



2020 USA SWIMMING FUTURES CHAMPIONSHIPS
July 30-August 2

Long Course Meters



FUTURES CHAMPIONSHIPS

2020

TIME STANDARDS

WOMEN			MEN	
SCY	LCM		LCM	SCY
24.09	27.39	50 Freestyle	24.89	21.39
52.09	59.39	100 Freestyle	53.79	46.49
1:52.59	2:07.79	200 Freestyle	1:58.09	1:41.79
5:03.49	4:28.79	400 Freestyle	4:09.99	4:37.09
10:20.49	9:13.79	800 Freestyle	8:40.69	9:34.29
17:14.39	17:40.19	1500 Freestyle	16:38.99	16:05.49
58.09	1:06.89	100 Backstroke	1:00.79	52.09
2:04.99	2:23.99	200 Backstroke	2:11.89	1:52.79
1:05.99	1:15.99	100 Breaststroke	1:08.69	58.69
2:22.69	2:43.39	200 Breaststroke	2:29.09	2:08.59
57.49	1:04.69	100 Butterfly	58.39	51.09
2:05.39	2:21.89	200 Butterfly	2:10.19	1:53.69
2:08.29	2:26.39	200 Individual Medley	2:12.79	1:55.09
4:30.69	5:07.29	400 Individual Medley	4:42.39	4:07.59
3:34.09	4:04.29	4x100 Free Relay	3:40.89	3:12.89
7:36.39	8:40.89	4x200 Free Relay	8:00.49	6:58.59
3:57.09	4:33.79	4x100 Medley Relay	4:05.89	3:32.79

Qualification period 6/1/2019 through Entry Deadline

*Any swimmer who has achieved one or more qualifying standards for the 2020 Olympic Trials before Monday, June 1, 2020 may not compete in the Futures Championships. Additionally, any swimmer who achieves one or more qualifying standards for the 2020 Olympic Trials after entering the 2020 Futures Championships will not be eligible to swim those events at the Futures Championships.