

2025 Long Course Time Standards (8 & Under)

Girls		Event		
Silvers	10 & Under Age Groups		10 & Under Age Groups	Silvers
1:08.99	36.89	50 Free	37.39	1:08.99
2:15.79	1:20.99	100 Free	1:21.79	2:15.79
4:28.99	3:03.69	200 Free	3:03.79	4:28.99
8:57.29	6:34.19	400 Free	6:32.59	8:57.29
1:20.99	43.29	50 Back	44.29	1:20.99
N/A	1:33.09	100 Back	1:34.39	N/A
1:31.99	50.99	50 Breast	52.89	1:31.99
N/A	1:49.49	100 Breast	1:52.79	N/A
1:19.99	42.79	50 Fly	44.19	1:19.99
N/A	1:44.69	100 Fly	1:48.99	N/A
4:39.99	3:26.69	200 IM	3:33.29	4:39.99

2025 Long Course Time Standards (9-10)

			Event	Boys		
Silvers	10 & Under Age Groups	Zones		Zones	10 & Under Age Groups	Silvers
54.99	36.89	34.39	50 Free	34.29	37.39	55.49
1:56.49	1:20.99	1:15.19	100 Free	1:14.39	1:21.79	1:58.19
3:57.99	3:03.69	2:41.09	200 Free	2:38.99	3:03.79	3:51.99
7:57.49	6:34.19	5:37.79	400 Free	5:38.49	6:32.59	7:56.29
1:04.99	43.29	40.59	50 Back	40.39	44.29	1:03.79
2:07.19	1:33.09	1:26.79	100 Back	1:26.49	1:34.39	2:05.39
1:09.99	50.99	46.09	50 Breast	46.79	52.89	1:07.79
2:34.39	1:49.49	1:39.19	100 Breast	1:39.99	1:52.79	2:30.29
1:07.49	42.79	38.09	50 Fly	37.99	44.19	1:06.99
2:29.99	1:44.69	1:26.59	100 Fly	1:27.29	1:48.99	2:25.59
4:26.29	3:26.69	3:02.49	200 IM	3:01.69	3:33.29	4:21.69

2025 Long Course Time Standards (11-12)

			Event	Boys		
Silvers	Age Groups (11-12)	Zones		Zones	Age Groups (11-12)	Silvers
43.19	32.49	29.69	50 Free	29.49	32.29	42.89
1:32.79	1:09.99	1:04.49	100 Free	1:03.69	1:09.69	1:32.79
3:14.59	2:30.89	2:18.89	200 Free	2:15.99	2:30.79	3:16.79
6:34.19	5:18.59	4:54.89	400 Free	4:51.09	5:21.29	6:37.19
12:33.79	11:09.39	N/A	800 Free	N/A	11:09.39	12:33.79
24:07.59	21:34.89	N/A	1500 Free	N/A	21:48.09	24:07.59
52.89	37.19	34.49	50 Back	34.19	36.89	53.69
1:51.09	1:19.49	1:13.39	100 Back	1:12.89	1:19.39	1:52.39
3:36.19	2:49.49	2:36.69	200 Back	2:34.99	2:51.29	3:39.79
59.09	42.99	38.79	50 Breast	38.19	43.29	1:00.99
2:02.79	1:32.29	1:24.19	100 Breast	1:23.59	1:32.99	2:05.09
4:03.29	3:18.19	2:58.19	200 Breast	2:57.29	3:21.89	4:08.49
53.79	35.39	31.99	50 Fly	31.79	36.19	54.89
1:57.29	1:20.89	1:11.99	100 Fly	1:11.39	1:20.69	1:57.29
3:59.99	3:03.69	2:44.59	200 Fly	2:42.49	3:05.89	3:59.99
3:43.09	2:54.29	2:37.59	200 IM	2:35.69	2:59.04	3:45.69
7:39.99	6:07.09	N/A	400 IM	N/A	6:12.69	7:39.99

2025 Long Course Time Standards (13-14)

					Event	Boys				
Silvers	Age Groups (13-14)	LC Zones	NE Seniors	Y-Nats		Y-Nats	NE Seniors	LC Zones	Age Groups (13-14)	Silvers
35.69	30.09	29.19	28.99	28.49	50 Free	25.79	26.09	27.19	28.59	34.59
1:16.79	1:03.99	1:03.19	1:01.99	1:01.69	100 Free	56.69	56.29	58.99	1:00.79	1:14.39
2:42.49	2:17.59	2:14.99	2:14.19	2:19.99	200 Free	2:03.59	2:01.99	2:06.79	2:13.09	2:39.09
5:51.69	4:54.19	4:44.79	4:41.19	4:38.99	400 Free	4:19.19	4:22.99	4:30.59	4:42.49	5:47.49
12:25.19	10:10.99	9:48.29	9:45.59	9:47.99	800 Free	9:10.39	9:04.99	9:20.89	9:46.69	11:41.79
23:55.29	19:47.99	19:00.49	18:50.99	18:51.79	1500 Free	17:44.89	17:46.99	18:00.79	19:11.99	22:53.29
100 Standard	100 Standard	N/A	100 Standard	N/A	50 Back	N/A	100 Standard	N/A	100 Standard	100 Standard
1:33.79	1:11.99	1:11.79	1:09.99	1:10.09	100 Back	1:04.29	1:04.49	1:07.79	1:09.09	1:31.19
3:13.89	2:34.99	2:33.29	2:31.89	2:30.59	200 Back	2:19.99	2:20.19	2:23.89	2:30.99	3:12.19
100 Standard	100 Standard	N/A	100 Standard	N/A	50 Breast	N/A	100 Standard	N/A	100 Standard	100 Standard
1:46.39	1:24.29	1:21.39	1:21.99	1:07.59	100 Breast	1:11.99	1:12.99	1:17.09	1:19.79	1:43.69
3:44.69	3:01.59	2:56.39	2:56.39	2:52.49	200 Breast	2:37.79	2:39.49	2:44.89	2:53.49	3:35.59
100 Standard	100 Standard	N/A	100 Standard	N/A	50 Fly	N/A	100 Standard	N/A	100 Standard	100 Standard
1:35.79	1:10.59	1:09.79	1:08.59	1:07.59	100 Fly	1:01.19	1:01.79	1:04.99	1:07.99	1:34.99
3:26.27	2:44.59	2:38.09	2:33.89	2:32.59	200 Fly	2:18.29	2:21.59	2:26.39	2:34.49	3:26.27
3:13.09	2:36.99	2:33.09	2:31.99	2:32.79	200 IM	2:20.09	2:18.79	2:22.79	2:30.19	3:13.09
7:03.09	5:32.99	5:25.09	5:22.99	5:20.99	400 IM	4:56.19	4:58.29	5:05.19	5:18.39	7:03.09

2025 Long Course Time Standards (15-18)

Girls			Event	Boys		
Silvers	NE Seniors	Y-Nats		Y-Nats	NE Seniors	Silvers
33.79	28.99	28.49	50 Free	25.79	26.09	31.19
1:12.19	1:01.99	1:01.69	100 Free	56.69	56.29	1:07.59
2:34.49	2:14.19	2:19.99	200 Free	2:03.59	2:01.99	2:24.89
5:22.99	4:41.19	4:38.99	400 Free	4:19.19	4:22.99	5:02.29
11:00.19	9:45.59	9:47.99	800 Free	9:10.39	9:04.99	10:29.99
20:44.69	18:50.99	18:51.79	1500 Free	17:44.89	17:46.99	19:30.09
100 Standard		N/A	50 Back	N/A	100 Standard	
1:23.79	1:09.99	1:10.09	100 Back	1:04.29	1:04.49	1:19.99
2:57.69	2:31.89	2:30.59	200 Back	2:19.99	2:20.19	2:46.19
100 Standard		N/A	50 Back	N/A	100 Standard	
1:35.29	1:21.99	1:07.59	100 Breast	1:11.99	1:12.99	1:27.39
3:26.29	2:56.39	2:52.49	200 Breast	2:37.79	2:39.49	3:18.79
100 Standard		N/A	50 Fly	N/A	100 Standard	
1:22.54	1:08.59	1:07.59	100 Fly	1:01.19	1:01.79	1:18.69
2:59.99	2:33.89	2:32.59	200 Fly	2:18.29	2:21.59	2:52.09
2:58.19	2:31.99	2:32.79	200 IM	2:20.09	2:18.79	2:49.49
6:24.69	5:22.99	5:20.99	400 IM	4:56.19	4:58.29	6:05.99

2025 Long Course National Meets

Girls			Event	Boys		
YMCA Nationals	Futures	Summer Jr. Nationals		Summer Jr. Nationals	Futures	YMCA Nationals
28.49	27.39	26.59	50 Free	23.79	24.59	25.79
1:01.69	59.29	57.69	100 Free	51.99	53.59	56.69
2:19.99	2:07.79	2:04.99	200 Free	1:54.09	1:57.79	2:03.59
4:38.99	4:28.79	4:23.59	500 Free	4:02.49	4:09.99	4:19.19
9:47.99	9:13.79	9:06.79	1000 Free	8:23.09	8:40.69	9:10.39
18:51.79	17:40.19	17:26.79	1650 Free	16:05.09	16:38.99	17:44.89
1:10.09	1:06.79	1:04.29	100 Back	58.19	1:00.59	1:04.29
2:30.59	2:23.29	2:19.29	200 Back	2:06.99	2:11.89	2:19.99
1:07.59	1:15.99	1:13.29	100 Breast	1:05.19	1:08.19	1:11.99
2:52.49	2:43.39	2:38.59	200 Breast	2:22.59	2:29.09	2:37.79
1:07.59	1:04.69	1:02.49	100 Fly	55.89	57.99	1:01.19
2:32.59	2:21.89	2:18.39	200 Fly	2:05.09	2:10.19	2:18.29
2:32.79	2:26.19	2:21.29	200 IM	2:07.99	2:12.79	2:20.09
5:20.99	5:07.29	5:00.29	400 IM	4:33.09	4:42.39	4:56.19