

2026 SUMMER LCM JR MET TIME STANDARDS

10&U Girls			10&U Girls			10&U Girls			10&U Girls	
EVENT	SCM 9&U	SCM 10	EVENT	LCM 9&U	LCM 10	EVENT	SCY 9&U	SCY 10	EVENT	
50 FREE	36.19	34.19	50 FREE	37.89	36.09	50 FREE	33.49	31.19	50 FREE	
100 FREE	1:19.99	1:15.99	100 FREE	1:24.49	1:20.39	100 FREE	1:15.49	1:10.19	100 FREE	
200 FREE	2:51.19	2:43.89	200 FREE	3:01.19	2:53.29	200 FREE	2:42.19	2:31.19	200 FREE	
400/500 FREE	6:03.49	5:46.99	400/500 FREE	6:18.89	6:03.99	400/500 FREE	7:17.99	6:44.99	400/500 FREE	
50 BACK	41.59	40.09	50 BACK	44.69	43.19	50 BACK	39.49	36.89	50 BACK	
100 BACK	1:30.59	1:27.69	100 BACK	1:36.79	1:33.99	100 BACK	1:25.99	1:19.99	100 BACK	
50 BREAST	49.29	47.19	50 BREAST	51.89	49.79	50 BREAST	45.89	42.69	50 BREAST	
100 BREAST	1:45.79	1:41.09	100 BREAST	1:49.99	1:45.69	100 BREAST	1:39.99	1:34.99	100 BREAST	
50 FLY	40.29	38.79	50 FLY	42.89	41.09	50 FLY	38.49	36.49	50 FLY	
100 FLY	1:35.49	1:32.49	100 FLY	1:39.99	1:36.69	100 FLY	1:32.99	1:26.99	100 FLY	
200 IM	3:14.49	3:07.79	200 IM	3:24.19	3:17.99	200 IM	2:59.99	2:50.39	200 IM	

10&U Boys			10&U Boys			10&U Boys			10&U Boys	
EVENT	SCM 9&U	SCM 10	EVENT	LCM 9&U	LCM 10	EVENT	SCY 9&U	SCY 10	EVENT	
50 FREE	36.19	33.79	50 FREE	37.89	35.99	50 FREE	33.69	30.79	50 FREE	
100 FREE	1:19.99	1:14.99	100 FREE	1:24.49	1:18.49	100 FREE	1:16.99	1:09.19	100 FREE	
200 FREE	2:49.89	2:45.89	200 FREE	2:57.09	2:51.99	200 FREE	2:42.49	2:32.39	200 FREE	
400/500 FREE	6:03.49	5:49.99	400/500 FREE	6:18.89	6:01.99	400/500 FREE	7:17.99	6:45.99	400/500 FREE	
50 BACK	41.59	39.79	50 BACK	44.69	42.29	50 BACK	39.49	36.79	50 BACK	
100 BACK	1:31.59	1:27.89	100 BACK	1:35.89	1:31.59	100 BACK	1:26.99	1:19.79	100 BACK	
50 BREAST	48.29	45.19	50 BREAST	50.99	48.09	50 BREAST	46.49	43.09	50 BREAST	
100 BREAST	1:47.49	1:41.09	100 BREAST	1:51.99	1:45.29	100 BREAST	1:41.99	1:34.19	100 BREAST	
50 FLY	40.29	38.79	50 FLY	43.09	40.69	50 FLY	38.49	36.49	50 FLY	
100 FLY	1:35.49	1:32.49	100 FLY	1:40.49	1:38.29	100 FLY	1:34.99	1:27.19	100 FLY	
200 IM	3:14.49	3:07.79	200 IM	3:23.89	3:18.29	200 IM	2:59.99	2:52.39	200 IM	

2026 SUMMER LCM JR MET TIME STANDARDS

11-12 Girls			11-12 Girls			11-12 Girls			11-12 Girls	
EVENT	SCM 11	SCM 12	EVENT	LCM 11	LCM 12	EVENT	SCY 11	SCY 12	EVENT	
50 FREE	31.69	30.29	50 FREE	32.09	31.39	50 FREE	29.29	27.89	50 FREE	
100 FREE	1:08.09	1:06.19	100 FREE	1:09.69	1:07.99	100 FREE	1:03.19	1:00.29	100 FREE	
200 FREE	2:30.49	2:25.99	200 FREE	2:33.19	2:29.99	200 FREE	2:19.59	2:11.99	200 FREE	
400/500 FREE	5:19.49	5:09.99	400/500 FREE	5:27.99	5:19.49	400/500 FREE	6:05.99	5:54.99	400/500 FREE	
50 BACK	36.19	35.09	50 BACK	37.79	36.59	50 BACK	33.99	31.99	50 BACK	
100 BACK	1:17.99	1:15.49	100 BACK	1:21.49	1:19.49	100 BACK	1:12.19	1:08.99	100 BACK	
200 BACK	2:49.49	2:43.89	200 BACK	3:00.19	2:54.99	200 BACK	2:35.99	2:29.59	200 BACK	
50 BREAST	41.89	40.19	50 BREAST	42.89	41.49	50 BREAST	38.69	36.59	50 BREAST	
100 BREAST	1:29.89	1:26.59	100 BREAST	1:33.19	1:30.09	100 BREAST	1:23.49	1:19.49	100 BREAST	
200 BREAST	3:17.49	3:11.79	200 BREAST	3:29.99	3:23.09	200 BREAST	2:59.99	2:52.69	200 BREAST	
50 FLY	34.49	32.89	50 FLY	35.79	34.19	50 FLY	32.09	30.29	50 FLY	
100 FLY	1:18.49	1:14.89	100 FLY	1:20.99	1:16.69	100 FLY	1:13.09	1:08.59	100 FLY	
200 FLY	3:00.99	2:56.49	200 FLY	3:04.99	3:02.49	200 FLY	2:46.99	2:40.09	200 FLY	
200 IM	2:48.49	2:43.19	200 IM	2:52.19	2:47.39	200 IM	2:34.49	2:27.59	200 IM	
400 IM	6:03.99	5:53.89	400 IM	6:15.19	6:04.49	400 IM	5:30.99	5:20.19	400 IM	

11-12 Boys			11-12 Boys			11-12 Boys			11-12 Boys	
EVENT	SCM 11	SCM 12	EVENT	LCM 11	LCM 12	EVENT	SCY 11	SCY 12	EVENT	
50 FREE	31.49	30.19	50 FREE	32.19	31.29	50 FREE	29.29	27.49	50 FREE	
100 FREE	1:07.49	1:05.29	100 FREE	1:09.49	1:07.39	100 FREE	1:03.19	1:00.09	100 FREE	
200 FREE	2:28.49	2:23.49	200 FREE	2:32.09	2:27.49	200 FREE	2:19.19	2:09.99	200 FREE	
400/500 FREE	5:19.79	5:10.99	400/500 FREE	5:27.99	5:18.29	400/500 FREE	6:05.99	5:51.99	400/500 FREE	
50 BACK	36.39	35.09	50 BACK	37.89	36.49	50 BACK	33.79	31.89	50 BACK	
100 BACK	1:19.39	1:16.29	100 BACK	1:22.49	1:19.39	100 BACK	1:11.99	1:08.79	100 BACK	
200 BACK	2:51.89	2:48.19	200 BACK	3:00.19	2:56.99	200 BACK	2:36.99	2:32.59	200 BACK	
50 BREAST	41.89	39.99	50 BREAST	42.89	40.89	50 BREAST	38.99	36.49	50 BREAST	
100 BREAST	1:29.59	1:26.79	100 BREAST	1:34.49	1:31.89	100 BREAST	1:24.59	1:18.79	100 BREAST	
200 BREAST	3:18.09	3:11.29	200 BREAST	3:29.99	3:22.99	200 BREAST	2:59.99	2:53.59	200 BREAST	
50 FLY	35.89	33.99	50 FLY	35.79	34.79	50 FLY	32.49	30.89	50 FLY	
100 FLY	1:20.19	1:17.79	100 FLY	1:23.19	1:20.99	100 FLY	1:13.49	1:09.99	100 FLY	
200 FLY	3:00.99	2:56.39	200 FLY	3:04.99	3:02.49	200 FLY	2:46.49	2:39.99	200 FLY	
200 IM	2:47.19	2:43.09	200 IM	2:52.89	2:48.89	200 IM	2:34.49	2:27.59	200 IM	
400 IM	6:03.99	5:52.39	400 IM	6:15.19	6:05.49	400 IM	5:31.49	5:18.09	400 IM	

2026 SUMMER LCM JR MET TIME STANDARDS

13-14 Girls			13-14 Girls			13-14 Girls			13-14 Girls	
EVENT	SCM 13	SCM 14	EVENT	LCM 13	LCM 14	EVENT	SCY 13	SCY 14	EVENT	
50 FREE	29.89	29.09	50 FREE	30.19	29.79	50 FREE	26.49	26.09	50 FREE	
100 FREE	1:03.99	1:02.19	100 FREE	1:04.79	1:03.99	100 FREE	57.69	56.39	100 FREE	
200 FREE	2:18.49	2:16.29	200 FREE	2:21.49	2:19.59	200 FREE	2:05.19	2:02.79	200 FREE	
400/500 FREE	4:51.39	4:47.89	400/500 FREE	4:57.89	4:53.09	400/500 FREE	5:32.99	5:26.99	400/500 FREE	
100 BACK	1:13.39	1:11.19	100 BACK	1:16.19	1:13.99	100 BACK	1:05.19	1:03.99	100 BACK	
200 BACK	2:35.39	2:33.19	200 BACK	2:41.99	2:39.09	200 BACK	2:20.09	2:17.09	200 BACK	
100 BREAST	1:22.89	1:20.49	100 BREAST	1:29.69	1:27.99	100 BREAST	1:14.59	1:13.39	100 BREAST	
200 BREAST	2:59.99	2:55.99	200 BREAST	3:04.79	3:01.49	200 BREAST	2:41.99	2:39.29	200 BREAST	
100 FLY	1:12.19	1:10.59	100 FLY	1:12.79	1:11.59	100 FLY	1:04.59	1:02.99	100 FLY	
200 FLY	2:42.99	2:40.39	200 FLY	2:46.99	2:43.99	200 FLY	2:27.59	2:24.99	200 FLY	
200 IM	2:37.89	2:34.99	200 IM	2:41.89	2:38.59	200 IM	2:21.19	2:18.79	200 IM	
400 IM	5:35.79	5:29.89	400 IM	5:45.19	5:38.09	400 IM	5:02.39	4:57.59	400 IM	

13-14 Boys			13-14 Boys			13-14 Boys			13-14 Boys	
EVENT	SCM 13	SCM 14	EVENT	LCM 13	LCM 14	EVENT	SCY 13	SCY 14	EVENT	
50 FREE	27.69	27.09	50 FREE	28.39	27.89	50 FREE	25.39	24.39	50 FREE	
100 FREE	1:00.59	58.99	100 FREE	1:02.99	1:00.59	100 FREE	55.19	51.99	100 FREE	
200 FREE	2:14.89	2:11.09	200 FREE	2:18.09	2:15.19	200 FREE	1:59.99	1:55.49	200 FREE	
400/500 FREE	4:43.79	4:39.89	400/500 FREE	4:49.19	4:45.19	400/500 FREE	5:21.79	5:13.99	400/500 FREE	
100 BACK	1:09.79	1:07.59	100 BACK	1:12.19	1:10.09	100 BACK	1:03.19	1:00.99	100 BACK	
200 BACK	2:29.89	2:27.39	200 BACK	2:34.99	2:32.59	200 BACK	2:15.89	2:11.89	200 BACK	
100 BREAST	1:19.99	1:17.89	100 BREAST	1:22.39	1:20.09	100 BREAST	1:10.69	1:08.69	100 BREAST	
200 BREAST	2:51.59	2:49.19	200 BREAST	2:56.99	2:54.89	200 BREAST	2:33.39	2:29.39	200 BREAST	
100 FLY	1:07.79	1:05.69	100 FLY	1:08.99	1:06.69	100 FLY	1:01.89	58.89	100 FLY	
200 FLY	2:36.79	2:32.49	200 FLY	2:38.49	2:34.99	200 FLY	2:21.39	2:16.39	200 FLY	
200 IM	2:26.59	2:23.89	200 IM	2:33.19	2:30.39	200 IM	2:14.79	2:09.99	200 IM	
400 IM	5:16.09	5:11.99	400 IM	5:27.99	5:21.09	400 IM	4:47.09	4:39.79	400 IM	

2026 SUMMER LCM JR MET TIME STANDARDS

15-18 Girls		15-18 Girls		15-18 Girls		15-18 Girls	
EVENT	SCM 15-18	EVENT	LCM 15-18	EVENT	SCY 15-18	EVENT	
50 FREE	29.49	50 FREE	29.69	50 FREE	26.29	50 FREE	
100 FREE	1:03.59	100 FREE	1:03.99	100 FREE	56.49	100 FREE	
200 FREE	2:18.99	200 FREE	2:21.79	200 FREE	2:02.99	200 FREE	
400/500 FREE	4:49.39	400/500 FREE	5:02.99	400/500 FREE	5:29.99	400/500 FREE	
100 BACK	1:11.99	100 BACK	1:15.49	100 BACK	1:03.99	100 BACK	
200 BACK	2:35.29	200 BACK	2:43.99	200 BACK	2:19.99	200 BACK	
100 BREAST	1:22.39	100 BREAST	1:27.99	100 BREAST	1:13.99	100 BREAST	
200 BREAST	3:01.49	200 BREAST	3:09.79	200 BREAST	2:41.79	200 BREAST	
100 FLY	1:12.59	100 FLY	1:12.49	100 FLY	1:02.99	100 FLY	
200 FLY	2:44.19	200 FLY	2:45.99	200 FLY	2:26.99	200 FLY	
200 IM	2:34.69	200 IM	2:41.99	200 IM	2:18.99	200 IM	
400 IM	5:39.99	400 IM	5:52.99	400 IM	4:59.99	400 IM	

15-18 Boys		15-18 Boys		15-18 Boys		15-18 Boys	
EVENT	SCM 15-18	EVENT	LCM 15-18	EVENT	SCY 15-18	EVENT	
50 FREE	26.19	50 FREE	26.89	50 FREE	23.49	50 FREE	
100 FREE	56.19	100 FREE	58.09	100 FREE	50.49	100 FREE	
200 FREE	2:04.49	200 FREE	2:10.59	200 FREE	1:52.09	200 FREE	
400/500 FREE	4:33.19	400/500 FREE	4:41.99	400/500 FREE	5:06.99	400/500 FREE	
100 BACK	1:03.99	100 BACK	1:09.09	100 BACK	58.29	100 BACK	
200 BACK	2:24.99	200 BACK	2:31.99	200 BACK	2:08.99	200 BACK	
100 BREAST	1:12.79	100 BREAST	1:17.99	100 BREAST	1:05.69	100 BREAST	
200 BREAST	2:46.09	200 BREAST	2:51.99	200 BREAST	2:25.99	200 BREAST	
100 FLY	1:03.19	100 FLY	1:06.09	100 FLY	56.49	100 FLY	
200 FLY	2:26.39	200 FLY	2:33.99	200 FLY	2:11.99	200 FLY	
200 IM	2:20.69	200 IM	2:29.49	200 IM	2:06.49	200 IM	
400 IM	5:08.09	400 IM	5:23.99	400 IM	4:35.99	400 IM	