

2026 Regional Standards - Female														
10&Under	11	12	13	14	15	16 & Over	EVENT	16 & Over	15	14	13	12	11	10&Under
LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM
39.72	36.51	34.15	32.53	31.49	31.07	30.81	50 Fr	30.19	30.45	30.86	31.88	33.47	35.77	38.91
1:27.88	1:20.79	1:15.36	1:11.19	1:08.89	1:07.66	1:06.53	100 Fr	1:05.20	1:06.30	1:07.51	1:09.76	1:13.85	1:19.17	1:26.12
3:14.18	2:58.52	2:45.20	2:37.32	2:30.11	2:28.53	2:26.71	200 Fr	2:23.78	2:25.56	2:27.11	2:34.17	2:41.90	2:54.94	3:10.29
6:53.97	6:20.59	5:50.88	5:34.91	5:22.24	5:17.59	5:13.95	400 Fr	5:07.67	5:11.24	5:15.80	5:28.21	5:44.16	6:12.97	6:45.69
13:42.43	12:36.10	12:15.49	11:40.99	11:09.77	11:04.27	10:53.48	800 Fr	10:40.31	10:50.99	10:56.38	11:26.97	12:00.78	12:20.99	13:25.99
			22:18.82	22:13.91	21:52.31	21:39.17	1500 Fr	21:13.19	21:26.06	21:47.23	21:52.04			
47.00	43.21	40.24	36.74	36.04	35.35	34.96	50 BK	34.28	34.66	35.33	36.03	39.46	42.36	46.08
1:42.82	1:34.53	1:27.43	1:22.97	1:18.72	1:17.24	1:17.66	100 Bk	1:14.15	1:15.69	1:17.15	1:21.31	1:25.67	1:32.64	1:40.76
3:38.96	3:21.30	3:07.14	2:59.02	2:50.54	2:47.51	2:45.05	200 Bk	2:41.75	2:44.16	2:47.13	2:55.44	3:03.39	3:17.27	3:34.57
53.12	48.84	45.09	40.24	39.83	39.44	39.04	50 BR	38.27	38.67	39.05	39.45	44.21	47.88	52.08
1:57.34	1:47.88	1:39.61	1:33.91	1:29.87	1:27.89	1:27.01	100 Br	1:25.26	1:26.13	1:28.07	1:32.03	1:37.62	1:45.71	1:54.99
4:09.49	3:49.37	3:34.98	3:24.51	3:16.14	3:14.74	3:13.20	200 Br	3:09.33	3:10.84	3:12.21	3:20.42	3:30.68	3:44.77	4:04.49
44.09	40.54	37.28	33.87	33.53	32.85	32.52	50 FI	31.88	32.20	32.87	33.21	36.56	39.74	43.23
1:44.32	1:35.91	1:26.99	1:20.35	1:16.56	1:14.66	1:14.00	100 FI	1:12.52	1:13.17	1:15.05	1:18.78	1:25.24	1:34.59	1:42.88
4:14.10	3:53.61	3:26.92	3:22.64	2:58.06	2:54.24	2:53.15	200 FI	2:49.68	2:50.75	2:54.50	3:18.58	3:22.78	3:48.93	4:09.02
							100 IM					1:30.36	1:36.67	1:45.15
3:38.90	3:21.24	3:08.10	2:57.61	2:51.07	2:50.19	2:45.75	200 IM	2:42.44	2:46.78	2:47.65	2:54.06	3:04.34	3:17.21	3:34.51
7:35.87	6:59.11	6:47.68	6:32.66	6:11.91	6:08.78	6:01.39	400 IM	5:54.16	6:01.41	6:04.47	6:24.81	6:39.53	6:50.72	7:26.75

2026 Regional Standards - Male														
10&Under	11	12	13	14	15	16 & Over	EVENT	16 & Over	15	14	13	12	11	10&Under
LCM	LCM	LCM	LCM	LCM	LCM	LCM		SCM	SCM	SCM	SCM	SCM	SCM	SCM
39.77	36.56	33.64	31.02	29.02	28.25	27.68	50 Fr	27.13	27.69	28.44	30.39	32.96	35.82	38.96
1:28.02	1:20.92	1:14.42	1:08.06	1:03.76	1:01.73	1:00.55	100 Fr	59.34	1:00.49	1:02.49	1:06.70	1:12.93	1:19.30	1:26.25
3:13.64	2:58.02	2:45.42	2:30.79	2:21.27	2:16.77	2:14.07	200 Fr	2:11.39	2:14.03	2:18.44	2:27.78	2:42.11	2:54.45	3:09.76
6:51.78	6:18.57	5:51.00	5:24.57	5:00.81	4:53.53	4:50.31	400 Fr	4:44.50	4:47.66	4:54.80	5:18.08	5:43.97	6:10.99	6:43.53
12:53.02	11:50.68	11:31.30	11:12.23	10:38.16	10:19.45	10:12.56	800 Fr	10:00.40	10:07.06	10:25.40	10:58.78	11:17.47	11:36.46	12:37.55
			21:22.66	20:48.41	20:35.96	20:01.11	1500 Fr	19:37.08	20:11.24	20:23.44	20:57.01			
47.74	43.89	39.09	35.37	33.67	32.45	31.79	50 BK	31.16	31.81	33.01	34.67	38.33	43.04	46.81
1:43.14	1:34.83	1:26.90	1:18.81	1:12.88	1:11.89	1:08.75	100 Bk	1:07.37	1:10.45	1:11.42	1:17.23	1:25.15	1:32.92	1:41.07
3:39.53	3:21.83	3:06.46	2:52.51	2:40.71	2:35.49	2:32.54	200 Bk	2:29.49	2:32.38	2:37.50	2:49.06	3:02.73	3:17.78	3:35.13
52.74	48.48	44.30	38.69	37.35	36.07	34.94	50 BR	34.25	35.37	36.61	37.93	43.42	47.54	51.71
1:57.81	1:48.31	1:38.59	1:29.77	1:23.02	1:19.13	1:17.97	100 Br	1:16.41	1:17.55	1:21.36	1:27.97	1:36.61	1:46.13	1:55.44
4:13.63	3:53.18	3:32.13	3:15.73	3:04.53	2:54.06	2:52.71	200 Br	2:49.25	2:50.58	3:00.84	3:11.81	3:27.88	3:48.50	4:08.55
44.52	40.93	36.08	32.68	31.58	30.12	29.72	50 FI	29.14	29.52	30.97	32.04	35.37	40.13	43.65
1:45.65	1:37.13	1:27.47	1:17.31	1:11.14	1:08.12	1:06.15	100 FI	1:04.83	1:06.76	1:09.72	1:15.77	1:25.71	1:35.18	1:43.53
3:53.76	3:34.91	3:29.06	3:07.47	2:45.04	2:38.51	2:31.62	200 FI	2:28.59	2:35.33	2:41.74	3:03.72	3:24.87	3:30.61	3:49.09
							100 IM					1:30.72	1:38.88	1:47.55
3:40.82	3:23.01	3:06.26	2:50.93	2:39.71	2:35.21	2:31.26	200 IM	2:28.23	2:32.10	2:36.52	2:47.51	3:02.53	3:18.94	3:36.39
7:31.24	6:54.85	6:43.54	6:13.01	5:46.42	5:35.73	5:29.18	400 IM	5:22.60	5:29.02	5:39.49	6:05.54	6:35.46	6:46.55	7:22.21