2024-2025 Female Standards - Regional Championships

DIVISION ONE REGIONAL CHAMPIONSHIPS								DIVISION TWO REGIONAL CHAMPIONSHIPS						
10&U	11	12	13	14	15	16&Over	EVENT	16&Over	15	14	13	12	11	10&Under
34.52	34.52	32.87	31.88	30.85	30.45	30.18	50 Fr	34.3	34.6	35.06	36.22	37.35	39.22	39.22
1:16.40	1:16.40	1:12.53	1:09.76	1:07.51	1:06.30	1:05.21	100 Fr	1:14.10	1:15.34	1:16.71	1:19.28	1:22.42	1:26.81	1:26.81
2:48.81	2:48.81	2:39.01	2:34.17	2:27.11	2:25.55	2:24.10	200 Fr	2:43.75	2:45.40	2:47.18	2:55.19	3:00.69	3:11.83	3:11.83
5:59.89	5:59.89	5:38.02	5:28.22	5:15.80	5:11.23	5:07.67	400 Fr	5:49.63	5:53.68	5:58.86	6:12.98	6:24.11	6:48.96	6:48.96
	11:54.99	11:47.91	11:26.97	10:57.57	10:50.99	10:42.83	800 Fr							
			21:52.04	21:47.23	21:26.05	21:13.20	1500 Fr							
1:29.39	1:29.39	1:24.14	1:21.31	1:17.14	1:15.69	1:14.15	100 Bk	1:24.26	1:26.01	1:27.66	1:32.40	1:35.61	1:41.58	1:41.58
3:10.34	3:10.34	3:00.11	2:55.44	2:47.12	2:44.16	2:41.74	200 Bk	3:03.80	3:06.55	3:09.91	3:19.36	3:24.68	3:36.30	3:36.30
50							50 Br							57.5
1:42.00	1:42.00	1:35.88	1:32.04	1:28.07	1:26.13	1:25.26	100 Br	1:36.89	1:37.87	1:40.07	1:44.59	1:48.95	1:55.91	1:55.91
	3:36.89	3:26.92	3:20.42	3:12.21	3:10.84	3:09.33	200 Br	3:35.15	3:36.96	3:38.42	3:47.75	3:55.14	4:06.46	
45							50 Fl							52
1:31.27	1:31.27	1:23.72	1:18.74	1:15.02	1:13.17	1:12.52	100 Fl	1:22.41	1:23.15	1:25.25	1:29.47	1:35.14	1:43.71	1:43.71
	3:40.90	3:19.16	3:18.58	2:54.50	2:50.75	2:49.69	200 Fl	3:12.82	3:14.04	3:18.30	3:45.66	3:46.31	4:11.02	
1:50.00							100 IM							2:06.50
3:10.29	3:10.29	3:01.05	2:54.06	2:47.64	2:46.78	2:42.44	200 IM	3:04.59	3:09.53	3:10.50	3:17.80	3:25.74	3:36.24	3:36.24
	6:36.31	6:32.39	6:24.81	6:04.46	6:01.41	5:54.16	400 IM	6:42.45	6:50.69	6:54.16	7:17.29	7:25.90	7:30.35	

2024-2025 Male Standards - Regional Championships

DIVISION ONE REGIONAL CHAMPIONSHIPS								DIVISION TWO REGIONAL CHAMPIONSHIPS						
10&U	11	12	13	14	15	16&Over	EVENT	16&Over	15	14	13	12	11	10&U
34.56	34.56	32.37	30.39	28.45	27.69	27.13	50 Fr	30.82	31.46	32.32	34.54	36.79	39.27	39.27
1:16.52	1:16.52	1:11.63	1:06.70	1:02.49	1:00.49	59.33	100 Fr	1:07.42	1:08.74	1:11.01	1:15.80	1:21.40	1:26.95	1:26.95
2:48.33	2:48.33	2:39.21	2:27.77	2:18.45	2:14.04	2:11.40	200 Fr	2:29.31	2:32.31	2:37.33	2:47.93	3:00.93	3:11.29	3:11.29
5:57.97	5:57.97	5:37.83	5:18.08	4:54.80	4:47.66	4:44.50	400 Fr	5:23.30	5:26.89	5:35.00	6:01.45	6:23.90	6:46.79	6:46.79
	11:12.02	11:05.37	10:58.78	10:25.39	10:06.84	10:00.40	800 Fr							
			20:57.00	20:23.44	20:10.90	18:53.57	1500 Fr							
1:29.66	1:29.66	1:23.63	1:17.23	1:11.42	1:10.46	1:07.38	100 Bk	1:16.56	1:20.06	1:21.16	1:27.76	1:35.04	1:41.89	1:41.89
3:10.84	3:10.84	2:59.47	2:49.06	2:37.50	2:32.28	2:29.40	200 Bk	2:49.87	2:53.16	2:58.98	3:12.11	3:23.94	3:36.86	3:36.86
50							50 Br							57.5
1:42.41	1:42.41	1:34.89	1:27.97	1:20.38	1:17.55	1:16.42	100 Br	1:26.84	1:28.12	1:31.34	1:39.96	1:47.82	1:56.37	1:56.37
	3:40.48	3:24.17	3:11.82	3:00.84	2:50.58	2:49.25	200 Br	3:12.32	3:13.84	3:25.50	3:37.98	3:52.01	4:10.55	
45							50 Fl							52
1:31.84	1:31.84	1:24.18	1:15.77	1:09.72	1:06.76	1:04.84	100 Fl	1:13.66	1:15.86	1:19.23	1:26.10	1:35.66	1:44.36	1:44.36
	3:23.23	3:21.21	3:03.72	2:41.73	2:35.33	2:28.59	200 Fl	2:48.85	2:56.51	3:03.79	3:28.78	3:48.65	3:50.94	
1:50.00							100 IM							2:06.50
3:11.96	3:11.96	2:59.27	2:47.51	2:36.52	2:31.98	2:28.23	200 IM	2:48.44	2:52.70	2:57.86	3:10.35	3:23.71	3:38.14	3:38.14
	6:32.28	6:28.40	6:05.54	5:39.49	5:28.87	5:22.60	400 IM	6:06.59	6:13.71	6:25.79	6:55.39	7:21.36	7:25.78	