

2025-2026
Gulf Age Group Championship
Time Standards
 (Note: Revised May 2024)

Girls		10&U	Boys	
LCM	Yards		Yards	LCM
35.59	31.89	50 Free	31.89	36.59
1:18.09	1:10.29	100 Free	1:10.09	1:20.29
2:54.09	2:36.49	200 Free	2:35.29	2:57.49
6:08.69	6:49.89	500 Free	6:46.99	6:05.09
43.09	37.79	50 Back	37.79	44.39
1:31.49	1:21.59	100 Back	1:23.09	1:34.29
49.79	43.79	50 Breast	44.19	51.39
1:45.69	1:32.99	100 Breast	1:36.09	1:51.09
40.89	35.69	50 Fly	36.19	41.39
1:39.29	1:29.09	100 Fly	1:30.79	1:40.79
---	1:20.79	100 IM	1:22.59	---
3:17.29	2:54.69	200 IM	2:58.09	3:23.09

Girls		11-12	Boys	
LCM	Yards		Yards	LCM
31.49	27.69	50 Free	27.89	31.59
1:08.69	1:00.59	100 Free	1:00.19	1:08.19
2:30.29	2:12.79	200 Free	2:12.69	2:32.49
5:14.49	5:49.69	500 Free	5:49.49	5:13.49
37.49	32.59	50 Back	33.29	37.99
1:20.69	1:10.29	100 Back	1:11.49	1:22.19
2:53.39	2:31.39	200 Back	2:34.69	2:58.09
42.59	36.79	50 Breast	37.39	43.39
1:31.69	1:20.99	100 Breast	1:20.29	1:31.09
3:14.69	2:52.99	200 Breast	2:57.99	3:22.59
34.49	30.69	50 Fly	31.09	35.99
1:18.19	1:10.49	100 Fly	1:09.89	1:20.89
3:04.19	2:44.09	200 Fly	2:47.69	3:05.99
---	1:10.39	100 IM	1:10.59	---
2:52.79	2:31.29	200 IM	2:31.09	2:52.29
6:16.89	5:29.29	400 IM	5:19.79	6:08.69

Girls		13-14	Boys	
LCM	Yards		Yards	LCM
29.99	26.29	50 Free	24.59	27.99
1:04.59	56.69	100 Free	52.99	1:00.99
2:20.89	2:03.49	200 Free	1:56.79	2:14.99
4:57.39	5:29.69	500 Free	5:16.09	4:48.49
10:20.49	11:42.29	1000 Free	11:04.49	9:55.99
20:39.79	19:29.19	1650 Free	18:56.19	19:25.39
1:13.99	1:04.59	100 Back	1:01.89	1:11.59
2:39.99	2:19.39	200 Back	2:13.99	2:37.59
1:27.09	1:14.69	100 Breast	1:09.59	1:22.29
3:04.19	2:40.79	200 Breast	2:31.19	2:57.29
1:12.29	1:03.49	100 Fly	59.79	1:08.69
2:52.59	2:23.59	200 Fly	2:16.49	2:35.89
2:40.69	2:19.59	200 IM	2:09.89	2:32.79
5:43.59	4:57.19	400 IM	4:41.99	5:30.19

