

GIRLS - SHORT COURSE YARDS

BOYS - SHORT COURSE YARDS

| 10&U | 11-12 | 13-14 | DISTANCE | STROKE | COURSE | 13-14 | 11-12 | 10&U |
|---------|----------|----------|----------|--------|--------|----------|----------|---------|
| 33.49 | 28.59 | 25.89 | 50 | Free | SCY | 24.39 | 27.79 | 33.39 |
| 1:15.19 | 1:02.99 | 56.29 | 100 | Free | SCY | 53.89 | 1:01.89 | 1:16.09 |
| 2:51.19 | 2:16.99 | 2:02.39 | 200 | Free | SCY | 1:56.99 | 2:15.89 | 2:50.39 |
| 7:20.99 | 6:02.99 | 5:30.49 | 500 | Free | SCY | 5:17.89 | 6:11.49 | 7:21.99 |
| NA | 13:28.89 | 11:35.99 | 1000 | Free | SCY | 11:10.89 | 12:32.99 | NA |
| NA | 22:10.99 | 19:25.79 | 1650 | Free | SCY | 18:50.89 | 22:11.99 | NA |
| 39.49 | 33.49 | NA | 50 | Back | SCY | NA | 32.99 | 39.89 |
| 1:27.09 | 1:12.99 | 1:03.49 | 100 | Back | SCY | 1:00.79 | 1:11.99 | 1:29.29 |
| NA | 2:36.89 | 2:18.39 | 200 | Back | SCY | 2:13.99 | 2:36.99 | NA |
| 46.09 | 38.39 | NA | 50 | Breast | SCY | NA | 38.39 | 47.39 |
| 1:41.99 | 1:23.99 | 1:14.09 | 100 | Breast | SCY | 1:08.89 | 1:23.09 | 1:45.19 |
| NA | 2:58.99 | 2:40.39 | 200 | Breast | SCY | 2:34.49 | 3:08.39 | NA |
| 39.89 | 31.59 | NA | 50 | Fly | SCY | NA | 31.39 | 39.79 |
| 1:40.79 | 1:13.99 | 1:03.19 | 100 | Fly | SCY | 1:00.59 | 1:12.99 | 1:37.39 |
| NA | 2:51.99 | 2:29.19 | 200 | Fly | SCY | 2:19.19 | 3:04.49 | NA |
| 1:27.19 | 1:12.99 | 1:05.19 | 100 | IM | SCY | 1:01.49 | 1:11.99 | 1:27.29 |
| 3:16.79 | 2:31.89 | 2:19.09 | 200 | IM | SCY | 2:13.89 | 2:32.69 | 3:20.49 |
| NA | 5:35.99 | 4:59.49 | 400 | IM | SCY | 4:47.79 | 5:43.59 | NA |

| Girls- Long Course Meters | | | | | | Boys- Long Course Meters | | |
|---------------------------|----------|----------|----------|--------|--------|--------------------------|----------|---------|
| 10&U | 11-12 | 13-14 | DISTANCE | STROKE | COURSE | 13-14 | 11-12 | 10&u |
| 38.29 | 32.69 | 29.89 | 50 | Free | LCM | 28.69 | 32.59 | 38.79 |
| 1:27.89 | 1:11.69 | 1:04.99 | 100 | Free | LCM | 1:02.59 | 1:11.39 | 1:27.29 |
| 3:16.19 | 2:35.69 | 2:20.59 | 200 | Free | LCM | 2:15.19 | 2:36.09 | 3:17.89 |
| 6:28.19 | 5:33.99 | 4:59.09 | 400 | Free | LCM | 4:56.79 | 5:39.99 | 6:28.19 |
| NA | 11:52.99 | 10:24.99 | 800 | Free | LCM | 10:08.59 | 11:21.89 | NA |
| NA | 23:12.89 | 20:01.49 | 1500 | Free | LCM | 19:35.99 | 22:54.59 | NA |
| 45.89 | 38.79 | NA | 50 | Back | LCM | NA | 39.59 | 47.09 |
| 1:41.89 | 1:25.29 | 1:14.99 | 100 | Back | LCM | 1:12.99 | 1:22.79 | 1:45.29 |
| NA | 3:10.79 | 2:39.89 | 200 | Back | LCM | 2:35.49 | 3:03.79 | NA |
| 53.89 | 44.29 | NA | 50 | Breast | LCM | NA | 44.09 | 54.89 |
| 1:58.49 | 1:38.89 | 1:27.99 | 100 | Breast | LCM | 1:23.59 | 1:38.49 | 2:02.29 |
| NA | 3:32.09 | 3:08.79 | 200 | Breast | LCM | 3:01.09 | 3:35.39 | NA |
| 46.99 | 35.99 | NA | 50 | Fly | LCM | NA | 36.99 | 48.79 |
| 2:08.99 | 1:24.09 | 1:13.49 | 100 | Fly | LCM | 1:10.59 | 1:25.89 | 2:08.99 |
| NA | 3:30.49 | 2:50.29 | 200 | Fly | LCM | 2:45.59 | 3:36.39 | NA |
| 3:53.19 | 2:55.69 | 2:41.89 | 200 | IM | LCM | 2:34.59 | 2:56.69 | 3:53.19 |
| NA | 6:27.49 | 5:43.09 | 400 | IM | LCM | 5:32.79 | 7:03.99 | NA |

| Relay Time Standards | | | | | | | | |
|----------------------|---------|---------|-----|--------------|-----|---------|---------|---------|
| 10&U | 12&U | 14&U | | | | 14&U | 12&U | 10&U |
| 2.26.99 | 2.03.19 | 1.56.99 | 200 | Free Relay | SCY | 1.49.99 | 2.02.29 | 2.26.99 |
| | 4.26.59 | 4.08.99 | 400 | Free Relay | SCY | 3.49.19 | 4.25.79 | |
| 2.53.09 | 2.21.39 | 2.16.09 | 200 | Medley Relay | SCY | 2.07.29 | 2.22.59 | 2.54.79 |
| | 5.07.59 | 4.44.69 | 400 | Medley Relay | SCY | 4.26.19 | 5.13.59 | |