



AGE GROUP SWIMMING

2026 CHAMPIONSHIP TIME STANDARDS

GIRLS

LCM		SCM		SCY		10 and Under	SCY		SCM		LCM	
10	9&U	10	9&U	10	9&U		9&U	10	9&U	10	9&U	10
:35.59	:37.79	:33.39	:38.39	:30.89	:33.29	50 Free	:33.29	:30.59	:36.69	:33.99	:36.79	:35.49
1:20.29	1:25.19	1:15.99	1:25.29	1:09.09	1:17.39	100 free	1:14.19	1:08.89	1:21.69	1:15.99	1:23.39	1:19.79
2:56.29	3:09.59	2:49.89	2:59.29	2:34.39	2:42.99	200 Free	2:37.19	2:29.39	3:01.99	2:44.39	3:05.79	2:51.89
6:05.39	6:22.69	5:54.29	6:26.89	6:40.79	7:08.69	400/500 Free	7:10.79	6:37.39	6:23.19	5:49.49	6:20.09	5:59.49
:42.19	:44.99	:39.49	:44.69	:36.29	:38.99	50 Back	:38.59	:36.19	:42.49	:40.19	:43.39	:42.99
1:32.19	1:39.59	1:26.99	1:31.39	1:19.09	1:23.99	100 Back	1:22.79	1:18.79	1:30.09	1:26.69	1:33.99	1:30.99
:47.49	:51.79	:44.99	:49.89	:41.59	:45.29	50 Breast	:45.29	:41.09	:49.89	:45.39	:52.29	:48.49
1:44.89	1:52.09	1:40.49	1:45.59	1:31.29	1:36.89	100 Breast	1:36.19	1:29.99	1:45.89	1:39.89	1:55.69	1:44.79
:40.79	:43.99	:37.89	:43.69	:35.09	:38.89	50 Fly	:37.29	:35.39	:41.09	:38.99	:43.69	:40.19
1:35.99	1:55.79	1:32.49	1:46.89	1:24.09	1:35.09	100 Fly	1:28.69	1:22.79	1:36.59	1:31.09	1:50.49	1:37.99
		1:27.49	1:37.79	1:19.49	1:25.89	100 IM	1:23.09	1:18.99	1:31.39	1:26.89		
3:13.89	3:36.19	3:09.99	3:21.49	2:52.69	3:03.09	200 IM	2:59.39	2:50.99	3:18.39	3:08.89	3:33.89	3:15.39
2:30.79		2:22.59		2:10.99		200 Fr Relay	2:10.59		2:24.99		2:35.59	
2:55.89		2:41.19		2:32.39		200 Med Relay	2:28.29		2:44.59		2:57.89	
LCM		SCM		SCY		11&12	SCY		SCM		LCM	
12	11	12	11	12	11		11	12	11	12	11	12
:30.89	:32.89	:29.79	:31.09	:27.09	:28.59	50 Free	:28.39	:26.69	:31.69	:29.39	:31.79	:30.69
1:07.19	1:13.29	1:04.79	1:10.19	:58.89	1:03.79	100 Free	1:02.49	:58.09	1:09.79	1:03.89	1:11.09	1:07.09
2:27.59	2:37.89	2:19.89	2:28.29	2:09.49	2:15.69	200 Free	2:15.89	2:08.79	2:28.29	2:21.69	2:33.49	2:26.79
5:12.09	5:24.79	5:00.29	5:18.49	5:45.59	6:04.09	400/500 Free	6:01.69	5:44.89	5:16.39	5:09.99	5:20.79	5:11.19
11:11.59	11:23.59	11:13.69	11:21.69	12:08.69	12:35.79	800/1000 Free	12:31.69	12:11.89	11:15.19	11:05.59	11:35.49	11:18.59
21:15.09	22:30.79	20:47.09	21:56.99	20:38.19	21:58.39	1500/1650 Free	21:47.79	20:06.39	21:46.49	21:01.39	22:30.79	21:14.69
:36.29	:38.49	:34.49	:36.79	:31.29	:33.39	50 Back	:33.09	:30.79	:36.39	:34.49	:37.79	:36.09
1:18.19	1:22.69	1:13.69	1:19.59	1:06.99	1:11.99	100 Back	1:10.79	1:06.99	1:17.89	1:13.69	1:22.09	1:17.99
2:49.99	3:01.19	2:39.89	2:48.99	2:25.29	2:33.69	200 Back	2:32.09	2:25.69	2:47.29	2:40.29	2:58.19	2:50.99
:41.19	:42.99	:38.99	:41.19	:35.39	:37.39	50 Breast	:37.09	:35.19	:40.79	:39.09	:42.89	:40.99
1:30.49	1:34.49	1:24.49	1:29.99	1:16.79	1:21.79	100 Breast	1:19.79	1:16.89	1:27.79	1:24.59	1:34.79	1:30.19
3:14.19	3:23.99	3:02.29	3:14.59	2:45.69	2:56.89	200 Breast	2:51.99	2:47.29	3:06.19	3:04.09	3:23.39	3:12.59
:33.79	:35.89	:32.69	:35.19	:29.69	:31.29	50 Fly	:31.59	:29.59	:34.99	:32.69	:35.69	:33.39
1:18.39	1:22.69	1:13.69	1:18.79	1:06.99	1:11.59	100 Fly	1:10.89	1:06.99	1:17.99	1:14.09	1:22.19	1:17.79
2:55.59	3:06.39	2:51.59	2:55.59	2:34.59	2:41.39	200 Fly	2:39.69	2:37.89	2:55.69	2:53.69	3:01.79	3:03.29
		1:15.19	1:19.09	1:08.19	1:11.99	100 IM	1:11.59	1:07.99	1:18.79	1:14.79		
2:49.29	3:00.99	2:41.19	2:47.49	2:26.49	2:32.19	200 IM	2:33.09	2:25.69	2:48.49	2:40.59	2:57.99	2:48.99
2:07.19		2:05.49		1:53.09		200 Fr Relay	1:52.99		2:05.09		2:08.29	
4:40.89		4:30.09		4:09.19		400 Fr Relay	4:07.99		4:34.99		4:45.99	
5:19.69		5:07.39		4:42.19		400 Med Relay	4:42.59		5:15.29		5:30.39	
LCM		SCM		SCY		13&14	SCY		SCM		LCM	
14	13	14	13	14	13		13	14	13	14	13	14
:29.09	:29.59	:28.19	:28.99	:25.49	:25.99	50 Free	:24.89	:23.89	:27.39	:26.49	:28.19	:27.39
1:03.39	1:04.99	1:01.39	1:02.89	:55.29	:56.09	100 Free	:54.29	:51.79	:59.79	:57.99	1:01.69	:59.59
2:18.39	2:21.79	2:13.19	2:15.29	1:59.69	2:03.89	200 Free	1:59.19	1:53.19	2:11.19	2:06.29	2:15.59	2:10.99
4:52.49	4:59.79	4:41.29	4:48.79	5:22.69	5:30.49	400/500 Free	5:17.09	5:07.59	4:37.19	4:32.29	4:50.49	4:40.79
9:58.19	10:15.59	9:47.79	10:01.69	10:57.79	11:12.99	800/1000 Free	10:56.39	10:32.59	9:43.19	9:37.69	9:58.99	9:48.09
19:01.59	19:37.39	18:45.59	19:45.59	18:49.19	19:12.69	1500/1650 Free	18:39.79	18:18.29	18:36.99	18:28.39	19:06.79	18:45.29
1:11.79	1:13.09	1:09.59	1:10.39	1:01.29	1:02.99	100 Back	1:01.09	:59.09	1:06.29	1:04.79	1:11.49	1:08.29
2:35.19	2:39.49	2:26.69	2:29.89	2:13.29	2:15.09	200 Back	2:11.29	2:08.29	2:24.39	2:22.49	2:35.89	2:27.59
1:22.79	1:25.69	1:19.59	1:21.19	1:10.89	1:13.69	100 Breast	1:09.29	1:06.09	1:12.29	1:14.49	1:19.89	1:17.79
2:59.89	3:05.49	2:53.39	2:55.39	2:34.79	2:38.49	200 Breast	2:28.59	2:25.29	2:43.49	2:43.39	2:55.29	2:51.39
1:10.29	1:12.29	1:08.19	1:08.29	1:01.19	1:02.09	100 Fly	1:00.49	:57.89	1:05.59	1:03.99	1:08.59	1:06.39
2:39.79	2:45.39	2:33.69	2:34.79	2:18.79	2:22.49	200 Fly	2:15.79	2:12.59	2:29.39	2:28.39	2:38.19	2:34.59
2:36.29	2:39.89	2:31.49	2:33.59	2:16.79	2:19.79	200 IM	2:12.69	2:08.79	2:23.99	2:23.09	2:32.59	2:27.89
5:33.69	5:49.79	5:20.89	5:28.29	4:50.89	4:58.39	400 IM	4:45.49	4:39.19	5:14.89	5:14.09	5:34.09	5:19.99
1:59.79		1:56.29		1:45.69		200 Fr Relay	1:40.49		1:49.89		1:55.49	
4:22.19		4:12.19		3:49.29		400 Fr Relay	3:36.69		4:03.69		4:13.39	
9:34.19		9:12.19		8:20.89		800 Fr Relay	8:01.59		9:01.49		9:23.29	

4:56.39	4:44.89	4:14.89	400 Med Relay	4:02.69	4:32.89	4:48.29
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