



2024 North Carolina Swimming Long Course AG Championships Time Standards

EVENT		FEMALE			MALE		
		10&U	11-12	13-14	10&U	11-12	13-14
50 Free	LCM	35.99	30.59	29.09	36.29	30.49	27.59
	SCY	31.49	26.89	25.29	31.49	26.69	23.99
100 Free	LCM	1:19.99	1:07.09	1:03.29	1:20.89	1:07.79	59.89
	SCY	1:10.29	58.19	55.19	1:10.29	58.49	51.89
200 Free	LCM	2:55.89	2:26.79	2:19.49	2:54.29	2:27.69	2:12.19
	SCY	2:32.99	2:08.39	1:59.99	2:32.29	2:08.79	1:54.99
400 Free	LCM	5:54.29	5:16.49	4:55.39	5:51.49	5:20.39	4:38.49
500 Free	SCY	6:27.49	5:47.49	5:23.09	6:24.29	5:49.19	4:59.19
400 Free	SCM	5:50.49	5:12.69	4:51.59	5:47.69	5:16.59	4:28.29
800 Free	LCM	X	X	10:10.19	X	X	9:43.29
1000 Free	SCY	X	X	11:20.19	X	X	10:43.79
800 Free	SCM	X	X	9:57.39	X	X	9:30.49
1500 Free	LCM	X	X	19:27.49	X	X	18:34.19
1650 Free	SCY	X	X	18:52.89	X	X	17:55.89
1500 Free	SCM	X	X	19:03.49	X	X	18:35.49
50 Back	LCM	43.19	35.89	X	42.69	35.09	X
	SCY	36.09	30.99	X	37.19	30.59	X
100 Back	LCM	1:33.49	1:16.59	1:11.99	1:33.79	1:18.69	1:08.69
	SCY	1:20.09	1:06.59	1:02.69	1:20.99	1:07.89	59.29
200 Back	LCM	X	2:51.39	2:35.69	X	2:51.09	2:28.79
	SCY	X	2:27.59	2:14.49	X	2:24.39	2:08.79
	SCM	X	2:48.39	2:32.69	X	2:48.09	2:25.79
50 Breast	LCM	48.29	41.09	X	49.69	42.09	X
	SCY	41.49	35.29	X	43.09	36.29	X
100 Breast	LCM	1:47.09	1:30.09	1:24.49	1:49.09	1:31.69	1:19.49
	SCY	1:31.89	1:17.29	1:12.59	1:33.79	1:19.09	1:08.89
200 Breast	LCM	X	3:13.19	3:02.09	X	3:09.69	2:52.59
	SCY	X	2:46.89	2:36.69	X	2:42.49	2:28.49
	SCM	X	3:09.69	2:59.59	X	3:06.19	2:49.09
50 Fly	LCM	41.49	33.09	X	41.39	34.09	X
	SCY	36.29	29.39	X	36.69	30.19	X
100 Fly	LCM	1:38.69	1:16.49	1:11.59	1:38.69	1:18.19	1:07.09
	SCY	1:25.79	1:07.49	1:02.19	1:25.79	1:09.19	58.99
200 Fly	LCM	X	2:53.19	2:40.79	X	2:51.49	2:35.99
	SCY	X	2:30.09	2:19.89	X	2:28.69	2:13.49
		X	2:49.89	2:37.49	X	2:48.19	2:32.69
100 IM	LCM	X	X	X	X	X	X
	SCY	X	X	X	X	X	X
200 IM	LCM	3:20.59	2:44.29	2:36.79	3:20.59	2:46.29	2:28.39
	SCY	2:54.19	2:24.09	2:16.29	2:54.19	2:24.99	2:08.79
400 IM	LCM	X	6:07.69	5:37.19	X	6:04.59	5:16.09
	SCY	X	5:17.49	4:47.49	X	5:17.19	4:34.69
	SCM	X	5:56.39	5:25.89	X	5:53.29	5:04.79