

2023 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS

GIRLS						Event Description	BOYS					
9 & under			10-Year-Old				9 & under			10-Year-Old		
Standards			Standards				Standards			Standards		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:33.79	:34.89	:30.59	:32.39	:33.39	:29.29	50 Free	:30.19	:34.29	:33.29	:28.99	:32.89	:31.99
1:15.39	1:17.49	1:08.19	1:11.79	1:13.89	1:04.99	100 Free	1:07.19	1:16.89	1:14.19	1:04.09	1:13.39	1:10.89
2:44.69	2:50.09	2:29.09	2:36.59	2:41.69	2:21.79	200 Free	2:24.99	2:44.69	2:40.19	2:18.69	2:37.49	2:33.19
5:42.49	5:50.59	6:31.39	5:27.69	5:35.39	6:14.39	400/500 Free	6:25.49	5:44.59	5:37.39	6:08.79	5:29.69	5:22.69
:39.99	:41.49	:36.19	:37.99	:39.39	:34.39	50 Back	:35.99	:41.29	:39.79	:34.19	:39.19	:37.79
1:26.09	1:30.29	1:17.89	1:21.79	1:25.79	1:13.99	100 Back	1:16.59	1:27.69	1:24.59	1:13.09	1:23.59	1:20.69
:44.29	:45.89	:40.09	:42.19	:43.69	:38.19	50 Breast	:39.99	:45.99	:44.19	:38.09	:43.89	:42.09
1:37.29	1:41.49	1:27.99	1:32.39	1:36.39	1:23.69	100 Breast	1:26.29	1:40.19	1:35.39	1:22.39	1:35.59	1:31.09
:38.39	:39.39	:34.79	:36.39	:37.19	:32.89	50 Fly	:34.39	:38.89	:38.09	:32.69	:36.89	:36.09
1:28.69	1:31.09	1:20.19	1:23.09	1:25.39	1:15.19	100 Fly	1:19.89	1:30.59	1:28.29	1:14.99	1:25.09	1:22.89
1:25.89		1:17.69	1:21.79		1:13.99	100 IM	1:16.99		1:25.09	1:13.69		1:21.39
3:03.89	3:08.89	2:46.49	2:55.39	3:00.19	2:38.79	200 IM	2:46.19	3:08.29	3:03.59	2:38.69	2:59.79	2:55.29
			2:20.69	2:25.09	2:07.49	200 Fr. R				2:05.49	2:22.69	2:18.69
			5:15.49	5:24.69	4:45.49	400 Fr. R				4:40.69	5:21.49	5:10.29
			2:44.09	2:49.29	2:28.49	200 M. R.				2:27.19	2:47.99	2:42.69
			6:05.49	6:19.19	5:30.79	400 M. R.				5:25.19	6:12.79	5:59.49

GIRLS						Event Description	BOYS					
11-Year-Old			12-Year-Old				11-Year-Old			12-Year-Old		
Standards			Standards				Standards			Standards		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:31.19	:31.99	:28.19	:29.89	:30.69	:26.99	50 Free	:27.19	:31.09	:29.99	:25.99	:29.79	:28.69
1:06.79	1:09.89	1:00.49	1:03.89	1:06.79	:57.79	100 Free	:59.29	1:07.49	1:05.49	:56.69	1:04.59	1:02.69
2:26.29	2:30.99	2:12.39	2:19.99	2:24.39	2:06.69	200 Free	2:09.19	2:26.99	2:22.69	2:03.49	2:20.59	2:16.49
5:08.59	5:15.39	5:52.59	4:55.19	5:01.69	5:37.29	400/500 Free	5:47.49	5:08.49	5:04.09	5:32.39	4:55.09	4:50.89
:35.19	:36.89	:31.89	:33.69	:35.29	:30.49	50 Back	:31.59	:36.29	:34.89	:30.09	:34.59	:33.29
1:16.59	1:19.39	1:09.29	1:12.79	1:15.49	1:05.89	100 Back	1:07.49	1:18.49	1:14.59	1:04.19	1:14.69	1:10.99
2:42.89	2:50.59	2:27.39	2:35.79	2:43.19	2:20.99	200 Back	2:23.99	2:46.59	2:39.09	2:17.79	2:39.29	2:32.19
:39.69	:40.39	:35.89	:37.89	:38.59	:34.29	50 Breast	:35.19	:40.09	:38.89	:33.39	:38.09	:36.99
1:26.29	1:29.69	1:18.09	1:22.39	1:25.59	1:14.59	100 Breast	1:15.79	1:27.59	1:23.69	1:12.19	1:23.49	1:19.79
3:06.79	3:12.69	2:49.09	2:58.69	3:04.29	2:41.69	200 Breast	2:42.39	3:08.89	2:59.39	2:35.29	3:00.69	2:51.59
:33.79	:34.29	:30.59	:32.39	:32.79	:29.29	50 Fly	:30.19	:34.09	:33.39	:28.69	:32.39	:31.69
1:16.29	1:17.99	1:08.99	1:12.49	1:14.09	1:05.59	100 Fly	1:07.09	1:16.39	1:14.19	1:03.69	1:12.49	1:10.39
2:45.59	2:51.79	2:29.79	2:38.39	2:44.29	2:23.29	200 Fly	2:26.29	2:46.39	2:41.69	2:19.89	2:39.09	2:34.59
1:17.39		1:10.09	1:13.99		1:06.99	100 IM	1:08.09		1:15.19	1:05.09		1:11.89
2:45.69	2:51.19	2:29.89	2:38.49	2:43.79	2:23.39	200 IM	2:26.99	2:48.09	2:42.39	2:20.19	2:40.29	2:34.89
5:52.69	6:04.59	5:19.19	5:37.39	5:48.69	5:05.29	400 IM	5:12.19	5:56.09	5:44.99	4:58.69	5:40.59	5:29.99
			2:09.89	2:13.49	1:57.49	200 Fr. R				1:53.49	2:09.89	2:05.09
			4:38.69	4:51.49	4:12.29	400 Fr. R				4:07.49	4:41.89	4:33.49
			2:25.89	2:29.69	2:11.99	200 M. R.				2:09.99	2:28.29	2:23.59
			5:20.19	5:31.79	4:49.89	400 M. R.				4:42.49	5:24.89	5:12.29

2023 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS (Continued)

GIRLS						Even Description	BOYS					
13-Year-Old			14-Year-Old				13-Year-Old			14-Year-Old		
Standards			Standards				Standards			Standards		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
:29.29	:30.39	:26.49	:28.39	:29.29	:25.59	50 Free	:24.59	:27.99	:27.29	:23.59	:26.89	:26.09
1:03.49	1:05.49	:57.39	1:01.29	1:03.19	:55.39	100 Free	:54.19	1:02.29	:59.89	:51.49	:59.29	:56.99
2:18.59	2:22.79	2:05.39	2:12.49	2:16.49	1:59.79	200 Free	1:58.09	2:15.59	2:10.59	1:52.99	2:09.69	2:04.89
4:55.99	5:01.79	5:38.29	4:43.19	4:48.69	5:23.49	400/500 Free	5:19.99	4:50.09	4:39.99	5:05.99	4:37.49	4:27.79
10:10.29	10:20.99	11:37.29	9:43.69	9:53.99	11:06.99	800/1000 Free	11:01.39	10:03.19	9:38.89	10:32.69	9:36.89	9:13.69
19:14.89	19:48.09	19:21.69	18:24.69	18:56.49	18:31.19	1500/1650 Free	18:27.59	19:05.89	18:21.09	17:39.39	18:16.09	17:33.29
Must have 100 back standard						50 Back	Must have 100 back standard					
1:11.09	1:13.99	1:04.29	1:07.99	1:10.79	1:01.49	100 Back	1:00.39	1:09.89	1:06.79	:57.79	1:06.79	1:03.89
2:32.79	2:39.69	2:18.29	2:26.19	2:31.79	2:12.29	200 Back	2:10.09	2:30.29	2:23.79	2:04.49	2:23.79	2:17.49
Must have 100 breast standard						50 Breast	Must have 100 breast standard					
1:21.19	1:24.49	1:13.49	1:17.59	1:20.79	1:10.29	100 Breast	1:07.89	1:17.89	1:14.99	1:04.89	1:14.59	1:11.69
2:56.09	3:02.89	2:39.39	2:48.39	2:54.89	2:32.39	200 Breast	2:28.29	2:52.09	2:43.79	2:21.79	2:44.59	2:36.69
Must have 100 fly standard						50 Fly	Must have 100 fly standard					
1:10.59	1:12.39	1:03.89	1:07.49	1:09.19	1:01.09	100 Fly	:59.29	1:07.49	1:05.59	:56.79	1:04.59	1:02.69
2:36.49	2:38.79	2:21.69	2:29.69	2:31.89	2:15.49	200 Fly	2:11.69	2:29.99	2:25.59	2:05.99	2:23.49	2:19.19
2:36.09	2:42.99	2:21.39	2:29.59	2:35.99	2:15.29	200 IM	2:12.99	2:33.69	2:26.89	2:07.19	2:26.99	2:20.59
5:34.49	5:45.39	5:02.69	5:19.99	5:30.39	4:49.59	400 IM	4:43.39	5:26.19	5:13.09	4:31.09	5:11.99	4:59.49
			2:04.29	2:08.69	1:52.69	200 Fr. R				1:43.89	1:57.89	1:55.09
			4:30.29	4:38.69	4:04.69	400 Fr. R				3:47.49	4:21.09	4:11.09
Must have 400 Med. Rel. standard						200 M. R.	Must have 400 Med. Rel. standard					
			4:59.99	5:10.49	4:31.39	400 M. R.				4:12.59	4:49.79	4:39.09

Qualifying Times in red are updates.

2023 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

13-14 BONUS STANDARDS - YARDS ONLY

Girls	Event	Boys
N/A	50 Free	N/A
59.39	100 Free	55.99
2:09.39	200 Free	2:04.99
1:05.89	100 Back	1:04.99
2:19.99	200 Back	2:15.99
1:20.99	100 Breast	1:14.89
2:46.99	200 Breast	2:39.99
1:07.09	100 Fly	1:06.29
2:25.49	200 Fly	2:15.99
2:22.99	200 IM	2:17.19

Entry Notes:

1. Bonus Swims
 - a. Swimmers are eligible for bonus events. See the chart above for details AND time standards for 13–14-year-olds. All bonuses must be entered in yard times only.
2. Swimmers are limited to 10 events for the meet. Swimmers are further limited to 3 individual events per day.
3. Relay time standards apply to all swimmers in the age group regardless of age.
4. For 13-14 age group only
 - a. Swimmers may enter the 50-yard butterfly, backstroke, or breaststroke if they have the qualifying time for the 100 distance of that stroke OR swimmers may enter the event as a bonus event with a 100 time in that stroke provable in the USA Swimming SWIMS database.
 - b. Teams may enter the 13-14 200 Medley Relay only if they have the qualifying time for the 400 Medley relay.