 Breast	1:05.09	1:14.39
2:58.59	2:34.09	200 Breast	2:21.59	2:42.79
1:10.89	1:01.39	100 Fly	57.09	1:03.99
2:36.89	2:19.09	200 Fly	2:05.79	2:22.49
2:38.29	2:16.19	200 IM	2:07.29	2:25.69
5:34.99	4:56.49	400 IM	4:30.99	5:08.99

Times Achieved after January 1, 2019

Bonus Events:

2+1

1+2

The 1650 is not available as a bonus event.