

Arizona Swimming
Age Group State Qualifying Time Standards
2025-2026

	Short Course Yards	Long Course Meters	Short Course Meters
WOMEN 10-U			
50 Free	32.69	36.69	35.89
100 Free	1:14.09	1:23.49	1:21.89
200 Free	2:44.99	3:05.39	3:02.59
400/500 Free	7:20.89	6:33.49	6:25.89
50 Back	38.69	43.49	43.09
100 Back	1:26.29	1:37.09	1:35.59
50 Breast	45.29	51.39	50.39
100 Breast	1:39.99	1:53.09	1:50.49
50 Fly	37.49	42.29	41.39
100 Fly	1:33.09	1:43.89	1:42.99
100 IM	1:27.79	x	1:37.09
200 IM	3:07.09	3:31.09	3:26.69

	Short Course Yards	Long Course Meters	Short Course Meters
WOMEN 11-12			
50 Free	28.09	31.99	31.19
100 Free	1:01.99	1:09.89	1:08.79
200 Free	2:16.09	2:34.39	2:30.99
400/500 Free	6:05.09	5:25.79	5:17.39
800/1000 Free	12:57.79	11:34.19	11:25.89
1500/1650 Free	22:20.79	22:47.09	22:12.49
50 Back	33.09	37.39	36.79
100 Back	1:11.89	1:21.09	1:19.49
200 Back	2:35.89	2:55.39	2:52.99
50 Breast	37.69	42.79	41.89
100 Breast	1:23.39	1:33.79	1:32.19
200 Breast	2:57.19	3:20.79	3:16.59
50 Fly	31.69	35.89	35.19
100 Fly	1:12.19	1:21.59	1:19.79
200 Fly	2:54.49	3:16.39	3:13.49
100 IM	1:12.89	x	1:20.59
200 IM	2:35.79	2:56.29	2:53.09
400 IM	5:43.69	6:27.69	6:21.39

	Short Course Yards	Long Course Meters	Short Course Meters
WOMEN 13-14			
50 Free	26.59	30.19	29.39
100 Free	56.99	1:04.49	1:02.69
200 Free	2:03.39	2:19.59	2:16.59
400/500 Free	5:27.49	4:54.49	4:44.09
800/1000 Free	11:36.59	10:21.79	10:04.19
1500/1650 Free	19:40.09	20:03.69	19:24.99
50 Back	30.59	35.09	33.89
100 Back	1:06.39	1:16.09	1:13.39
200 Back	2:21.09	2:40.89	2:35.99
50 Breast	34.49	39.19	38.19
100 Breast	1:14.69	1:24.89	1:22.59
200 Breast	2:40.99	3:02.69	2:57.89
50 Fly	28.59	32.39	31.59
100 Fly	1:04.09	1:12.79	1:10.89
200 Fly	2:25.49	2:44.09	2:41.69
200 IM	2:19.89	2:39.59	2:34.59
400 IM	4:58.19	5:37.39	5:30.99

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MEN 10-U			
50 Free	33.09	37.19	36.59
100 Free	1:16.09	1:25.79	1:23.99
200 Free	2:45.49	3:06.59	3:03.09
400/500 Free	7:30.09	6:41.59	6:33.79
50 Back	40.29	45.39	44.59
100 Back	1:30.59	1:41.89	1:40.19
50 Breast	47.29	53.59	52.29
100 Breast	1:42.39	1:55.79	1:53.19
50 Fly	39.29	44.29	43.59
100 Fly	1:37.19	1:49.39	1:47.49
100 IM	1:29.59	x	1:39.09
200 IM	3:11.19	3:35.69	3:31.39

	Short Course Yards	Long Course Meters	Short Course Meters
MEN 11-12			
50 Free	29.29	32.59	32.59
100 Free	1:03.49	1:11.99	1:10.59
200 Free	2:20.69	2:39.39	2:35.39
400/500 Free	6:15.29	5:35.09	5:27.39
800/1000 Free	13:18.29	11:52.49	11:45.49
1500/1650 Free	23:00.69	23:28.29	22:52.69
50 Back	34.69	39.19	38.39
100 Back	1:15.19	1:24.69	1:23.19
200 Back	2:46.19	3:06.99	3:01.69
50 Breast	38.99	44.09	43.29
100 Breast	1:26.59	1:38.29	1:36.19
200 Breast	3:06.09	3:30.69	3:26.59
50 Fly	32.09	36.39	35.69
100 Fly	1:14.79	1:24.49	1:22.69
200 Fly	2:50.49	3:14.89	3:08.19
100 IM	1:15.49	x	1:24.39
200 IM	2:40.09	3:00.99	2:57.69
400 IM	6:08.19	6:32.99	6:21.49

	Short Course Yards	Long Course Meters	Short Course Meters
MEN 13-14			
50 Free	25.59	28.99	28.49
100 Free	55.09	1:03.69	1:01.29
200 Free	1:59.89	2:15.39	2:12.89
400/500 Free	5:22.09	4:48.89	4:42.79
800/1000 Free	11:44.89	10:32.19	10:20.39
1500/1650 Free	19:28.99	19:58.99	19:51.49
50 Back	30.89	35.49	34.09
100 Back	1:05.09	1:14.89	1:11.99
200 Back	2:19.99	2:38.29	2:34.69
50 Breast	33.89	39.19	37.49
100 Breast	1:12.69	1:23.99	1:20.39
200 Breast	2:36.99	3:00.89	2:53.49
50 Fly	28.59	32.49	31.79
100 Fly	1:03.19	1:11.99	1:10.39
200 Fly	2:25.99	2:46.69	2:42.69
200 IM	2:17.49	2:37.19	2:31.99
400 IM	4:57.09	5:43.39	5:30.69