

| 5-8 GIRLS |         |         | 5-8 BOYS  |         |         |
|-----------|---------|---------|-----------|---------|---------|
| SCY       |         |         | SCY       |         |         |
| Event     | A       | B       | Event     | A       | B       |
| 25 Free   | 18.10   | 21.70   | 25 Free   | 17.60   | 21.10   |
| 50 Free   | 40.50   | 48.60   | 50 Free   | 39.40   | 47.30   |
| 100 Free  | 1:28.40 | 1:46.10 | 100 Free  | 1:25.00 | 1:42.00 |
| 25 Back   | 22.20   | 26.60   | 25 Back   | 21.60   | 25.90   |
| 50 Back   | 48.10   | 57.80   | 50 Back   | 46.80   | 56.30   |
| 25 Breast | 24.00   | 28.80   | 25 Breast | 23.30   | 28.00   |
| 50 Breast | 52.30   | 1:02.80 | 50 Breast | 51.00   | 1:01.20 |
| 25 Fly    | 21.30   | 25.60   | 25 Fly    | 21.30   | 25.60   |
| 50 Fly    | 46.30   | 55.60   | 50 Fly    | 47.00   | 56.40   |
| 100 IM    | 1:41.20 | 2:01.40 | 100 IM    | 1:38.50 | 1:58.20 |
| LCM       |         |         | LCM       |         |         |
| Event     | A       | B       | Event     | A       | B       |
| 50 Free   | 45.60   | 54.70   | 50 Free   | 44.40   | 53.30   |
| 100 Free  | 1:39.30 | 1:59.20 | 100 Free  | 1:35.50 | 1:54.60 |
| 50 Back   | 54.40   | 1:05.30 | 50 Back   | 53.20   | 1:03.80 |
| 50 Breast | 58.60   | 1:10.30 | 50 Breast | 57.10   | 1:08.50 |
| 50 Fly    | 52.00   | 1:02.40 | 50 Fly    | 52.70   | 1:03.20 |

5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event  
may enter 7-10 100 yd/mtr event in same stroke;  
meeting 5-8 Blue in 100 yd/mtr freestyle or 100 yd IM  
may enter 7-10 200 free or 200 IM

## 7-10 GIRLS

### SHORT COURSE YARDS – NATIONAL STANDARDS

| Event      | Nat<br>AAAA | Nat<br>AAA | Nat<br>AA | Nat<br>A | Nat<br>BB | Nat<br>B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free    | 27.69       | 28.89      | 30.19     | 31.39    | 35.19     | 38.89    |
| 100 Free   | 1:00.99     | 1:04.19    | 1:07.29   | 1:10.49  | 1:19.99   | 1:29.59  |
| 200 Free   | 2:13.59     | 2:20.89    | 2:28.19   | 2:35.39  | 2:57.19   | 3:18.99  |
| 500 Free   | 5:53.79     | 6:10.59    | 6:27.49   | 6:44.29  | 7:34.89   | 8:25.39  |
| 50 Back    | 31.59       | 33.29      | 34.99     | 36.69    | 41.89     | 46.99    |
| 100 Back   | 1:07.99     | 1:11.79    | 1:15.59   | 1:19.29  | 1:30.69   | 1:41.99  |
| 50 Breast  | 35.99       | 37.89      | 39.79     | 41.69    | 47.49     | 53.19    |
| 100 Breast | 1:18.79     | 1:23.09    | 1:27.49   | 1:31.89  | 1:44.99   | 1:58.09  |
| 50 Fly     | 30.59       | 32.49      | 34.39     | 36.19    | 41.79     | 47.39    |
| 100 Fly    | 1:09.19     | 1:14.19    | 1:19.19   | 1:24.09  | 1:39.09   | 1:53.99  |
| 100 IM     | 1:09.79     | 1:13.49    | 1:17.09   | 1:20.79  | 1:31.69   | 1:42.59  |
| 200 IM     | 2:29.79     | 2:37.39    | 2:45.09   | 2:52.69  | 3:15.59   | 3:38.49  |

## 7-10 GIRLS

### SHORT COURSE YARDS – CA STANDARDS

| Event      | Spring  | Summer |     |     |
|------------|---------|--------|-----|-----|
|            | JO      | JAG    | JO  | WAG |
| 50 Free    | 31.20   | TBD    | TBD | TBD |
| 100 Free   | 1:08.70 | TBD    | TBD | TBD |
| 200 Free   | 2:30.10 | TBD    | TBD | TBD |
| 500 Free   | 2:30.10 | TBD    | TBD | TBD |
| 50 Back    | 36.90   | TBD    | TBD | TBD |
| 100 Back   | 1:19.80 | TBD    | TBD | TBD |
| 50 Breast  | 41.10   | TBD    | TBD | TBD |
| 100 Breast | 1:29.60 | TBD    | TBD | TBD |
| 50 Fly     | 35.00   | TBD    | TBD | TBD |
| 100 Fly    | 1:20.80 | TBD    | TBD | TBD |
| 100 IM     | 1:18.70 | TBD    | TBD | TBD |
| 200 IM     | 2:49.30 | TBD    | TBD | TBD |

5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event  
 may enter 7-10 100 yd/mtr event in same stroke;  
 meeting 5-8 Blue in 100 yd/mtr freestyle or 100 yd IM  
 may enter 7-10 200 free or 200 IM

## 7-10 GIRLS

### LONG COURSE METERS – NATIONAL STANDARDS

| Event      | Nat<br>AAAA | Nat<br>AAA | Nat<br>AA | Nat<br>A | Nat<br>BB | Nat<br>B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free    | 31.39       | 32.79      | 34.19     | 35.59    | 39.89     | 44.09    |
| 100 Free   | 1:09.39     | 1:13.09    | 1:16.69   | 1:20.29  | 1:31.19   | 1:41.99  |
| 200 Free   | 2:31.59     | 2:39.79    | 2:48.09   | 2:56.29  | 3:20.99   | 3:45.79  |
| 500 Free   | 5:19.79     | 5:34.99    | 5:50.19   | 6:05.39  | 6:51.09   | 7:36.79  |
| 50 Back    | 36.89       | 38.89      | 40.89     | 42.89    | 48.89     | 54.89    |
| 100 Back   | 1:19.49     | 1:23.89    | 1:28.29   | 1:32.69  | 1:45.99   | 1:59.19  |
| 50 Breast  | 40.89       | 43.09      | 45.29     | 47.49    | 53.99     | 1:00.49  |
| 100 Breast | 1:29.89     | 1:34.89    | 1:39.89   | 1:44.89  | 1:59.79   | 2:14.79  |
| 50 Fly     | 34.49       | 36.59      | 38.69     | 40.79    | 47.09     | 53.39    |
| 100 Fly    | 1:18.89     | 1:24.59    | 1:30.29   | 1:35.99  | 1:52.99   | 2:09.99  |
| 200 IM     | 2:50.89     | 2:59.59    | 3:08.29   | 3:17.09  | 3:43.19   | 4:09.39  |

## 7-10 GIRLS

### LONG COURSE METERS – CA STANDARDS

| Event      | Spring  | Summer |     |     |
|------------|---------|--------|-----|-----|
|            | JO      | JAG    | JO  | WAG |
| 50 Free    | 35.50   | TBD    | TBD | TBD |
| 100 Free   | 1:17.90 | TBD    | TBD | TBD |
| 200 Free   | 2:49.80 | TBD    | TBD | TBD |
| 500 Free   | 2:49.80 | TBD    | TBD | TBD |
| 50 Back    | 41.60   | TBD    | TBD | TBD |
| 100 Back   | 1:29.80 | TBD    | TBD | TBD |
| 50 Breast  | 46.70   | TBD    | TBD | TBD |
| 100 Breast | 1:41.50 | TBD    | TBD | TBD |
| 50 Fly     | 39.60   | TBD    | TBD | TBD |
| 100 Fly    | 1:31.10 | TBD    | TBD | TBD |
| 200 IM     | 3:11.20 | TBD    | TBD | TBD |

5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event  
 may enter 7-10 100 yd/mtr event in same stroke;  
 meeting 5-8 Blue in 100 yd/mtr freestyle or 100 yd IM  
 may enter 7-10 200 free or 200 IM

# 11-12 GIRLS

## SHORT COURSE YARDS – NATIONAL STANDARDS

| Event      | Nat<br>AAAA | Nat<br>AAA | Nat<br>AA | Nat<br>A | Nat<br>BB | Nat<br>B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free    | 25.49       | 26.59      | 27.79     | 28.99    | 31.29     | 33.59    |
| 100 Free   | 55.19       | 57.79      | 1:00.49   | 1:03.09  | 1:08.29   | 1:13.59  |
| 200 Free   | 2:00.29     | 2:05.99    | 2:11.79   | 2:17.49  | 2:28.99   | 2:40.39  |
| 500 Free   | 5:21.59     | 5:36.89    | 5:52.19   | 6:07.59  | 6:38.19   | 7:08.79  |
| 1000 Free  | 11:06.09    | 11:37.79   | 12:09.49  | 12:41.19 | 13:44.69  | 14:48.09 |
| 1650 Free  | 18:40.49    | 19:33.89   | 20:27.19  | 21:20.59 | 23:07.29  | 24:53.99 |
| 50 Back    | 28.59       | 29.99      | 31.29     | 32.69    | 35.39     | 38.09    |
| 100 Back   | 1:01.39     | 1:04.69    | 1:08.09   | 1:11.39  | 1:18.09   | 1:24.79  |
| 200 Back   | 2:12.49     | 2:18.79    | 2:25.09   | 2:31.39  | 2:43.99   | 2:56.59  |
| 50 Breast  | 32.29       | 33.79      | 35.39     | 36.89    | 39.99     | 42.99    |
| 100 Breast | 1:09.79     | 1:13.19    | 1:16.69   | 1:20.19  | 1:27.19   | 1:34.09  |
| 200 Breast | 2:30.69     | 2:37.89    | 2:45.09   | 2:52.19  | 3:06.59   | 3:20.89  |
| 50 Fly     | 27.39       | 28.69      | 29.99     | 31.29    | 33.89     | 36.49    |
| 100 Fly    | 1:00.79     | 1:04.19    | 1:07.49   | 1:10.89  | 1:17.59   | 1:24.39  |
| 200 Fly    | 2:14.99     | 2:21.39    | 2:27.89   | 2:34.29  | 2:47.19   | 2:59.99  |
| 100 IM     | 1:03.09     | 1:06.09    | 1:09.09   | 1:12.09  | 1:18.09   | 1:24.09  |
| 200 IM     | 2:15.19     | 2:21.59    | 2:27.99   | 2:34.49  | 2:47.29   | 3:00.19  |
| 400 IM     | 4:48.19     | 5:01.89    | 5:15.59   | 5:29.29  | 5:56.79   | 6:24.19  |

# 11-12 GIRLS

## SHORT COURSE YARDS – SCS STANDARDS and NAT T10

| Event      | Spring<br>JO | Summer<br>JAG | Summer<br>JO | Summer<br>WAG | NAT 10 <sup>th</sup><br>PI 11 YO | NAT 10 <sup>th</sup><br>PL 12 YO |
|------------|--------------|---------------|--------------|---------------|----------------------------------|----------------------------------|
| 50 Free    | 27.50        | TBD           | TBD          | TBD           | 25.49                            | 24.77                            |
| 100 Free   | 59.80        | TBD           | TBD          | TBD           | 55.88                            | 53.72                            |
| 200 Free   | 2:10.00      | TBD           | TBD          | TBD           | 2:01.08                          | 1:56.50                          |
| 500 Free   | 5:46.30      | TBD           | TBD          | TBD           | 5:23.10                          | 5:11.96                          |
| 1000 Free  | N/A          | TBD           | TBD          | TBD           | 11:27.08                         | 10:53.60                         |
| 1650 Free  | N/A          | TBD           | TBD          | TBD           | 19:19.23                         | 18:22.31                         |
| 50 Back    | 32.00        | TBD           | TBD          | TBD           | 28.86                            | 27.82                            |
| 100 Back   | 1:08.40      | TBD           | TBD          | TBD           | 1:01.85                          | 59.11                            |
| 200 Back   | N/A          | TBD           | TBD          | TBD           | 2:15.71                          | 2:08.30                          |
| 50 Breast  | 36.10        | TBD           | TBD          | TBD           | 32.43                            | 31.37                            |
| 100 Breast | 1:18.00      | TBD           | TBD          | TBD           | 1:10.49                          | 1:07.92                          |
| 200 Breast | N/A          | TBD           | TBD          | TBD           | 2:33.56                          | 2:26.37                          |
| 50 Fly     | 30.20        | TBD           | TBD          | TBD           | 27.71                            | 26.71                            |
| 100 Fly    | 1:07.40      | TBD           | TBD          | TBD           | 1:01.70                          | 58.50                            |
| 200 Fly    | N/A          | TBD           | TBD          | TBD           | 2:18.95                          | 2:11.21                          |
| 100 IM     | 1:08.90      | TBD           | TBD          | TBD           | 1:03.69                          | 1:01.15                          |
| 200 IM     | 2:27.60      | TBD           | TBD          | TBD           | 2:17.04                          | 2:11.34                          |
| 400 IM     | N/A          | TBD           | TBD          | TBD           | 4:53.54                          | 4:40.26                          |

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# 11-12 GIRLS

## LONG COURSE METERS – NATIONAL STANDARDS

| Event      | Nat<br>AAAA | Nat<br>AAA | Nat<br>AA | Nat<br>A | Nat<br>BB | Nat<br>B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free    | 29.09       | 30.39      | 31.69     | 32.99    | 35.69     | 38.39    |
| 100 Free   | 1:03.09     | 1:06.09    | 1:09.09   | 1:12.09  | 1:18.09   | 1:24.09  |
| 200 Free   | 2:16.69     | 2:23.19    | 2:29.69   | 2:36.19  | 2:49.19   | 3:02.29  |
| 500 Free   | 4:47.99     | 5:01.69    | 5:15.39   | 5:29.09  | 5:56.49   | 6:23.89  |
| 1000 Free  | 10:03.09    | 10:31.79   | 11:00.59  | 11:29.29 | 12:26.69  | 13:24.09 |
| 1650 Free  | 19:19.39    | 20:14.59   | 21:09.79  | 22:04.99 | 23:55.39  | 25:45.79 |
| 50 Back    | 32.99       | 34.49      | 36.09     | 37.69    | 40.79     | 43.99    |
| 100 Back   | 1:11.49     | 1:15.39    | 1:19.29   | 1:23.19  | 1:30.99   | 1:38.69  |
| 200 Back   | 2:33.39     | 2:40.69    | 2:47.99   | 2:55.29  | 3:09.89   | 3:24.49  |
| 50 Breast  | 36.69       | 38.49      | 40.19     | 41.99    | 45.49     | 48.99    |
| 100 Breast | 1:20.79     | 1:24.79    | 1:28.79   | 1:32.79  | 1:40.89   | 1:48.89  |
| 200 Breast | 2:54.49     | 3:02.79    | 3:11.09   | 3:19.39  | 3:35.99   | 3:52.59  |
| 50 Fly     | 30.99       | 32.39      | 33.89     | 35.39    | 38.19     | 41.29    |
| 100 Fly    | 1:09.29     | 1:13.09    | 1:16.99   | 1:20.79  | 1:28.49   | 1:36.19  |
| 200 Fly    | 2:33.69     | 2:40.99    | 2:48.29   | 2:55.59  | 3:10.19   | 3:24.89  |
| 200 IM     | 2:34.59     | 2:41.89    | 2:49.29   | 2:56.59  | 3:11.29   | 3:26.09  |
| 400 IM     | 5:29.79     | 5:45.49    | 6:01.19   | 6:16.89  | 6:48.29   | 7:19.69  |

# 11-12 GIRLS

## LONG COURSE METERS – SCS STANDARDS and NAT T10

| Event      | Spring<br>JO | Summer<br>JAG | Summer<br>JO | Summer<br>WAG | 10 <sup>th</sup> PL<br>11 YO | 10 <sup>th</sup> PL<br>12 YO |
|------------|--------------|---------------|--------------|---------------|------------------------------|------------------------------|
| 50 Free    | 31.40        | TBD           | TBD          | TBD           | 28.50                        | 27.84                        |
| 100 Free   | 1:08.00      | TBD           | TBD          | TBD           | 1:03.32                      | 1:01.08                      |
| 200 Free   | 2:27.50      | TBD           | TBD          | TBD           | 2:16.86                      | 2:12.78                      |
| 500 Free   | 5:09.10      | TBD           | TBD          | TBD           | 4:49.96                      | 4:40.13                      |
| 1000 Free  | N/A          | TBD           | TBD          | TBD           | 10:19.54                     | 9:45.31                      |
| 1650 Free  | N/A          | TBD           | TBD          | TBD           | 19:37.43                     | 18:56.60                     |
| 50 Back    | 36.20        | TBD           | TBD          | TBD           | 33.53                        | 32.05                        |
| 100 Back   | 1:17.20      | TBD           | TBD          | TBD           | 1:11.87                      | 1:08.92                      |
| 200 Back   | N/A          | TBD           | TBD          | TBD           | 2:35.82                      | 2:29.29                      |
| 50 Breast  | 41.10        | TBD           | TBD          | TBD           | 37.06                        | 35.66                        |
| 100 Breast | 1:28.60      | TBD           | TBD          | TBD           | 1:20.58                      | 1:17.53                      |
| 200 Breast | N/A          | TBD           | TBD          | TBD           | 2:56.26                      | 2:48.80                      |
| 50 Fly     | 34.30        | TBD           | TBD          | TBD           | 31.12                        | 29.88                        |
| 100 Fly    | 1:16.20      | TBD           | TBD          | TBD           | 1:10.38                      | 1:06.65                      |
| 200 Fly    | N/A          | TBD           | TBD          | TBD           | 2:40.22                      | 2:30.33                      |
| 200 IM     | 2:47.00      | TBD           | TBD          | TBD           | 2:36.33                      | 2:31.12                      |
| 400 IM     | N/A          | TBD           | TBD          | TBD           | 5:34.88                      | 5:22.69                      |

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# 13-14 GIRLS

## SHORT COURSE YARDS – NATIONAL STANDARDS

| Event      | Nat<br>AAAA | Nat<br>AAA | Nat<br>AA | Nat<br>A | Nat<br>BB | Nat<br>B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free    | 24.39       | 25.59      | 26.79     | 27.89    | 30.19     | 32.59    |
| 100 Free   | 52.89       | 55.49      | 57.99     | 1:00.49  | 1:05.49   | 1:10.59  |
| 200 Free   | 1:54.09     | 1:59.49    | 2:04.99   | 2:10.39  | 2:21.29   | 2:32.09  |
| 500 Free   | 5:05.89     | 5:20.39    | 5:34.99   | 5:49.59  | 6:18.69   | 6:47.79  |
| 1000 Free  | 10:31.49    | 11:01.59   | 11:31.59  | 12:01.69 | 13:01.79  | 14:01.99 |
| 1650 Free  | 17:32.59    | 18:22.79   | 19:12.89  | 20:02.99 | 21:43.19  | 23:23.49 |
| 100 Back   | 57.49       | 1:00.19    | 1:02.99   | 1:05.69  | 1:11.19   | 1:16.69  |
| 200 Back   | 2:05.09     | 2:11.09    | 2:17.09   | 2:22.99  | 2:34.89   | 2:46.79  |
| 100 Breast | 1:05.99     | 1:09.09    | 1:12.29   | 1:15.39  | 1:21.69   | 1:27.99  |
| 200 Breast | 2:23.19     | 2:29.99    | 2:36.79   | 2:43.69  | 2:57.29   | 3:10.89  |
| 100 Fly    | 57.29       | 59.99      | 1:02.69   | 1:05.49  | 1:10.89   | 1:16.39  |
| 200 Fly    | 2:06.79     | 2:12.79    | 2:18.79   | 2:24.89  | 2:36.89   | 2:48.99  |
| 200 IM     | 2:07.29     | 2:13.39    | 2:19.49   | 2:25.49  | 2:37.59   | 2:49.79  |
| 400 IM     | 4:32.69     | 4:45.69    | 4:58.69   | 5:11.69  | 5:37.59   | 6:03.59  |

# 13-14 GIRLS

## SHORT COURSE YARDS – SCS STANDARDS and NAT T10

| Event      | Spring<br>JO | Summer<br>JAG | Summer<br>JO | Summer<br>WAG | 10 <sup>th</sup> PL<br>13 YO | 10 <sup>th</sup> PL<br>14 YO |
|------------|--------------|---------------|--------------|---------------|------------------------------|------------------------------|
| 50 Free    | 25.90        | TBD           | TBD          | TBD           | 23.88                        | 23.34                        |
| 100 Free   | 56.10        | TBD           | TBD          | TBD           | 51.60                        | 50.59                        |
| 200 Free   | 2:02.10      | TBD           | TBD          | TBD           | 1:52.31                      | 1:49.35                      |
| 500 Free   | 5:26.20      | TBD           | TBD          | TBD           | 4:59.58                      | 4:53.77                      |
| 1000 Free  | 11:28.80     | TBD           | TBD          | TBD           | 10:24.19                     | 10:09.68                     |
| 1650 Free  | 19:23.40     | TBD           | TBD          | TBD           | 17:20.30                     | 16:58.17                     |
| 100 Back   | 1:03.70      | TBD           | TBD          | TBD           | 56.41                        | 55.42                        |
| 200 Back   | 2:18.20      | TBD           | TBD          | TBD           | 2:01.77                      | 1:59.59                      |
| 100 Breast | 1:13.20      | TBD           | TBD          | TBD           | 1:04.56                      | 1:03.27                      |
| 200 Breast | 2:37.60      | TBD           | TBD          | TBD           | 2:19.64                      | 2:17.16                      |
| 100 Fly    | 1:02.70      | TBD           | TBD          | TBD           | 56.75                        | 54.89                        |
| 200 Fly    | 2:22.60      | TBD           | TBD          | TBD           | 2:05.99                      | 2:02.29                      |
| 200 IM     | 2:18.70      | TBD           | TBD          | TBD           | 2:06.40                      | 2:02.37                      |
| 400 IM     | 4:54.80      | TBD           | TBD          | TBD           | 4:27.67                      | 4:20.88                      |

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# 13-14 GIRLS

## LONG COURSE METERS – NATIONAL STANDARDS

| Event      | Nat<br>AAAA | Nat<br>AAA | Nat<br>AA | Nat<br>A | Nat<br>BB | Nat<br>B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free    | 27.89       | 29.19      | 30.49     | 31.79    | 34.49     | 37.09    |
| 100 Free   | 1:00.39     | 1:03.29    | 1:06.19   | 1:08.99  | 1:14.79   | 1:20.49  |
| 200 Free   | 2:10.69     | 2:16.89    | 2:23.19   | 2:29.39  | 2:41.79   | 2:54.29  |
| 500 Free   | 4:35.09     | 4:48.19    | 5:01.29   | 5:14.39  | 5:40.59   | 6:06.79  |
| 1000 Free  | 9:26.99     | 9:53.99    | 10:20.99  | 10:47.99 | 11:41.99  | 12:35.99 |
| 1650 Free  | 18:04.79    | 18:56.49   | 19:48.09  | 20:39.79 | 22:23.09  | 24:06.39 |
| 100 Back   | 1:07.49     | 1:10.69    | 1:13.89   | 1:17.09  | 1:23.59   | 1:29.99  |
| 200 Back   | 2:24.29     | 2:31.19    | 2:38.09   | 2:44.89  | 2:58.69   | 3:12.39  |
| 100 Breast | 1:16.59     | 1:20.19    | 1:23.89   | 1:27.49  | 1:34.79   | 1:42.09  |
| 200 Breast | 2:44.79     | 2:52.59    | 3:00.49   | 3:08.29  | 3:23.99   | 3:39.69  |
| 100 Fly    | 1:04.99     | 1:08.09    | 1:11.19   | 1:14.29  | 1:20.39   | 1:26.59  |
| 200 Fly    | 2:24.79     | 2:31.69    | 2:38.59   | 2:45.49  | 2:59.19   | 3:12.99  |
| 200 IM     | 2:26.89     | 2:33.89    | 2:40.79   | 2:47.79  | 3:01.79   | 3:15.79  |
| 400 IM     | 5:11.69     | 5:26.49    | 5:41.29   | 5:56.19  | 6:25.89   | 6:55.49  |

# 13-14 GIRLS

## LONG COURSE METERS – SCS STANDARDS and NAT T10

| Event      | Spring   | Summer |     |     | 10 <sup>th</sup> PL | 10 <sup>th</sup> PL |
|------------|----------|--------|-----|-----|---------------------|---------------------|
|            | JO       | JAG    | JO  | WAG | 13 YO               | 14 YO               |
| 50 Free    | 29.60    | TBD    | TBD | TBD | 27.08               | 26.57               |
| 100 Free   | 1:03.90  | TBD    | TBD | TBD | 58.96               | 58.08               |
| 200 Free   | 2:18.80  | TBD    | TBD | TBD | 2:07.48             | 2:04.60             |
| 500 Free   | 4:51.20  | TBD    | TBD | TBD | 4:29.74             | 4:22.90             |
| 1000 Free  | 10:14.80 | TBD    | TBD | TBD | 9:16.67             | 8:58.38             |
| 1650 Free  | 19:46.70 | TBD    | TBD | TBD | 17:55.82            | 17:27.78            |
| 100 Back   | 1:11.90  | TBD    | TBD | TBD | 1:05.68             | 1:04.35             |
| 200 Back   | 2:35.90  | TBD    | TBD | TBD | 2:21.25             | 2:16.66             |
| 100 Breast | 1:23.30  | TBD    | TBD | TBD | 1:14.01             | 1:13.10             |
| 200 Breast | 2:59.00  | TBD    | TBD | TBD | 2:39.58             | 2:37.13             |
| 100 Fly    | 1:11.00  | TBD    | TBD | TBD | 1:03.65             | 1:02.08             |
| 200 Fly    | 2:40.90  | TBD    | TBD | TBD | 2:23.32             | 2:20.14             |
| 200 IM     | 2:37.20  | TBD    | TBD | TBD | 2:24.15             | 2:20.81             |
| 400 IM     | 5:33.70  | TBD    | TBD | TBD | 5:06.29             | 4:57.26             |

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## 15-16 GIRLS

### SHORT COURSE YARDS – NATIONAL STANDARDS

| Event      | Nat<br>AAAA | Nat<br>AAA | Nat<br>AA | Nat<br>A | Nat<br>BB | Nat<br>B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free    | 23.79       | 24.99      | 26.09     | 27.19    | 29.49     | 31.79    |
| 100 Free   | 51.69       | 54.09      | 56.59     | 58.99    | 1:03.99   | 1:08.89  |
| 200 Free   | 1:52.09     | 1:57.39    | 2:02.69   | 2:08.09  | 2:18.69   | 2:29.39  |
| 500 Free   | 5:00.49     | 5:14.79    | 5:29.09   | 5:43.39  | 6:11.99   | 6:40.59  |
| 1000 Free  | 10:21.89    | 10:51.59   | 11:21.19  | 11:50.79 | 12:49.99  | 13:49.19 |
| 1650 Free  | 17:18.89    | 18:08.39   | 18:57.79  | 19:47.29 | 21:26.19  | 23:05.19 |
| 100 Back   | 55.99       | 58.69      | 1:01.39   | 1:03.99  | 1:09.39   | 1:14.69  |
| 200 Back   | 2:02.29     | 2:08.09    | 2:13.89   | 2:19.69  | 2:31.39   | 2:42.99  |
| 100 Breast | 1:04.39     | 1:07.49    | 1:10.49   | 1:13.59  | 1:19.69   | 1:25.89  |
| 200 Breast | 2:19.49     | 2:26.19    | 2:32.79   | 2:39.49  | 2:52.79   | 3:05.99  |
| 100 Fly    | 55.99       | 58.69      | 1:01.39   | 1:03.99  | 1:09.39   | 1:14.69  |
| 200 Fly    | 2:03.99     | 2:09.89    | 2:15.79   | 2:21.69  | 2:33.49   | 2:45.29  |
| 200 IM     | 2:05.09     | 2:10.99    | 2:16.99   | 2:22.99  | 2:34.89   | 2:46.79  |
| 400 IM     | 4:26.89     | 4:39.59    | 4:52.29   | 5:04.99  | 5:30.49   | 5:55.89  |

## 15-16 GIRLS

### SHORT COURSE YARDS – SCS STANDARDS and NAT T10

| Event      | Summer |     |     | 10 <sup>th</sup> PL | 10 <sup>th</sup> PL |
|------------|--------|-----|-----|---------------------|---------------------|
|            | JAG    | JO  | WAG | 15 YO               | 16 YO               |
| 50 Free    | TBD    | TBD | TBD | 23.01               | 22.76               |
| 100 Free   | TBD    | TBD | TBD | 49.92               | 49.44               |
| 200 Free   | TBD    | TBD | TBD | 1:47.60             | 1:46.49             |
| 500 Free   | TBD    | TBD | TBD | 4:49.68             | 4:46.40             |
| 1000 Free  | TBD    | TBD | TBD | 10:03.23            | 9:52.62             |
| 1650 Free  | TBD    | TBD | TBD | 16:53.08            | 16:36.05            |
| 100 Back   | TBD    | TBD | TBD | 54.44               | 53.73               |
| 200 Back   | TBD    | TBD | TBD | 1:58.32             | 1:56.02             |
| 100 Breast | TBD    | TBD | TBD | 1:02.18             | 1:01.25             |
| 200 Breast | TBD    | TBD | TBD | 2:15.63             | 2:13.26             |
| 100 Fly    | TBD    | TBD | TBD | 54.17               | 53.13               |
| 200 Fly    | TBD    | TBD | TBD | 1:59.43             | 1:58.22             |
| 200 IM     | TBD    | TBD | TBD | 2:00.64             | 1:58.76             |
| 400 IM     | TBD    | TBD | TBD | 4:17.38             | 4:14.79             |

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## 15-16 GIRLS

### LONG COURSE METERS – NATIONAL STANDARDS

| Event      | Nat<br>AAAA | Nat<br>AAA | Nat<br>AA | Nat<br>A | Nat<br>BB | Nat<br>B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free    | 27.29       | 28.59      | 29.89     | 31.19    | 33.79     | 36.69    |
| 100 Free   | 59.39       | 1:02.19    | 1:04.99   | 1:07.89  | 1:13.49   | 1:19.19  |
| 200 Free   | 2:07.89     | 2:13.99    | 2:20.09   | 2:26.19  | 2:38.29   | 2:50.49  |
| 500 Free   | 4:28.89     | 4:41.69    | 4:54.49   | 5:07.29  | 5:32.89   | 5:58.49  |
| 1000 Free  | 9:15.99     | 9:42.49    | 10:08.99  | 10:35.39 | 11:28.39  | 12:21.29 |
| 1650 Free  | 17:47.89    | 18:38.79   | 19:29.59  | 20:20.49 | 22:02.19  | 23:43.89 |
| 100 Back   | 1:05.49     | 1:08.59    | 1:11.79   | 1:14.89  | 1:21.09   | 1:27.29  |
| 200 Back   | 2:21.29     | 2:28.09    | 2:34.79   | 2:41.49  | 2:54.99   | 3:08.39  |
| 100 Breast | 1:14.59     | 1:18.19    | 1:21.69   | 1:25.29  | 1:32.39   | 1:39.49  |
| 200 Breast | 2:41.89     | 2:49.59    | 2:57.39   | 3:05.09  | 3:20.49   | 3:35.89  |
| 100 Fly    | 1:03.99     | 1:07.09    | 1:10.09   | 1:13.19  | 1:19.29   | 1:25.39  |
| 200 Fly    | 2:20.49     | 2:27.19    | 2:33.89   | 2:40.59  | 2:52.99   | 3:07.29  |
| 200 IM     | 2:23.89     | 2:30.79    | 2:37.59   | 2:44.49  | 2:58.19   | 3:11.89  |
| 400 IM     | 5:05.99     | 5:20.49    | 5:35.09   | 5:49.69  | 6:18.79   | 6:47.89  |

## 15-16 GIRLS

### LONG COURSE METERS – SCS STANDARDS and NAT T10

| Event      | Summer |     |     | 10 <sup>th</sup> PL | 10 <sup>th</sup> PL |
|------------|--------|-----|-----|---------------------|---------------------|
|            | JAG    | JO  | WAG | 15 YO               | 16 YO               |
| 50 Free    | TBD    | TBD | TBD | 26.01               | 26.01               |
| 100 Free   | TBD    | TBD | TBD | 56.64               | 56.18               |
| 200 Free   | TBD    | TBD | TBD | 2:03.01             | 2:00.90             |
| 500 Free   | TBD    | TBD | TBD | 4:18.40             | 4:14.77             |
| 1000 Free  | TBD    | TBD | TBD | 8:53.76             | 8:46.94             |
| 1650 Free  | TBD    | TBD | TBD | 17:02.83            | 16:59.55            |
| 100 Back   | TBD    | TBD | TBD | 1:02.96             | 1:02.22             |
| 200 Back   | TBD    | TBD | TBD | 2:16.26             | 2:13.76             |
| 100 Breast | TBD    | TBD | TBD | 1:11.75             | 1:10.89             |
| 200 Breast | TBD    | TBD | TBD | 2:34.80             | 2:32.36             |
| 100 Fly    | TBD    | TBD | TBD | 1:01.25             | 1:00.25             |
| 200 Fly    | TBD    | TBD | TBD | 2:16.37             | 2:14.34             |
| 200 IM     | TBD    | TBD | TBD | 2:18.35             | 2:16.88             |
| 400 IM     | TBD    | TBD | TBD | 4:55.09             | 4:51.61             |

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## 17-18 GIRLS

### SHORT COURSE YARDS – NATIONAL STANDARDS

| Event      | Nat<br>AAAA | Nat<br>AAA | Nat<br>AA | Nat<br>A | Nat<br>BB | Nat<br>B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free    | 23.49       | 24.59      | 25.79     | 26.89    | 29.09     | 31.39    |
| 100 Free   | 51.19       | 53.59      | 55.99     | 58.49    | 1:03.29   | 1:08.19  |
| 200 Free   | 1:51.39     | 1:56.69    | 2:01.99   | 2:07.29  | 2:17.89   | 2:28.49  |
| 500 Free   | 4:56.79     | 5:10.89    | 5:24.99   | 5:39.19  | 6:07.39   | 6:35.69  |
| 1000 Free  | 10:19.69    | 10:49.19   | 11:18.69  | 11:48.19 | 12:47.19  | 13:46.19 |
| 1650 Free  | 17:06.39    | 17:55.19   | 18:44.09  | 19:32.99 | 21:10.69  | 22:48.49 |
| 100 Back   | 55.29       | 57.89      | 1:00.59   | 1:03.19  | 1:08.49   | 1:13.69  |
| 200 Back   | 1:59.89     | 2:05.59    | 2:11.29   | 2:16.99  | 2:28.39   | 2:39.79  |
| 100 Breast | 1:03.69     | 1:06.69    | 1:09.79   | 1:12.79  | 1:18.79   | 1:24.89  |
| 200 Breast | 2:17.89     | 2:24.39    | 2:30.99   | 2:37.59  | 2:50.69   | 3:03.79  |
| 100 Fly    | 55.19       | 57.79      | 1:00.49   | 1:03.09  | 1:08.29   | 1:13.59  |
| 200 Fly    | 2:02.69     | 2:08.49    | 2:14.29   | 2:20.19  | 2:31.89   | 2:43.49  |
| 200 IM     | 2:03.29     | 2:09.19    | 2:15.09   | 2:20.89  | 2:32.69   | 2:44.39  |
| 400 IM     | 4:23.39     | 4:35.89    | 4:48.49   | 5:00.99  | 5:26.09   | 5:51.19  |

## 17-18 GIRLS

### SHORT COURSE YARDS – SCS STANDARDS and NAT T10

| Event      | Summer |     |     | 10 <sup>th</sup> PL | 10 <sup>th</sup> PL |
|------------|--------|-----|-----|---------------------|---------------------|
|            | JAG    | JO  | WAG | 17 YO               | 18 YO               |
| 50 Free    | TBD    | TBD | TBD | 22.60               | 22.50               |
| 100 Free   | TBD    | TBD | TBD | 49.30               | 49.25               |
| 200 Free   | TBD    | TBD | TBD | 1:46.48             | 1:46.62             |
| 500 Free   | TBD    | TBD | TBD | 4:45.78             | 4:44.46             |
| 1000 Free  | TBD    | TBD | TBD | 9:52.32             | 9:58.86             |
| 1650 Free  | TBD    | TBD | TBD | 16:25.86            | 16:22.01            |
| 100 Back   | TBD    | TBD | TBD | 53.28               | 52.94               |
| 200 Back   | TBD    | TBD | TBD | 1:56.21             | 1:55.97             |
| 100 Breast | TBD    | TBD | TBD | 1:01.21             | 1:01.06             |
| 200 Breast | TBD    | TBD | TBD | 2:12.84             | 2:12.59             |
| 100 Fly    | TBD    | TBD | TBD | 53.23               | 52.83               |
| 200 Fly    | TBD    | TBD | TBD | 1:57.54             | 1:56.10             |
| 200 IM     | TBD    | TBD | TBD | 1:58.86             | 1:57.44             |
| 400 IM     | TBD    | TBD | TBD | 4:12.22             | 4:13.59             |

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## 17-18 GIRLS

### LONG COURSE METERS – NATIONAL STANDARDS

| Event      | Nat<br>AAAA | Nat<br>AAA | Nat<br>AA | Nat<br>A | Nat<br>BB | Nat<br>B |
|------------|-------------|------------|-----------|----------|-----------|----------|
| 50 Free    | 27.09       | 28.39      | 29.69     | 30.99    | 33.59     | 36.19    |
| 100 Free   | 58.99       | 1:01.79    | 1:04.59   | 1:07.39  | 1:12.99   | 1:18.59  |
| 200 Free   | 2:07.19     | 2:13.19    | 2:19.29   | 2:25.39  | 2:37.49   | 2:49.59  |
| 500 Free   | 4:27.89     | 4:40.59    | 4:53.39   | 5:06.09  | 5:31.59   | 5:57.09  |
| 1000 Free  | 9:12.69     | 9:38.99    | 10:05.29  | 10:31.59 | 11:24.29  | 12:16.89 |
| 1650 Free  | 17:37.79    | 18:28.19   | 19:18.49  | 10:08.89 | 21:49.59  | 23:30.39 |
| 100 Back   | 1:04.99     | 1:08.09    | 1:11.09   | 1:14.19  | 1:20.39   | 1:26.59  |
| 200 Back   | 2:20.19     | 2:26.89    | 2:33.49   | 2:40.19  | 2:53.59   | 3:06.89  |
| 100 Breast | 1:14.09     | 1:17.59    | 1:21.09   | 1:24.59  | 1:31.69   | 1:38.69  |
| 200 Breast | 2:39.89     | 2:47.49    | 2:55.09   | 3:02.69  | 3:17.89   | 3:33.09  |
| 100 Fly    | 1:03.19     | 1:06.19    | 1:09.19   | 1:12.19  | 1:18.29   | 1:24.29  |
| 200 Fly    | 2:20.09     | 2:26.69    | 2:33.39   | 2:40.09  | 2:53.39   | 3:06.79  |
| 200 IM     | 2:22.99     | 2:29.79    | 2:36.59   | 2:43.39  | 2:56.99   | 3:10.69  |
| 400 IM     | 5:03.89     | 5:18.39    | 5:32.89   | 5:47.29  | 6:16.29   | 6:45.19  |

## 17-18 GIRLS

### LONG COURSE METERS – SCS STANDARDS and NAT T10

| Event      | Summer |     |     | 10 <sup>th</sup> PL | 10 <sup>th</sup> PL |
|------------|--------|-----|-----|---------------------|---------------------|
|            | JAG    | JO  | WAG | 17 YO               | 18 YO               |
| 50 Free    | TBD    | TBD | TBD | 25.78               | 25.79               |
| 100 Free   | TBD    | TBD | TBD | 56.30               | 56.10               |
| 200 Free   | TBD    | TBD | TBD | 2:02.11             | 2:01.62             |
| 500 Free   | TBD    | TBD | TBD | 4:16.73             | 4:15.41             |
| 1000 Free  | TBD    | TBD | TBD | 8:53.29             | 8:48.66             |
| 1650 Free  | TBD    | TBD | TBD | 16:55.15            | 16:51.90            |
| 100 Back   | TBD    | TBD | TBD | 1:02.24             | 1:01.71             |
| 200 Back   | TBD    | TBD | TBD | 2:14.21             | 2:14.58             |
| 100 Breast | TBD    | TBD | TBD | 1:10.35             | 1:10.18             |
| 200 Breast | TBD    | TBD | TBD | 2:32.16             | 2:34.07             |
| 100 Fly    | TBD    | TBD | TBD | 1:00.06             | 59.81               |
| 200 Fly    | TBD    | TBD | TBD | 2:13.74             | 2:12.64             |
| 200 IM     | TBD    | TBD | TBD | 2:16.43             | 2:16.05             |
| 400 IM     | TBD    | TBD | TBD | 4:49.13             | 4:50.22             |

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## RELAY STANDARDS – GIRLS

|                 | Spring<br>JO | Spring<br>JO | Summer<br>JO | Summer<br>JO | WAG/<br>JAG | WAG/<br>JAG |
|-----------------|--------------|--------------|--------------|--------------|-------------|-------------|
|                 | Hard Cut     | Soft Cut     | Hard Cut     | Soft Cut     | Hard Cut    | Soft Cut    |
| <b>5-10</b>     |              |              |              |              |             |             |
| 200 Free Yards  | 2:09.40      | 2:11.70      | TBD          | TBD          | TBD         | TBD         |
| 200 Med Yards   | 2:30.60      | 2:33.30      | TBD          | TBD          | TBD         | TBD         |
| 200 Free Meters | 2:26.80      | 2:29.40      | TBD          | TBD          | TBD         | TBD         |
| 200 Med Meters  | 2:50.30      | 2:53.30      | TBD          | TBD          | TBD         | TBD         |
| <b>11-12</b>    |              |              |              |              |             |             |
| 200 Free Yards  | 1:55.60      | 1:57.70      | TBD          | TBD          | TBD         | TBD         |
| 400 Free Yards  | 4:09.60      | 4:14.00      | TBD          | TBD          | TBD         | TBD         |
| 200 Med Yards   | 2:11.50      | 2:13.80      | TBD          | TBD          | TBD         | TBD         |
| 400 Med Yards   | 4:47.30      | 4:52.40      | TBD          | TBD          | TBD         | TBD         |
| 200 Free Meters | 2:11.50      | 2:13.80      | TBD          | TBD          | TBD         | TBD         |
| 400 Free Meters | 4:43.40      | 4:48.40      | TBD          | TBD          | TBD         | TBD         |
| 200 Med Meters  | 2:19.20      | 2:21.70      | TBD          | TBD          | TBD         | TBD         |
| 400 Med Meters  | 5:25.30      | 5:31.00      | TBD          | TBD          | TBD         | TBD         |
| <b>13-14</b>    |              |              |              |              |             |             |
| 200 Free Yards  | 1:50.40      | 1:52.40      | TBD          | TBD          | TBD         | TBD         |
| 400 Free Yards  | 3:55.60      | 4:00.60      | TBD          | TBD          | TBD         | TBD         |
| 800 Free Yards  | 8:29.10      | 8:38.00      | TBD          | TBD          | TBD         | TBD         |
| 200 Med Yards   | 4:28.60      | 4:33.30      | TBD          | TBD          | TBD         | TBD         |
| 400 Med Yards   | 4:28.60      | 4:33.30      | TBD          | TBD          | TBD         | TBD         |
| 200 Free Meters | 2:05.70      | 2:07.90      | TBD          | TBD          | TBD         | TBD         |
| 400 Free Meters | 4:27.90      | 4:32.60      | TBD          | TBD          | TBD         | TBD         |
| 800 Free Meters | 9:37.90      | 9:48.00      | TBD          | TBD          | TBD         | TBD         |
| 200 Med Meters  | 5:04.50      | 5:09.90      | TBD          | TBD          | TBD         | TBD         |
| 400 Med Meters  | 5:04.50      | 5:09.90      | TBD          | TBD          | TBD         | TBD         |
| <b>15-UP</b>    |              |              |              |              |             |             |
| 200 Free Yards  | N/A          | N/A          | TBD          | TBD          | TBD         | TBD         |
| 400 Free Yards  | N/A          | N/A          | TBD          | TBD          | TBD         | TBD         |
| 800 Free Yards  | N/A          | N/A          | TBD          | TBD          | TBD         | TBD         |
| 200 Med Yards   | N/A          | N/A          | TBD          | TBD          | TBD         | TBD         |
| 400 Med Yards   | N/A          | N/A          | TBD          | TBD          | TBD         | TBD         |
| 200 Free Meters | N/A          | N/A          | TBD          | TBD          | TBD         | TBD         |
| 400 Free Meters | N/A          | N/A          | TBD          | TBD          | TBD         | TBD         |
| 800 Free Meters | N/A          | N/A          | TBD          | TBD          | TBD         | TBD         |
| 200 Med Meters  | N/A          | N/A          | TBD          | TBD          | TBD         | TBD         |
| 400 Med Meters  | N/A          | N/A          | TBD          | TBD          | TBD         | TBD         |

# SENIOR TIME STANDARDS – WOMEN SCY

## SHORT COURSE YARDS

| EVENT      | SCS Sr   | Sectionals | Sect     |
|------------|----------|------------|----------|
|            | Race     |            | Bonus    |
| 50 Free    | 26.39    | 24.89      | 25.69    |
| 100 Free   | 56.69    | 53.99      | 55.49    |
| 200 Free   | 2:02.99  | 1:56.29    | 1:59.59  |
| 500 Free   | 5:27.19  | 5:10.69    | 5:19.49  |
| 1000 Free  | 11:09.99 | 10:39.89   | 10:57.99 |
| 1650 Free  | 18:46.99 | 17:46.59   | 18:16.79 |
| 100 Back   | 1:03.39  | 59.49      | 1:01.19  |
| 200 Back   | 2:15.89  | 2:08.59    | 2:12.29  |
| 100 Breast | 1:12.09  | 1:07.59    | 1:09.49  |
| 200 Breast | 2:36.59  | 2:28.19    | 2:32.39  |
| 100 Fly    | 1:02.79  | 59.19      | 1:00.89  |
| 200 Fly    | 2:18.09  | 2:10.09    | 2:13.79  |
| 200 IM     | 2:18.69  | 2:10.49    | 2:14.19  |
| 400 IM     | 4:55.39  | 4:39.09    | 4:46.99  |
| 400 Fr-R   |          | 3:41.79    |          |
| 800 Fr-R   |          | 8:00.19    |          |
| 400 Med-R  |          | 4:02.69    |          |

## SHORT COURSE YARDS

| EVENT      | Int Team | 18-Un    | 2022      | 18-Un    | 2022     | 2022     | Futures  |
|------------|----------|----------|-----------|----------|----------|----------|----------|
|            | Trials   | Int Team |           | Nat      |          | Junior   |          |
|            |          | Trials   | Nationals | Bonus    | Juniors  | Bonus    |          |
| 50 Free    | 22.29    | 22.59    | 22.29     | 22.79    | 22.79    | 23.29    | 24.09    |
| 100 Free   | 48.59    | 49.29    | 48.89     | 49.69    | 49.69    | 50.69    | 52.09    |
| 200 Free   | 1:45.29  | 1:46.89  | 1:45.89   | 1:47.39  | 1:47.39  | 1:49.29  | 1:52.59  |
| 500 Free   | 4:41.59  | 4:41.59  | 4:43.79   | 4:48.09  | 4:48.09  | 4:53.09  | 5:03.49  |
| 1000 Free  | 9:51.69  | 9:51.69  | 9:48.09   | 9:56.79  | 9:56.79  | 10:06.79 | 10:20.49 |
| 1650 Free  | 16:17.59 | 16:21.89 | 16:18.09  | 16:32.59 | 16:32.59 | 16:51.29 | 17:14.39 |
| 100 Back   | 52.59    | 52.99    | 53.29     | 54.49    | 54.49    | 55.39    | 58.09    |
| 200 Back   | 1:54.09  | 1:54.99  | 1:55.39   | 1:57.69  | 1:57.69  | 2:00.19  | 2:04.99  |
| 100 Breast | 1:00.19  | 1:01.39  | 1:00.69   | 1:02.79  | 1:02.79  | 1:03.19  | 1:05.99  |
| 200 Breast | 2:10.09  | 2:12.79  | 2:11.69   | 2:15.49  | 2:15.49  | 2:18.29  | 2:22.69  |
| 100 Fly    | 52.49    | 53.19    | 52.99     | 53.99    | 53.99    | 55.09    | 57.49    |
| 200 Fly    | 1:56.39  | 1:56.59  | 1:57.79   | 1:59.39  | 1:59.39  | 2:02.09  | 2:05.39  |
| 200 IM     | 1:56.99  | 1:58.99  | 1:58.29   | 2:00.59  | 2:00.59  | 2:02.69  | 2:08.29  |
| 400 IM     | 4:10.49  | 4:13.49  | 4:12.09   | 4:15.19  | 4:15.19  | 4:22.39  | 4:30.69  |

# SENIOR TIME STANDARDS – WOMEN LCM

## LONG COURSE METERS

| EVENT      | SCS Sr   |            | Sect Bonus |
|------------|----------|------------|------------|
|            | Race     | Sectionals |            |
| 50 Free    | 29.89    | 28.69      | 29.49      |
| 100 Free   | 1:04.79  | 1:01.89    | 1:03.69    |
| 200 Free   | 2:19.69  | 2:12.99    | 2:16.69    |
| 500 Free   | 4:53.69  | 4:39.69    | 4:47.59    |
| 1000 Free  | 10:05.19 | 9:36.09    | 9:52.49    |
| 1650 Free  | 19:18.49 | 18:22.99   | 18:54.19   |
| 100 Back   | 1:12.39  | 1:09.49    | 1:11.39    |
| 200 Back   | 2:35.39  | 2:29.19    | 2:33.39    |
| 100 Breast | 1:22.39  | 1:18.79    | 1:20.99    |
| 200 Breast | 2:57.79  | 2:49.69    | 2:54.49    |
| 100 Fly    | 1:10.19  | 1:07.19    | 1:09.09    |
| 200 Fly    | 2:33.89  | 2:27.99    | 2:32.19    |
| 200 IM     | 2:38.39  | 2:31.09    | 2:35.39    |
| 400 IM     | 5:33.89  | 5:20.09    | 5:29.09    |
| 400 Fr-R   |          | 4:11.59    |            |
| 800 Fr-R   |          | 9:05.59    |            |
| 400 Med-R  |          | 4:36.09    |            |

## LONG COURSE METERS

| EVENT      | Int Team Trials | 18-Un           | 2022 Nationals | 18-Un     | 2022 Juniors | 2022         | Futures  |
|------------|-----------------|-----------------|----------------|-----------|--------------|--------------|----------|
|            |                 | Int Team Trials |                | Nat Bonus |              | Junior Bonus |          |
| 50 Free    | 25.79           | 25.89           | 25.99          | 26.59     | 26.59        | 26.89        | 27.39    |
| 100 Free   | 55.89           | 56.19           | 56.39          | 57.59     | 57.59        | 58.19        | 59.39    |
| 200 Free   | 2:01.29         | 2:01.29         | 2:01.79        | 2:04.29   | 2:04.29      | 2:04.99      | 2:07.79  |
| 500 Free   | 4:16.09         | 4:16.09         | 4:16.89        | 4:21.39   | 4:21.39      | 4:23.79      | 4:28.79  |
| 1000 Free  | 8:48.09         | 8:48.09         | 8:48.09        | 8:58.69   | 8:58.69      | 9:06.69      | 9:13.79  |
| 1650 Free  | 16:49.19        | 16:49.19        | 16:49.19       | 17:11.29  | 17:11.29     | 17:25.59     | 17:40.19 |
| 100 Back   | 1:02.09         | 1:02.09         | 1:02.89        | 1:04.39   | 1:04.39      | 1:04.79      | 1:06.89  |
| 200 Back   | 2:14.19         | 2:14.19         | 2:15.59        | 2:18.29   | 2:18.29      | 2:19.59      | 2:23.99  |
| 100 Breast | 1:10.39         | 1:11.19         | 1:10.99        | 1:13.29   | 1:13.29      | 1:13.79      | 1:15.99  |
| 200 Breast | 2:32.39         | 2:33.29         | 2:33.79        | 2:38.29   | 2:38.29      | 2:38.59      | 2:43.39  |
| 100 Fly    | 1:00.39         | 1:00.39         | 1:00.89        | 1:02.39   | 1:02.39      | 1:02.69      | 1:04.69  |
| 200 Fly    | 2:14.19         | 2:14.39         | 2:14.59        | 2:16.99   | 2:16.99      | 2:18.99      | 2:21.89  |
| 200 IM     | 2:16.59         | 2:16.59         | 2:17.99        | 2:20.99   | 2:20.99      | 2:22.09      | 2:26.39  |
| 400 IM     | 4:50.79         | 4:51.49         | 4:53.19        | 4:57.29   | 4:57.29      | 5:00.99      | 5:07.29  |
| 400 Fr-R   |                 |                 |                |           | 3:55.69      |              |          |
| 800 Fr-R   |                 |                 |                |           | 8:29.99      |              |          |
| 400 Med-R  |                 |                 |                |           | 4:21.49      |              |          |