

2025-2028 Montana Swimming LONG COURSE STATE Time Standards

Effective beginning with the 2026 Montana Swimming Long Course State Championships:

12&U Swimmers (including 8&U, 10&U, 9-10, and 11-12 age groups):

- There are **no** time standards for the 12 & Under age groups (except for distance events), but the swimmer must have a verified legal time proven through SWIMS to enter each event at the Montana Swimming Long Course State Championships.
- NO time (NT) entries are **not** accepted.
- Distance exception: Swimmers ages 12&U must have a verified 'BB' time or faster in their respective age group (9-10, 10&U, or 11-12) in each event to enter the 400 IM, 400/500 Freestyle, 800/1000 Freestyle, and 1500/1650 Freestyle events.
- 8 and under swimmers may enter a maximum of six (6) individual events with no more than three (3) individual events per day.
- 10 and under (or in some events 9-10) and 11-12 swimmers may enter a maximum of seven (7) individual events with no more than three (3) individual events per day.

13-21 Year Old Swimmers:

Swimmers must enter one (1) event with a 13-14 year old verified legal 'BB' time or faster provable through SWIMS to qualify for the Montana Swimming Long Course State Championships.

- Swimmers may then enter bonus swims as follows with a legal verified time proven through SWIMS (see distance exception).
 - 1 Qualifying Time (QT) = 6 Bonus Swims
 - 2 QT = 5 Bonus Swims
 - 3 QT = 4 Bonus Swims
 - 4 QT = 3 Bonus Swims
 - 5 QT = 2 Bonus Swims
 - 6 QT = 1 Bonus Swim
 - 7 QT = No Bonus Swims

Swimmers must enter the distance events with a verified 13-14 year old 'BB' time or faster provable through SWIMS in each event to enter the 400 IM, 400/500 Free, 800/1000 Free, 1500/1650 free. No bonus times are accepted for the distance events.

No time (NT) entries are **not** accepted.

Swimmers 13-21 years old may enter a maximum of seven (7) individual events with no more than three (3) individual events per day.