



World Aquatics Points - Base Times SCM (25m) 2025

Validity period: 01.09.2025 – 31.08.2026

STROKE	Men		Women	
	BASETIME	BASETIME IN SECONDS	BASETIME	BASETIME IN SECONDS
50m Freestyle	19.90	19.90	22.83	22.83
100m Freestyle	44.84	44.84	50.25	50.25
200m Freestyle	1:38.61	98.61	1:50.31	110.31
400m Freestyle	3:32.25	212.25	3:50.25	230.25
800m Freestyle	7:20.46	440.46	7:57.42	477.42
1500m Freestyle	14:06.88	846.88	15:08.24	908.24
50m Backstroke	22.11	22.11	25.23	25.23
100m Backstroke	48.33	48.33	54.02	54.02
200m Backstroke	1:45.63	105.63	1:58.04	118.04
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	2:12.50	132.50
50m Butterfly	21.32	21.32	23.94	23.94
100m Butterfly	47.71	47.71	52.71	52.71
200m Butterfly	1:46.85	106.85	1:59.32	119.32
100m Medley	49.28	49.28	55.11	55.11
200m Medley	1:48.88	108.88	2:01.63	121.63
400m Medley	3:54.81	234.81	4:15.48	255.48
4x50m Freestyle Relay	1:21.80	81.80	1:32.50	92.50
4x100m Freestyle Relay	3:01.66	181.66	3:25.01	205.01
4x200m Freestyle Relay	6:40.51	400.51	7:30.13	450.13
4x50m Medley Relay	1:29.72	89.72	1:42.35	102.35
4x100m Medley Relay	3:18.68	198.68	3:40.41	220.41

STROKE	Mixed	
	BASETIME	BASETIME IN SECONDS
4x50m Freestyle Relay	1:27.33	87.33
4x50m 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) 2025

Validity period: 01.01.2025 – 31.12.2025

STROKE	Men		Women	
	BASETIME	BASETIME IN SECONDS	BASETIME	BASETIME IN SECONDS
50m Freestyle	20.91	20.91	23.61	23.61
100m Freestyle	46.40	46.40	51.71	51.71
200m Freestyle	1:42.00	102.00	1:52.23	112.23
400m Freestyle	3:40.07	220.07	3:55.38	235.38
800m Freestyle	7:32.12	452.12	8:04.79	484.79
1500m Freestyle	14:30.67	870.67	15:20.48	920.48
50m Backstroke	23.55	23.55	26.86	26.86
100m Backstroke	51.60	51.60	57.13	57.13
200m Backstroke	1:51.92	111.92	2:03.14	123.14
50m Breaststroke	25.95	25.95	29.16	29.16
100m Breaststroke	56.88	56.88	1:04.13	64.13
200m Breaststroke	2:05.48	125.48	2:17.55	137.55
50m Butterfly	22.27	22.27	24.43	24.43
100m Butterfly	49.45	49.45	55.18	55.18
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	4:02.50	242.50	4:24.38	264.38
4x100m Freestyle Relay	3:08.24	188.24	3:27.96	207.96
4x200m Freestyle Relay	6:58.55	418.55	7:37.50	457.50
4x100m Medley Relay	3:26.78	206.78	3:49.63	229.63

STROKE	Mixed	
	BASETIME	BASETIME IN SECONDS
4x100m Freestyle Relay	3:18.83	198.83
4x100m Medley Relay	3:37.43	217.43

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