



TIME STANDARDS

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

5-10 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS						
Event	Nat AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	28.29	29.59	30.89	32.09	35.99	39.79
100 Free	1:01.79	1:04.99	1:08.29	1:11.49	1:21.09	1:30.79
200 Free	2:16.19	2:23.59	2:30.99	2:38.39	3:00.59	3:22.79
500 Free	6:01.69	6:18.99	6:36.19	6:53.39	7:45.09	8:36.69
50 Back	32.59	34.39	36.19	37.99	43.29	48.59
100 Back	1:10.59	1:14.49	1:18.39	1:22.29	1:33.99	1:45.79
50 Breast	36.89	38.89	40.89	42.79	48.69	54.59
100 Breast	1:20.19	1:24.69	1:29.09	1:33.59	1:46.89	2:00.29
50 Fly	31.29	33.19	35.09	36.99	42.69	48.39
100 Fly	1:10.89	1:15.99	1:20.99	1:26.09	1:41.39	1:56.69
100 IM	1:10.99	1:14.69	1:18.39	1:22.09	1:33.19	1:44.29
200 IM	2:32.19	2:39.99	2:47.69	2:55.49	3:18.79	3:42.09

5-10 GIRLS

SHORT COURSE YARDS – CA STANDARDS						
Event	2025	2025	2025	2025	2025	2025
	Spr A/G Champs		Elite Champs	Sum A/G Champs		
50 Free	31.70	32.90	31.70	32.30	TBD	
100 Free	1:09.70	1:12.90	1:09.70	1:13.10	TBD	
200 Free	2:32.10	2:42.10	2:32.10	2:39.60	TBD	
500 Free	2:32.10	N/A	2:32.10	N/A	TBD	
50 Back	37.40	39.80	37.40	39.40	TBD	
100 Back	1:20.80	1:27.30	1:20.80	1:26.20	TBD	
50 Breast	41.80	44.60	41.80	44.20	TBD	
100 Breast	1:30.90	1:38.60	1:30.90	1:37.00	TBD	
50 Fly	35.50	38.60	35.50	37.90	TBD	
100 Fly	1:22.10	1:29.40	1:22.10	1:30.00	TBD	
100 IM	1:19.70	N/A	1:19.70	N/A	TBD	
200 IM	2:51.60	3:04.80	2:51.60	2:58.30	TBD	

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

5-10 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS						
Event	Nat AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	32.19	33.69	35.09	36.59	40.89	45.29
100 Free	1:10.79	1:14.49	1:18.19	1:21.89	1:32.99	1:44.09
200 Free	2:35.09	2:43.49	2:51.99	3:00.39	3:25.69	3:50.99
400 Free	5:27.99	5:43.69	5:59.29	6:14.89	7:01.69	7:48.59
50 Back	37.49	39.49	41.59	43.59	49.69	55.79
100 Back	1:21.09	1:25.59	1:30.09	1:34.59	1:48.09	2:01.59
50 Breast	42.09	44.29	46.49	48.79	55.49	1:02.19
100 Breast	1:32.99	1:38.09	1:43.29	1:48.39	2:03.89	2:19.39
50 Fly	35.19	37.29	39.49	41.59	48.09	54.49
100 Fly	1:20.59	1:26.39	1:32.19	1:37.99	1:55.39	2:12.79
200 IM	2:55.29	3:04.19	3:13.09	3:22.09	3:48.89	4:15.69

5-10 GIRLS

LONG COURSE METERS – CA STANDARDS					
Event	2025	2025	2025	2025	2025
	Spr A/G Champs		Elite Champs	Sum A/G Champs	
50 Free	36.00	37.30	36.00	36.60	TBD
100 Free	1:19.00	1:22.50	1:19.00	1:22.70	TBD
200 Free	2:52.10	3:03.10	2:52.10	3:00.30	TBD
400 Free	2:52.10	N/A	2:52.10	N/A	TBD
50 Back	42.10	44.70	42.10	44.30	TBD
100 Back	1:30.90	1:38.10	1:30.90	1:36.90	TBD
50 Breast	47.40	50.50	47.40	50.10	TBD
100 Breast	1:42.90	1:51.40	1:42.90	1:49.70	TBD
50 Fly	40.10	43.50	40.10	42.70	TBD
100 Fly	1:32.60	1:40.60	1:32.60	1:41.30	TBD
200 IM	3:13.70	3:28.30	3:13.70	3:21.10	TBD

5-6 swimmers meeting 5-8 B standard in a 50 yd/mtr event
 may enter 7-10 100 yd/mtr event in same stroke;
 meeting 5-8 B 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 AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	25.79	26.99	28.09	29.29	31.69	33.99
100 Free	55.99	58.69	1:01.39	1:03.99	1:09.39	1:14.69
200 Free	2:01.89	2:07.69	2:13.49	2:19.29	2:30.89	2:42.59
500 Free	5:27.69	5:43.29	5:58.89	6:14.49	6:45.69	7:16.89
1000 Free	11:16.99	11:49.29	12:21.49	12:53.79	13:58.19	15:02.69
1650 Free	18:50.59	19:44.39	20:38.19	21:32.09	23:19.69	25:07.39
50 Back	29.09	30.49	31.79	33.19	35.99	38.79
100 Back	1:02.69	1:06.19	1:09.59	1:12.99	1:19.79	1:26.59
200 Back	2:14.59	2:20.99	2:27.49	2:33.89	2:46.69	2:59.49
50 Breast	32.99	34.59	36.19	37.69	40.89	43.99
100 Breast	1:11.49	1:15.09	1:18.59	1:22.19	1:29.29	1:36.49
200 Breast	2:34.29	2:41.69	2:48.99	2:56.29	3:10.99	3:25.69
50 Fly	27.69	28.99	30.29	31.59	34.29	36.89
100 Fly	1:01.79	1:05.19	1:08.59	1:12.09	1:18.89	1:25.79
200 Fly	2:17.59	2:24.09	2:30.59	2:37.19	2:50.29	3:03.39
100 IM	1:03.89	1:06.99	1:09.99	1:13.09	1:19.09	1:25.19
200 IM	2:17.89	2:24.49	2:30.99	2:37.59	2:50.69	3:03.89
400 IM	4:53.79	5:07.79	5:21.79	5:35.79	6:03.69	6:31.69

11-12 GIRLS

SHORT COURSE YARDS – SCS STANDARDS and NAT T10							
Event	2025 Spr A/G	2025	2025 Elite	2025 Sum A/G	2025	2024	2024
	Champs	JAG	Champs	Champs	WAG	NAT 10 th PL 11 YO	NAT 10 th PL 12 YO
50 Free	27.80	28.80	27.80	28.60	TBD	25.66	24.42
100 Free	1:00.30	1:02.60	1:00.30	1:02.20	TBD	55.55	52.99
200 Free	2:11.90	2:18.00	2:11.90	2:15.60	TBD	2:01.55	1:55.96
500 Free	5:51.10	6:12.60	5:51.10	6:10.90	TBD	5:22.84	5:11.05
1000 Free	N/A	N/A	N/A	N/A	TBD	11:08.80	10:44.38
1650 Free	N/A	N/A	N/A	N/A	TBD	18:51.16	18:00.84
50 Back	32.50	34.70	32.50	34.10	TBD	28.72	27.49
100 Back	1:09.40	1:13.70	1:09.40	1:13.30	TBD	1:01.56	58.21
200 Back	N/A	N/A	N/A	N/A	TBD	2:14.17	2:07.11
50 Breast	36.40	39.00	36.40	38.00	TBD	32.39	31.27
100 Breast	1:19.00	1:24.20	1:19.00	1:22.10	TBD	1:10.66	1:07.58
200 Breast	N/A	N/A	N/A	N/A	TBD	2:33.50	2:25.69
50 Fly	30.70	32.20	30.70	31.50	TBD	27.54	26.10
100 Fly	1:08.40	1:13.70	1:08.40	1:13.20	TBD	1:01.34	57.86
200 Fly	N/A	N/A	N/A	N/A	TBD	2:18.94	2:10.40
100 IM	1:09.50	N/A	1:09.50	N/A	TBD	1:02.58	1:00.77
200 IM	2:29.70	2:36.40	2:29.70	2:35.30	TBD	2:15.42	2:10.28
400 IM	N/A	N/A	N/A	TBD	TBD	4:52.10	4:37.01

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11-12 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS

Event	Nat AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	29.19	30.49	31.89	33.19	35.89	38.49
100 Free	1:04.19	1:07.19	1:10.29	1:13.39	1:19.49	1:25.59
200 Free	2:19.79	2:26.49	2:33.09	2:39.79	2:53.09	3:06.39
400 Free	4:54.69	5:08.69	5:22.79	5:36.79	6:04.79	6:32.89
800 Free	10:16.19	10:45.49	11:14.89	11:44.19	12:42.89	13:41.59
1500 Free	19:35.19	20:31.09	21:27.09	22:22.99	24:14.99	26:06.89
50 Back	33.59	35.19	36.79	38.39	41.59	44.79
100 Back	1:12.89	1:16.89	1:20.79	1:24.79	1:32.69	1:40.59
200 Back	2:36.09	2:43.49	2:50.99	2:58.39	3:13.29	3:28.09
50 Breast	37.39	39.09	40.89	42.69	46.19	49.79
100 Breast	1:21.79	1:25.89	1:29.99	1:33.99	1:42.19	1:50.39
200 Breast	2:57.59	3:06.09	3:14.49	3:22.99	3:39.89	3:56.79
50 Fly	31.39	32.89	34.29	35.79	38.79	41.79
100 Fly	1:10.79	1:14.79	1:18.69	1:22.59	1:30.49	1:38.29
200 Fly	2:38.29	2:45.89	2:53.39	3:00.89	3:15.99	3:31.09
200 IM	2:37.99	2:45.49	2:52.99	3:00.59	3:15.59	3:30.59
400 IM	5:36.69	5:52.69	6:08.69	6:24.79	6:56.79	7:28.89

11-12 GIRLS

LONG COURSE METERS – SCS STANDARDS and NAT T10

Event	2025		2025		2024		2024
	Spr A/G	2025	Elite	Sum A/G	2025	NAT 10 th	NAT 10 th
	Champs	JAG	Champs	Champs	WAG	PL 11 YO	PL 12 YO
50 Free	31.70	32.70	31.70	32.50	TBD	28.85	27.64
100 Free	1:08.60	1:11.00	1:08.60	1:10.60	TBD	1:02.98	1:00.64
200 Free	2:29.60	2:36.40	2:29.60	2:33.70	TBD	2:17.77	2:13.18
400 Free	5:13.40	5:32.50	5:13.40	5:31.00	TBD	4:51.04	4:40.67
800 Free	N/A	N/A	N/A	N/A	TBD	10:12.72	9:45.04
1500 Free	N/A	N/A	N/A	N/A	TBD	19:46.24	18:44.35
50 Back	36.70	39.10	36.70	38.40	TBD	33.67	31.54
100 Back	1:17.90	1:23.00	1:17.90	1:22.60	TBD	1:12.03	1:08.28
200 Back	N/A	N/A	N/A	N/A	TBD	2:35.53	2:28.31
50 Breast	41.40	44.20	41.40	43.20	TBD	36.97	35.55
100 Breast	1:29.70	1:35.40	1:29.70	1:33.10	TBD	1:20.81	1:18.07
200 Breast	N/A	N/A	N/A	N/A	TBD	2:56.31	2:50.09
50 Fly	34.80	36.40	34.80	35.70	TBD	31.30	29.92
100 Fly	1:17.40	1:23.20	1:17.40	1:22.60	TBD	1:10.31	1:06.84
200 Fly	N/A	N/A	N/A	N/A	TBD	2:39.41	2:31.96
200 IM	2:49.40	2:56.80	2:49.40	2:55.60	TBD	2:37.36	2:30.16
400 IM	N/A	N/A	N/A	N/A	TBD	5:36.58	5:18.64

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13-14 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	24.39	25.59	26.69	27.89	30.19	32.49
100 Free	53.29	55.79	58.29	1:00.89	1:05.89	1:10.99
200 Free	1:55.29	2:00.69	2:06.19	2:11.69	2:22.69	2:33.59
500 Free	5:09.19	5:23.89	5:38.59	5:53.39	6:22.79	6:52.19
1000 Free	10:38.29	11:08.69	11:39.09	12:09.49	13:10.29	14:11.09
1650 Free	17:47.19	18:37.99	19:28.79	20:19.59	22:01.19	23:42.89
50 Back	27.19	28.49	29.79	31.09	33.69	36.19
100 Back	57.69	1:00.49	1:03.19	1:05.89	1:11.39	1:16.89
200 Back	2:04.79	2:10.69	2:16.69	2:22.59	2:34.49	2:46.39
50 Breast	31.59	33.09	34.59	36.09	39.09	42.09
100 Breast	1:06.49	1:09.69	1:12.89	1:15.99	1:22.29	1:28.69
200 Breast	2:23.29	2:30.09	2:36.89	2:43.79	2:57.39	3:10.99
50 Fly	26.89	28.19	29.39	30.69	33.29	35.79
100 Fly	57.59	1:00.39	1:03.09	1:05.89	1:11.29	1:16.79
200 Fly	2:08.39	2:14.49	2:20.59	2:26.69	2:38.99	2:51.19
200 IM	2:08.79	2:14.99	2:21.09	2:27.19	2:39.49	2:51.79
400 IM	4:34.29	4:47.39	5:00.49	5:13.49	5:39.69	6:05.79

13-14 GIRLS

SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025		2025		2024		2024
	Spr A/G	2025	Elite	Sum A/G	2025	NAT 10 th	NAT 10 th
	Champs	JAG	Champs	Champs	WAG	PL 13 YO	PL 14 YO
50 Free	26.20	27.00	26.20	27.00	TBD	23.62	23.35
100 Free	56.90	58.20	56.90	58.70	TBD	51.54	50.55
200 Free	2:03.90	2:09.00	2:03.90	2:08.40	TBD	1:51.26	1:50.01
500 Free	5:30.50	5:40.80	5:30.50	5:46.40	TBD	4:59.00	4:54.34
1000 Free	11:37.60	12:21.90	11:37.60	12:15.30	TBD	10:20.86	10:08.22
1650 Free	19:38.20	20:13.40	19:38.20	20:37.80	TBD	17:12.69	17:02.15
50 Back	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Back	1:04.70	1:08.10	1:04.70	1:08.80	TBD	56.31	55.31
200 Back	2:20.00	2:30.40	2:20.00	2:30.60	TBD	2:01.61	1:59.64
50 Breast	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Breast	1:13.80	1:17.80	1:13.80	1:18.00	TBD	1:04.66	1:03.20
200 Breast	2:39.60	2:49.00	2:39.60	2:50.00	TBD	2:19.53	2:17.32
50 Fly	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Fly	1:03.70	1:07.00	1:03.70	1:07.20	TBD	56.40	55.09
200 Fly	2:24.60	2:35.10	2:24.60	2:40.40	TBD	2:04.73	2:01.63
200 IM	2:20.50	2:26.40	2:20.50	2:25.90	TBD	2:05.09	2:03.63
400 IM	4:58.60	5:16.60	4:58.60	5:18.80	TBD	4:25.09	4:22.42

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13-14 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS						
Event	Nat AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	27.89	29.29	30.59	31.89	34.59	37.19
100 Free	1:00.89	1:03.79	1:06.69	1:09.59	1:15.39	1:21.19
200 Free	2:11.49	2:17.79	2:23.99	2:30.29	2:42.79	2:55.29
400 Free	4:36.09	4:49.19	5:02.39	5:15.49	5:41.79	6:08.09
800 Free	9:34.09	10:01.49	10:28.79	10:56.09	11:50.79	12:45.49
1500 Free	18:21.29	19:13.69	20:06.19	20:58.59	22:43.49	24:28.39
50 Back	31.89	33.49	34.99	36.49	39.49	42.59
100 Back	1:07.29	1:10.49	1:13.69	1:16.89	1:23.29	1:29.69
200 Back	2:24.99	2:31.89	2:38.79	2:45.69	2:59.49	3:13.29
50 Breast	35.89	37.59	39.29	40.99	44.39	47.79
100 Breast	1:16.79	1:20.39	1:24.09	1:27.69	1:34.99	1:42.39
200 Breast	2:45.29	2:53.09	3:00.99	3:08.89	3:24.59	3:40.29
50 Fly	29.99	31.39	32.79	34.29	37.09	39.99
100 Fly	1:05.39	1:08.59	1:11.69	1:14.79	1:20.99	1:27.19
200 Fly	2:26.79	2:33.79	2:40.79	2:47.79	3:01.69	3:15.69
200 IM	2:27.89	2:34.89	2:41.99	2:48.99	3:03.09	2:17.19
400 IM	5:13.49	5:28.39	5:43.39	5:58.29	6:28.19	6:57.99

13-14 GIRLS

LONG COURSE METERS – SCS STANDARDS and NAT T10							
Event	2025		2025		2024		2024
	Spr A/G Champs	2025 JAG	Elite Champs	Sum A/G Champs	2025 WAG	NAT 10 th PL 13 YO	NAT 10 th PL 14 YO
50 Free	29.90	30.70	29.90	30.80	TBD	27.02	26.57
100 Free	1:04.80	1:06.20	1:04.80	1:06.70	TBD	58.57	57.91
200 Free	2:20.80	2:26.30	2:20.80	2:25.70	TBD	2:08.01	2:05.75
400 Free	4:55.00	5:04.10	4:55.00	5:09.10	TBD	4:30.61	4:25.03
800 Free	10:22.60	11:02.10	10:22.60	10:56.20	TBD	9:18.48	9:09.41
1500 Free	20:01.80	20:37.60	20:01.80	21:02.50	TBD	17:46.67	17:29.90
50 Back	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Back	1:13.00	1:16.80	1:13.00	1:17.60	TBD	1:05.78	1:04.33
200 Back	2:37.80	2:49.30	2:37.80	2:49.50	TBD	2:20.67	2:19.26
50 Breast	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Breast	1:24.00	1:28.30	1:24.00	1:28.50	TBD	1:14.32	1:13.19
200 Breast	3:00.00	3:11.60	3:00.00	3:12.60	TBD	2:41.77	2:38.06
50 Fly	N/A	N/A	N/A	N/A	TBD	N/A	N/A
100 Fly	1:12.10	1:15.70	1:12.10	1:16.00	TBD	1:03.71	1:02.89
200 Fly	2:43.30	2:54.90	2:43.30	3:00.80	TBD	2:23.00	2:20.05
200 IM	2:39.20	2:45.70	2:39.20	2:45.10	TBD	2:24.72	2:22.56
400 IM	5:37.90	5:57.80	5:37.90	6:00.20	TBD	5:03.19	5:00.83

USA Swimming National Age Group Recognition Program recognizes the fastest ten times in the country by single age (11-18) by event. The previous season's 10th place time is published for motivational purposes.

15-16 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	23.89	24.99	26.09	27.29	29.49	31.79
100 Free	51.59	53.99	56.49	58.89	1:03.79	1:08.79
200 Free	1:51.79	1:57.09	2:02.39	2:07.69	2:18.39	2:28.99
500 Free	5:00.79	5:15.09	5:29.39	5:43.69	6:12.39	6:40.99
1000 Free	10:24.69	10:54.49	11:24.19	11:53.99	12:53.49	13:52.89
1650 Free	17:26.89	18:16.79	19:06.69	19:56.49	21:36.19	23:15.89
100 Back	56.09	58.69	1:01.39	1:04.09	1:09.39	1:14.69
200 Back	2:01.69	2:07.49	2:13.29	2:19.09	2:30.59	2:42.19
100 Breast	1:04.49	1:07.49	1:10.59	1:13.69	1:19.79	1:25.89
200 Breast	2:19.49	2:26.19	2:32.79	2:39.39	2:52.69	3:05.99
100 Fly	55.79	58.39	1:01.09	1:03.79	1:09.09	1:14.39
200 Fly	2:04.39	2:10.29	2:16.19	2:22.09	2:33.99	2:45.79
200 IM	2:04.59	2:10.59	2:16.49	2:22.39	2:34.29	2:46.19
400 IM	4:26.29	4:38.99	4:51.59	5:04.29	5:29.69	5:54.99

15-16 GIRLS

SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025		2024		2024
	2025	Sum A/G	2025	NAT 10 th	
	JAG	Champs	WAG	PL 15 YO	PL 16 YO
50 Free	25.40	26.00	TBD	22.78	22.58
100 Free	54.70	56.30	TBD	49.27	49.07
200 Free	2:00.60	2:03.80	TBD	1:47.61	1:45.88
500 Free	5:29.10	5:37.30	TBD	4:48.90	4:46.79
1000 Free	11:59.70	11:56.70	TBD	9:56.73	9:59.34
1650 Free	19:57.10	20:21.40	TBD	16:46.04	16:44.72
100 Back	1:04.00	1:06.00	TBD	54.14	52.78
200 Back	2:23.50	2:26.00	TBD	1:57.25	1:54.80
100 Breast	1:13.70	1:14.90	TBD	1:01.97	1:01.57
200 Breast	2:41.40	2:48.00	TBD	2:13.31	2:13.89
100 Fly	1:01.20	1:04.10	TBD	53.41	52.63
200 Fly	2:26.90	2:32.70	TBD	1:59.45	1:58.38
200 IM	2:17.50	2:20.30	TBD	1:59.09	1:58.66
400 IM	5:07.30	5:15.70	TBD	4:16.04	4:13.53

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15-16 GIRLS

LONG COURSE METERS – NATIONAL STANDARDS						
Event	Nat AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	27.09	28.29	29.59	30.89	33.49	36.09
100 Free	58.79	1:01.59	1:04.39	1:07.19	1:12.79	1:18.39
200 Free	2:06.89	2:12.99	2:18.99	2:25.09	2:37.09	2:49.19
400 Free	4:26.39	4:39.09	4:51.79	5:04.49	5:29.89	5:55.19
800 Free	9:13.29	9:39.69	10:05.99	10:32.39	11:25.09	12:17.79
1500 Free	17:40.09	18:30.59	19:21.09	20:11.59	21:52.49	23:33.49
100 Back	1:05.19	1:08.29	1:11.39	1:14.49	1:20.69	1:26.89
200 Back	2:20.09	2:26.79	2:33.39	2:40.09	2:53.39	3:06.79
100 Breast	1:13.99	1:17.49	1:20.99	1:24.49	1:31.59	1:38.59
200 Breast	2:39.39	2:46.99	2:54.49	3:02.09	3:17.29	3:32.49
100 Fly	1:03.29	1:06.29	1:09.29	1:12.29	1:18.29	1:24.29
200 Fly	2:20.89	2:27.59	2:34.29	2:40.99	2:54.39	3:07.79
200 IM	2:23.39	2:30.19	2:36.99	2:43.89	2:57.49	3:11.19
400 IM	5:03.59	5:17.99	5:32.49	5:46.89	6:15.79	6:44.69

15-16 GIRLS

LONG COURSE METERS – SCS STANDARDS and NAT T10						
Event	2025		2024		2024	
	2025 JAG	Sum A/G Champs	2025 WAG	NAT 10 th PL 15 YO	NAT 10 th PL 16 YO	
50 Free	29.00	29.60	TBD	26.22	25.87	
100 Free	1:02.30	1:04.10	TBD	56.90	56.22	
200 Free	2:17.00	2:20.60	TBD	2:03.94	2:01.28	
400 Free	4:53.70	5:01.00	TBD	4:19.93	4:16.08	
800 Free	10:42.30	10:39.60	TBD	8:55.99	8:52.16	
1500 Free	20:21.00	20:45.80	TBD	17:09.49	17:08.71	
100 Back	1:12.20	1:14.50	TBD	1:02.76	1:02.00	
200 Back	2:41.60	2:44.50	TBD	2:15.66	2:13.73	
100 Breast	1:23.80	1:25.10	TBD	1:11.25	1:10.34	
200 Breast	3:03.10	3:10.40	TBD	2:33.32	2:31.77	
100 Fly	1:09.30	1:12.50	TBD	1:01.57	1:00.79	
200 Fly	2:45.80	2:52.30	TBD	2:16.93	2:14.62	
200 IM	2:35.80	2:38.90	TBD	2:19.18	2:16.57	
400 IM	5:47.50	5:56.80	TBD	4:54.63	4:51.50	

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17-18 GIRLS

SHORT COURSE YARDS – NATIONAL STANDARDS

Event	Nat AAAA	Nat AAA	Nat AA	Nat A	Nat BB	Nat B
50 Free	23.49	24.69	25.79	26.89	29.09	31.39
100 Free	51.09	53.49	55.89	58.39	1:03.19	1:08.09
200 Free	1:50.39	1:55.69	2:00.89	2:06.19	2:16.69	2:27.19
500 Free	4:57.39	5:11.59	5:25.69	5:39.89	6:08.19	6:36.49
1000 Free	10:19.59	10:49.09	11:18.59	11:48.09	12:47.09	13:46.09
1650 Free	17:05.39	17:54.29	18:43.09	19:31.89	21:09.59	22:47.19
100 Back	54.99	57.69	1:00.29	1:02.89	1:08.09	1:13.39
200 Back	1:59.09	2:04.79	2:10.39	2:16.09	2:27.39	2:38.79
100 Breast	1:03.59	1:06.69	1:09.69	1:12.69	1:18.79	1:24.79
200 Breast	2:18.49	2:25.09	2:31.69	2:38.29	2:51.49	3:04.69
100 Fly	55.19	57.79	1:00.39	1:03.09	1:08.29	1:13.59
200 Fly	2:02.09	2:07.89	2:13.69	2:19.49	2:31.19	2:42.79
200 IM	2:02.69	2:08.49	2:14.39	2:20.19	2:31.89	2:43.59
400 IM	4:22.99	4:35.49	4:47.99	5:00.59	5:25.59	5:50.69

17-18 GIRLS

SHORT COURSE YARDS – SCS STANDARDS and NAT T10

Event	2025		2024		2024
	2025	Sum A/G	2025	NAT 10 th	NAT 10 th
	JAG	Champs	WAG	PL 17 YO	PL 18 YO
50 Free	25.40	26.00	TBD	22.51	22.49
100 Free	54.70	56.30	TBD	49.09	48.71
200 Free	2:00.60	2:03.80	TBD	1:46.09	1:45.82
500 Free	5:29.10	5:37.30	TBD	4:45.38	4:42.95
1000 Free	11:59.70	11:56.70	TBD	9:54.56	9:52.56
1650 Free	19:57.10	20:21.40	TBD	16:33.29	16:14.39
100 Back	1:04.00	1:06.00	TBD	53.32	52.52
200 Back	2:23.50	2:26.00	TBD	1:56.16	1:53.92
100 Breast	1:13.70	1:14.90	TBD	1:01.14	1:00.09
200 Breast	2:41.40	2:48.00	TBD	2:12.54	2:11.78
100 Fly	1:01.20	1:04.10	TBD	52.77	52.38
200 Fly	2:26.90	2:32.70	TBD	1:56.93	1:56.37
200 IM	2:17.50	2:20.30	TBD	1:58.71	1:57.91
400 IM	5:07.30	5:15.70	TBD	4:12.70	4:11.11

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SCS AGE GROUP RELAY STANDARDS – GIRLS

	2025 Spr A/G Champs Hard Cut	2025 Spr A/G Champs Soft Cut	2025 Sum A/G Champs Hard Cut	2025 Sum A/G Champs Soft Cut	2025 Elite Champs Hard Cut	2025 Elite Champs Soft Cut	2025 JAG/WAG Hard Cut	2025 JAG/WAG Soft Cut
5-10								
200 Free Yards	2:09.40	2:11.70	2:11.10	2:14.30	2:09.40	2:11.70	2:15.60	2:18.30
200 Med Yards	2:30.60	2:33.30	2:34.60	2:38.40	2:30.60	2:33.30	2:38.90	2:42.10
200 Free Meters	2:26.80	2:29.40	2:28.80	2:32.40	2:26.80	2:29.40	2:33.60	2:36.70
200 Med Meters	2:50.30	2:53.30	2:54.70	2:59.00	2:50.30	2:53.30	2:59.40	3:03.00
11-12								
200 Free Yards	1:55.60	1:57.70	1:56.50	1:59.30	1:55.60	1:57.70	2:02.80	2:05.20
400 Free Yards	4:09.60	4:14.00	4:13.80	4:20.00	4:09.60	4:14.00	4:26.80	4:32.10
200 Med Yards	2:11.50	2:13.80	2:15.10	2:18.40	2:11.50	2:13.80	2:22.60	2:25.40
400 Med Yards	4:47.30	4:52.40	4:56.30	5:03.50	4:47.30	4:52.40	5:11.40	5:17.60
200 Free Meters	2:11.50	2:13.80	2:12.60	2:15.80	2:11.50	2:13.80	2:19.60	2:22.40
400 Free Meters	4:43.40	4:48.40	4:48.20	4:55.20	4:43.40	4:48.40	5:02.40	5:08.40
200 Med Meters	2:29.20	2:31.70	2:33.00	2:36.70	2:29.20	2:31.70	2:40.90	2:44.10
400 Med Meters	5:25.30	5:31.00	5:35.10	5:43.30	5:25.30	5:31.00	5:52.90	5:59.90
13-14								
200 Free Yards	1:50.40	1:52.40	1:51.50	1:54.20	1:50.40	1:52.40	1:57.20	1:59.50
400 Free Yards	3:55.60	4:00.00	4:01.80	4:07.70	3:55.60	4:00.00	4:13.60	4:18.70
800 Free Yards	8:29.10	8:38.00	8:42.00	8:54.80	8:29.10	8:38.00	9:04.40	9:15.30
200 Med Yards	4:28.60	4:33.30	4:38.50	4:45.30	4:28.60	4:33.30	4:53.70	4:59.60
400 Med Yards	4:28.60	4:33.30	4:38.50	4:45.30	4:28.60	4:33.30	4:53.70	4:59.60
200 Free Meters	2:05.70	2:07.90	2:06.60	2:09.70	2:05.70	2:07.90	2:13.20	2:15.90
400 Free Meters	4:27.90	4:32.60	4:34.50	4:41.20	4:27.90	4:32.60	4:47.60	4:53.30
800 Free Meters	9:37.90	9:48.00	9:52.10	10:06.60	9:37.90	9:48.00	10:16.40	10:28.70
200 Med Meters	5:04.50	5:09.90	5:15.20	5:22.90	5:04.50	5:09.90	5:31.80	5:38.40
400 Med Meters	5:04.50	5:09.90	5:25.20	5:22.90	5:04.50	5:09.90	5:31.80	5:38.40
15-UP								
200 Free Yards	N/A	N/A	1:48.30	1:51.00	N/A	N/A	1:58.80	2:01.20
400 Free Yards	N/A	N/A	3:52.60	3:58.30	N/A	N/A	4:15.20	4:20.30
800 Free Yards	N/A	N/A	8:22.70	8:35.00	N/A	N/A	9:05.60	9:16.50
200 Med Yards	N/A	N/A	4:29.40	4:36.00	N/A	N/A	4:56.30	5:02.20
400 Med Yards	N/A	N/A	4:29.40	4:36.00	N/A	N/A	4:56.30	5:02.20
200 Free Meters	N/A	N/A	2:03.50	2:06.60	N/A	N/A	2:15.60	2:18.30
400 Free Meters	N/A	N/A	4:24.60	4:31.10	N/A	N/A	4:49.60	4:55.40
800 Free Meters	N/A	N/A	9:30.80	10:18.40	N/A	N/A	10:18.80	10:31.20
200 Med Meters	N/A	N/A	5:05.20	5:12.60	N/A	N/A	5:35.10	5:41.80
400 Med Meters	N/A	N/A	5:05.20	5:12.60	N/A	N/A	5:35.10	5:41.80

SENIOR TIME STANDARDS – WOMEN

SCS – SHORT COURSE YARDS

SCS – LONG COURSE METERS

EVENT	SCS Sr			EVENT	SCS Sr		
	Devel	Sectionals	Sectional Bonus		Devel	Sectionals	Sectional Bonus
50 Free	26.09	24.89	25.69	50 Free	29.89	28.69	29.49
100 Free	56.59	53.99	55.49	100 Free	1:04.99	1:01.89	1:03.69
200 Free	2:02.69	1:56.29	1:59.59	200 Free	2:20.09	2:12.99	2:16.69
500 Free	5:29.09	5:10.69	5:19.49	400 Free	4:54.49	4:39.69	4:47.59
1000 Free	11:21.19	10:39.89	10:57.99	800 Free	10:08.99	9:36.09	9:52.49
1650 Free	18:57.79	17:46.59	18:16.79	1500 Free	19:29.59	18:22.99	18:54.19
100 Back	1:01.39	59.49	1:01.19	100 Back	1:11.79	1:09.49	1:11.39
200 Back	2:13.89	2:08.59	2:12.29	200 Back	2:34.79	2:29.19	2:33.39
100 Breast	1:10.49	1:07.59	1:09.49	100 Breast	1:21.69	1:18.79	1:20.99
200 Breast	2:32.79	2:28.19	2:32.39	200 Breast	2:57.39	2:49.69	2:54.49
100 Fly	1:01.39	59.19	1:00.89	100 Fly	1:10.09	1:07.19	1:09.09
200 Fly	2:15.79	2:10.09	2:13.79	200 Fly	2:33.89	2:27.99	2:32.19
200 IM	2:16.99	2:10.49	2:14.19	200 IM	2:37.59	2:31.09	2:35.39
400 IM	4:52.29	4:39.09	4:46.99	400 IM	5:35.09	5:20.09	5:29.09
200 Fr-R				200 Fr-R			
400 Fr-R		3:41.79		400 Fr-R		4:11.59	
800 Fr-R		8:00.19		800 Fr-R		9:05.59	
200 Med-R				200 Med-R			
400 Med-R		4:02.69		400 Med-R		4:36.09	

SENIOR TIME STANDARDS – WOMEN

NATIONAL – SHORT COURSE YARDS

EVENT	2025		2025		2025		2025		2025		2025		2025		2025	
	18-Under	Futures	19-Over	Futures	TYR Pro	18-Under	TYR Pro	18-Under	TYR Pro	Jr National	18-Under	Jr National	18-Under	Jr National	National	Nat Un-Bon
50 Free	23.89		22.79	22.79	22.49	22.99	22.99	22.99	22.99	22.99	22.99	23.29	22.19	22.19	22.19	22.29
100 Free	51.89		49.69	49.69	48.89	49.99	49.99	49.99	49.99	49.99	49.99	50.39	48.49	48.49	48.49	49.19
200 Free	1:52.29		1:47.39	1:47.39	1:46.19	1:48.29	1:48.29	1:48.29	1:48.29	1:48.29	1:48.29	1:49.09	1:44.99	1:44.99	1:44.99	1:47.09
500 Free	5:02.59		4:48.09	4:48.09	4:45.39	4:50.09	4:50.09	4:50.09	4:50.09	4:50.09	4:50.09	4:53.59	4:41.99	4:41.99	4:41.99	4:47.89
1000 Free	10:20.49		9:56.79	9:56.79	9:50.69	10:04.99	10:04.99	10:04.99	10:04.99	10:04.99	10:04.99	10:11.49	9:48.09	9:48.09	9:48.09	9:51.49
1650 Free	17:14.39		16:32.59	16:32.59	16:16.79	16:51.49	16:51.49	16:51.49	16:51.49	16:51.49	16:51.49	17:02.19	16:12.59	16:12.59	16:12.59	16:40.79
100 Back	57.09		54.49	54.49	53.09	54.39	54.39	54.39	54.39	54.39	54.39	55.09	52.39	52.39	52.39	53.09
200 Back	2:04.19		1:57.69	1:57.69	1:55.69	1:58.29	1:58.29	1:58.29	1:58.29	1:58.29	1:58.29	1:59.39	1:54.09	1:54.09	1:54.09	1:55.69
100 Breast	1:05.49		1:02.79	1:02.79	1:00.79	1:02.49	1:02.49	1:02.49	1:02.49	1:02.49	1:02.49	1:03.09	59.99	59.99	59.99	1:01.59
200 Breast	2:22.69		2:15.49	2:15.49	2:12.09	2:15.59	2:15.59	2:15.59	2:15.59	2:15.59	2:15.59	2:17.19	2:10.39	2:10.39	2:10.39	2:13.29
100 Fly	56.59		53.99	53.99	52.89	54.19	54.19	54.19	54.19	54.19	54.19	54.69	52.19	52.19	52.19	53.29
200 Fly	2:05.39		1:59.39	1:59.39	1:57.89	2:00.59	2:00.59	2:00.59	2:00.59	2:00.59	2:00.59	2:01.69	1:56.09	1:56.09	1:56.09	1:57.99
200 IM	2:06.39		2:00.59	2:00.59	1:58.49	2:01.19	2:01.19	2:01.19	2:01.19	2:01.19	2:01.19	2:02.19	1:57.09	1:57.09	1:57.09	1:58.89
400 IM	4:30.69		4:15.19	4:15.19	4:14.39	4:18.99	4:18.99	4:18.99	4:18.99	4:18.99	4:18.99	4:21.69	4:11.39	4:11.39	4:11.39	4:15.59
200 Fr-R																
400 Fr-R					3:25.49											
800 Fr-R					7:28.29											
200 Med-R																
400 Med-R					3:45.59											

SENIOR TIME STANDARDS – WOMEN

NATIONAL – LONG COURSE METERS

EVENT	2025		2025		2025		2025		2025		2025		2025		2025	
	18-Under	Futures	19-Over	Futures	TYR Pro	TYR Pro	18-Un Bon	Jr National	2025 National	18-Un Bon	Jr Nat	2025 National	18-Un Bon	Jr Nat	2025 National	18-Un Bon
50 Free	27.39			26.59	25.89	26.59	26.59		26.59	26.89		25.69	25.79			
100 Free	59.29			57.59	56.29	57.69	57.69		57.69	58.19		55.89	56.69			
200 Free	2:07.79			2:04.29	2:02.29	2:04.99	2:04.99		2:04.99	2:04.99		2:01.19	2:02.39			
400 Free	4:28.79			4:21.39	4:19.49	4:23.59	4:23.59		4:23.59	4:26.69		4:16.89	4:18.99			
800 Free	9:13.79			8:58.69	8:50.79	9:06.79	9:06.79		9:06.79	9:06.79		8:46.79	8:55.89			
1500 Free	17:40.19			17:11.29	17:00.19	17:26.79	17:26.79		17:26.79	17:26.79		16:49.19	17:03.49			
100 Back	1:06.79			1:04.39	1:02.69	1:04.29	1:04.29		1:04.29	1:04.79		1:02.19	1:02.19			
200 Back	2:23.99			2:18.29	2:15.89	2:19.29	2:19.29		2:19.29	2:19.59		2:14.59	2:14.59			
100 Breast	1:15.99			1:13.29	1:10.99	1:13.29	1:13.29		1:13.29	1:13.79		1:10.29	1:10.89			
200 Breast	2:43.39			2:38.29	2:34.19	2:38.59	2:38.59		2:38.59	2:38.59		2:32.39	2:33.29			
100 Fly	1:04.69			1:02.39	1:00.79	1:02.49	1:02.49		1:02.49	1:02.69		1:00.19	1:00.69			
200 Fly	2:21.89			2:16.99	2:16.49	2:18.39	2:18.39		2:18.39	2:18.39		2:14.59	2:15.49			
200 IM	2:26.19			2:20.99	2:17.99	2:21.29	2:21.29		2:21.29	2:22.09		2:16.89	2:18.19			
400 IM	5:07.29			4:57.29	4:54.69	5:00.29	5:00.29		5:00.29	5:00.29		4:51.79	4:51.79			
200 Fr-R																
400 Fr-R	4:04.29			4:04.29	3:55.69		3:55.69		3:55.69							
800 Fr-R	8:40.89			8:40.89	8:29.99		8:29.99		8:29.99							
200 Med-R																
400 Med-R	4:33.79			4:33.79	4:21.49		4:21.49		4:21.49							