

World Aquatics Points - Base Times SCM (25m) 2023

Validity period: 01.09.2023 – 31.08.2024

STROKE	Men		Women	
	BASETIME	BASETIME IN SECONDS	BASETIME	BASETIME IN SECONDS
50m Freestyle	20.16	20.16	22.93	22.93
100m Freestyle	44.84	44.84	50.25	50.25
200m Freestyle	1:39.37	99.37	1:50.31	110.31
400m Freestyle	3:32.25	212.25	3:51.30	231.30
800m Freestyle	7:23.42	443.42	7:57.42	477.42
1500m Freestyle	14:06.88	846.88	15:08.24	908.24
50m Backstroke	22.11	22.11	25.25	25.25
100m Backstroke	48.33	48.33	54.89	54.89
200m Backstroke	1:45.63	105.63	1:58.94	118.94
50m Breaststroke	24.95	24.95	28.37	28.37
100m Breaststroke	55.28	55.28	1:02.36	62.36
200m Breaststroke	2:00.16	120.16	2:14.57	134.57
50m Butterfly	21.75	21.75	24.38	24.38
100m Butterfly	47.78	47.78	54.05	54.05
200m Butterfly	1:46.85	106.85	1:59.61	119.61
100m Medley	49.28	49.28	56.51	56.51
200m Medley	1:49.63	109.63	2:01.86	121.86
400m Medley	3:54.81	234.81	4:18.94	258.94
4x50m Freestyle Relay	1:21.80	81.80	1:32.50	92.50
4x100m Freestyle Relay	3:02.75	182.75	3:25.43	205.43
4x200m Freestyle Relay	6:44.12	404.12	7:30.87	450.87
4x50m Medley Relay	1:29.72	89.72	1:42.35	102.35
4x100m Medley Relay	3:18.98	198.98	3:44.35	224.35

STROKE	Mixed	
	BASETIME	BASETIME IN SECONDS
4x50 Freestyle Relay	1:27.33	87.33
4x50 Medley Relay	1:35.15	95.15

N.B. Base times are defined based on World Records that are approved on the start date of the validity period.

World Aquatics Points - Base Times LCM (50m) 2023

Validity period: 01.01.2023 – 31.12.2023

STROKE	Men		Women	
	BASETIME	BASETIME IN SECONDS	BASETIME	BASETIME IN SECONDS
50m Freestyle	20.91	20.91	23.67	23.67
100m Freestyle	46.86	46.86	51.71	51.71
200m Freestyle	1:42.00	102.00	1:52.98	112.98
400m Freestyle	3:40.07	220.07	3:56.40	236.40
800m Freestyle	7:32.12	452.12	8:04.79	484.79
1500m Freestyle	14:31.02	871.02	15:20.48	920.48
50m Backstroke	23.71	23.71	26.98	26.98
100m Backstroke	51.60	51.60	57.45	57.45
200m Backstroke	1:51.92	111.92	2:03.35	123.35
50m Breaststroke	25.95	25.95	29.30	29.30
100m Breaststroke	56.88	56.88	1:04.13	64.13
200m Breaststroke	2:05.95	125.95	2:18.95	138.95
50m Butterfly	22.27	22.27	24.43	24.43
100m Butterfly	49.45	49.45	55.48	55.48
200m Butterfly	1:50.34	110.34	2:01.81	121.81
200m Medley	1:54.00	114.00	2:06.12	126.12
400m Medley	4:03.84	243.84	4:26.36	266.36
4x100m Freestyle Relay	3:08.24	188.24	3:29.69	209.69
4x200m Freestyle Relay	6:58.55	418.55	7:39.29	459.29
4x100m Medley Relay	3:26.78	206.78	3:50.40	230.40

STROKE	Mixed	
	BASETIME	BASETIME IN SECONDS
4x100m Freestyle Relay	3:19.38	199.38
4x100m Medley Relay	3:37.58	217.58

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