

Bonus Time Standards*

| LCM | SCM | SCY | Event | SCY | SCM | LCM |
|----------|----------|----------|---------------------|----------|----------|----------|
| 0:29.58 | 00:29.11 | :26.23 | 50 Y Free | :23.71 | 00:26.31 | 00:26.69 |
| 1:04.08 | 01:03.25 | :56.99 | 100 Y Free | :52.72 | 00:58.51 | 00:59.35 |
| 2:22.16 | 02:16.88 | 2:03.32 | 200 Y Free | 1:54.39 | 02:06.97 | 02:11.50 |
| 5:10.90 | 05:04.50 | 5:48.69 | 500 Y Free | 5:27.00 | 04:49.78 | 04:56.18 |
| 11:17.92 | 11:05.12 | 12:44.74 | 1000 Y Free | 11:53.89 | 10:39.29 | 10:52.09 |
| 21:55.17 | 21:31.17 | 21:16.15 | 1650 Y Free | 20:21.89 | 19:56.32 | 20:20.33 |
| 1:17.16 | 01:12.59 | 1:05.40 | 100 Y Back | 1:02.15 | 01:08.98 | 01:10.97 |
| 2:43.00 | 02:40.65 | 2:24.73 | 200 Y Back | 2:19.98 | 02:35.37 | 02:43.89 |
| 1:30.41 | 01:26.50 | 1:17.93 | 100 Y Breast | 1:08.25 | 01:15.75 | 01:21.21 |
| 3:21.19 | 03:15.79 | 2:56.39 | 200 Y Breast | 2:42.59 | 03:00.47 | 03:08.79 |
| 1:14.65 | 01:11.31 | 1:04.25 | 100 Y Fly | :58.66 | 01:05.11 | 01:06.39 |
| 2:56.19 | 02:53.16 | 2:36.00 | 200 Y Fly | 2:24.49 | 02:40.38 | 02:43.19 |
| 2:45.62 | 02:37.74 | 2:22.12 | 200 Y IM | 2:10.85 | 02:25.24 | 02:35.97 |
| 6:17.72 | 05:59.65 | 5:24.01 | 400 Y IM | 5:11.79 | 05:46.08 | 05:54.39 |

*If an athlete qualifies for one (1) Senior Championship qualifying time then that athlete will be allowed to swim two (2) bonus swims as long as they have the bonus times in those events.
 If an athlete qualifies for two (2) Senior Championship qualifying times then that athlete will be allowed to swim two (2) bonus in those events, three (3) qualifying times athletes can (1) bonus in those events.

If an athlete has four (4) or more Senior Championship qualifying times they will not be allowed any bonus swims.