

2024-2024 Short Course Time Standards (8 & Under)

Girls					Event	Boys				
Bronze	YMCA Districts	Silvers	YMCA New Englands	10 & Under Age Groups		10 & Under Age Groups	YMCA New Englands	Silvers	YMCA Districts	Bronze
29.99	24.69	22.49	20.19	N/A	25 Free	N/A	20.99	22.79	24.69	29.99
59.99	53.69	44.89	44.59	32.49	50 Free	32.59	46.19	47.79	54.39	59.99
1:59.99	N/A	1:44.99	N/A	1:13.09	100 Free	1:13.59	N/A	1:44.29	N/A	1:59.99
3:59.99	N/A	3:46.49	N/A	2:42.69	200 Free	2:42.99	N/A	3:45.49	N/A	3:59.99
N/A	N/A	N/A	N/A	7:05.69	500 Free	7:04.69	N/A	N/A	N/A	N/A
34.99	29.49	26.49	24.19	N/A	25 Back	N/A	24.99	26.69	29.49	34.99
1:09.99	59.99	55.99	N/A	38.79	50 Back	39.19	N/A	55.89	59.79	1:09.99
SCY Swim	N/A	1:57.49	N/A	1:24.69	100 Back	1:25.59	N/A	1:57.89	N/A	SCY Swim
39.99	38.29	31.75	29.49	N/A	25 Breast	N/A	31.19	32.69	38.29	39.99
1:19.99	1:08.49	1:05.49	N/A	44.89	50 Breast	45.89	N/A	1:06.59	1:10.29	1:19.99
SCY Swim	N/A	2:11.09	N/A	1:38.79	100 Breast	1:39.99	N/A	2:12.29	N/A	SCY Swim
34.99	36.69	26.99	25.39	N/A	25 Fly	N/A	27.19	27.29	36.69	34.99
1:09.99	1:05.29	59.25	N/A	38.59	50 Fly	38.99	N/A	1:02.29	1:07.49	1:09.99
SCY Swim	N/A	2:10.99	N/A	1:33.39	100 Fly	1:33.59	N/A	2:11.29	N/A	SCY Swim
2:19.99	2:19.59	1:59.79	1:58.59	1:25.09	100 IM	1:25.39	2:03.49	2:02.89	2:29.19	2:19.99
N/A	N/A	N/A	N/A	3:05.99	200 IM	3:08.69	N/A	N/A	N/A	N/A

2024-2025 Short Course Time Standards (9-10)

Girls					Event	Boys				
Bronze	YMCA Districts	Silvers	YMCA New Englands	10 & Under Age Groups		10 & Under Age Groups	YMCA New Englands	Silvers	YMCA Districts	Bronze
50.99	42.58	36.59	36.19	32.49	50 Free	32.59	36.59	37.29	43.19	50.99
1:42.99	1:33.39	1:23.05	1:19.49	1:13.09	100 Free	1:13.59	1:20.39	1:23.59	1:34.59	1:43.99
3:25.99	3:12.19	3:03.99	N/A	2:42.69	200 Free	2:42.99	N/A	3:01.89	3:14.79	3:22.99
8:50.99	N/A	8:08.59	N/A	7:05.69	500 Free	7:04.69	N/A	8:08.79	N/A	8:50.99
56.99	50.39	43.79	42.59	38.79	50 Back	39.19	43.49	44.99	51.59	56.99
1:50.09	N/A	1:36.49	1:31.99	1:24.69	100 Back	1:25.59	1:33.39	1:36.89	N/A	1:52.99
1:01.99	58.89	50.19	49.69	44.89	50 Breast	45.89	51.49	51.59	1:01.19	1:01.99
2:09.99	N/A	1:50.09	1:46.89	1:38.79	100 Breast	1:39.99	1:50.49	1:51.59	N/A	2:09.99
58.99	49.69	44.29	42.19	38.59	50 Fly	38.99	43.59	45.49	51.29	58.99
2:03.99	N/A	1:49.99	1:43.49	1:33.39	100 Fly	1:33.59	1:47.79	1:50.29	N/A	2:03.99
1:57.99	1:49.09	1:35.59	1:32.39	1:25.09	100 IM	1:25.39	1:33.19	1:34.99	1:49.99	1:57.99
3:48.49	N/A	3:28.25	N/A	3:05.99	200 IM	3:08.69	N/A	3:28.25	N/A	3:48.49

2024-2025 Short Course Time Standards (11-12)

Girls					Event	Boys				
Bronze	YMCA Districts	Silvers	YMCA New Englands	Age Groups (11-12)		Age Groups (11-12)	YMCA New Englands	Silvers	YMCA Districts	Bronze
37.99	37.79	31.59	31.69	28.49	50 Free	28.09	31.39	31.49	37.19	38.78
1:21.99	1:20.59	1:09.59	1:08.29	1:01.49	100 Free	1:01.19	1:07.49	1:07.99	1:20.39	1:23.79
2:51.99	2:53.99	2:30.99	2:27.89	2:14.39	200 Free	2:14.59	2:27.79	2:36.29	2:53.89	2:52.39
7:15.99	N/A	6:43.69	N/A	5:56.79	500 Free	6:01.59	N/A	6:37.49	N/A	7:20.99
14:59.09	N/A	13:45.59	N/A	12:27.69	1000 Free	12:27.69	N/A	13:36.99	N/A	14:39.59
24:59.99	N/A	23:19.99	N/A	21:27.59	1650 Free	21:43.59	N/A	23:05.99	N/A	24:29.89
45.99	43.19	36.79	36.69	32.89	50 Back	33.19	36.39	36.59	44.29	46.99
1:36.99	1:32.39	1:20.29	1:18.89	1:10.69	100 Back	1:10.39	1:18.19	1:19.29	1:33.69	1:37.99
3:06.99	N/A	2:51.29	N/A	2:33.79	200 Back	2:34.59	N/A	2:49.99	N/A	3:10.99
50.99	50.59	41.79	42.59	38.19	50 Breast	38.09	42.39	41.89	49.89	51.99
1:47.99	1:46.49	1:29.99	1:30.39	1:22.09	100 Breast	1:21.99	1:30.99	1:29.89	1:47.29	1:49.99
3:35.99	N/A	3:15.59	N/A	2:56.99	200 Breast	3:03.39	N/A	3:18.69	N/A	3:39.99
46.99	41.99	35.79	35.39	31.49	50 Fly	31.79	35.59	35.59	42.49	47.99
1:43.99	1:33.79	1:22.29	1:19.49	1:12.19	100 Fly	1:12.09	1:19.49	1:20.99	1:36.59	1:43.99
3:19.99	N/A	2:55.59	N/A	2:47.49	200 Fly	2:45.79	N/A	2:53.09	N/A	3:19.99
1:34.99	1:35.49	1:19.99	N/A	1:11.49	100 IM	1:11.49	N/A	1:18.59	1:38.69	1:35.99
3:18.99	3:21.69	2:51.79	2:50.99	2:32.99	200 IM	2:33.59	2:50.49	2:50.69	3:21.39	3:19.99
6:34.19	N/A	6:09.29	N/A	5:30.49	400 IM	5:36.59	N/A	6:06.29	N/A	6:27.99

2024-2025 Short Course Time Standards (13-14)

Girls					Event	Boys				
Bronze	Silvers	Age Groups (13-14)	NE Seniors	Y-Nats		Y-Nats	NE Seniors	Age Groups (13-14)	Silvers	Bronze
31.39	28.79	26.19	25.59	24.69	50 Free	22.09	22.89	24.59	26.79	31.09
1:08.59	1:02.99	56.59	54.69	53.59	100 Free	48.19	49.69	53.59	57.99	1:10.69
2:28.89	2:14.99	2:02.29	1:58.09	1:56.49	200 Free	1:45.19	1:48.49	1:57.59	2:06.99	2:26.59
6:30.99	6:02.29	5:29.49	5:18.09	5:07.99	500 Free	4:45.49	4:53.99	5:16.69	5:45.59	6:27.39
14:01.99	12:29.99	11:27.19	10:58.69	10:46.89	1000 Free	10:04.59	10:13.89	10:59.99	12:02.99	13:21.29
23:23.49	21:22.69	19:16.89	18:28.99	18:04.59	1650 Free	16:52.49	17:24.79	18:45.99	20:42.79	22:18.89
1:23.39	1:12.69	1:03.89	1:02.19	59.49	100 Back	53.89	57.19	1:01.59	1:07.59	1:22.99
2:49.99	2:36.29	2:18.29	2:12.59	2:07.99	200 Back	1:56.59	2:04.29	2:14.99	2:29.59	2:46.99
1:34.99	1:22.99	1:14.19	1:11.19	1:08.19	100 Breast	1:00.89	1:04.39	1:09.89	1:17.89	1:29.99
3:12.09	3:01.29	2:40.49	2:32.79	2:27.99	200 Breast	2:12.69	2:21.19	2:34.49	2:50.29	3:03.79
1:24.89	1:11.89	1:03.39	1:00.59	59.09	100 Fly	52.79	54.79	1:00.79	1:07.59	1:23.79
2:49.29	2:47.49	2:26.19	2:17.89	2:11.99	200 Fly	1:57.79	2:05.69	2:19.69	2:41.59	2:40.09
2:54.49	2:38.29	2:19.39	2:13.99	2:10.59	200 IM	1:57.79	2:01.59	2:14.19	2:29.99	2:50.19
6:10.69	5:41.99	4:57.49	4:46.59	4:37.29	400 IM	4:14.99	4:23.99	4:46.99	5:17.79	5:47.69

2024-2025 Short Course YMCA Time Standards (13-14)

Girls			Event	Boys		
YMCA Districts	YMCA New Englands	YMCA Nationals		YMCA Nationals	YMCA New Englands	YMCA Districts
33.59	28.49	24.69	50 Free	22.09	27.39	32.29
1:13.39	1:02.79	53.59	100 Free	48.19	59.59	1:10.19
2:39.39	2:15.49	1:56.49	200 Free	1:45.19	2:09.99	2:32.99
7:11.19	6:06.39	5:07.99	500 Free	4:45.49	5:51.69	6:53.79
N/A	N/A	10:46.89	1000 Free	10:04.59	N/A	N/A
N/A	N/A	18:04.59	1650 Free	16:52.49	N/A	N/A
1:23.29	1:10.89	59.49	100 Back	53.89	1:07.99	1:20.19
3:02.99	2:32.79	2:07.99	200 Back	1:56.59	2:28.79	2:53.99
1:36.99	1:22.39	1:08.19	100 Breast	1:00.89	1:17.69	1:32.29
3:28.99	2:57.79	2:27.99	200 Breast	2:12.69	2:49.69	3:10.99
1:23.39	1:10.69	59.09	100 Fly	52.79	1:06.49	1:20.69
3:06.99	2:41.99	2:11.99	200 Fly	1:57.79	2:34.89	2:59.99
3:01.19	2:33.99	2:10.59	200 IM	1:57.79	2:27.29	2:53.29
N/A	N/A	4:37.29	400 IM	4:14.99	N/A	N/A

2024-2025 Short Course Time Standards (15-18)

Girls					Event	Boys				
Bronze	Silvers	15-18 Age Groups	NE Seniors	Y-Nats		Y-Nats	NE Seniors	15-18 Age Groups	Silvers	Bronze
29.99	27.89	25.99	25.59	24.69	50 Free	22.09	22.89	23.09	25.59	27.99
1:05.79	58.89	54.99	54.69	53.59	100 Free	48.19	49.69	50.09	54.29	1:00.49
2:21.49	2:07.59	1:58.99	1:58.09	1:56.49	200 Free	1:45.19	1:48.49	1:49.59	1:58.99	2:15.99
6:08.29	5:43.89	5:19.99	5:18.09	5:07.99	500 Free	4:45.49	4:53.99	4:58.99	5:28.99	5:52.29
12:25.99	11:32.69	11:10.79	10:58.69	10:46.89	1000 Free	10:04.59	10:13.89	10:38.19	10:57.79	12:11.99
20:25.99	19:54.29	19:09.09	18:28.99	18:04.59	1650 Free	16:52.49	17:24.79	17:59.99	18:45.19	19:59.99
1:16.69	1:08.69	1:02.29	1:02.19	59.49	100 Back	53.89	57.19	58.29	1:05.19	1:13.59
2:35.79	2:27.59	2:14.49	2:12.59	2:07.99	200 Back	1:56.59	2:04.29	2:05.99	2:23.69	2:26.99
1:25.79	1:20.79	1:12.29	1:11.19	1:08.19	100 Breast	1:00.89	1:04.39	1:05.49	1:15.09	1:17.89
3:05.79	2:56.49	2:36.19	2:32.79	2:27.99	200 Breast	2:12.69	2:21.19	2:22.89	2:44.99	2:52.49
1:14.99	1:07.99	1:01.49	1:00.59	59.09	100 Fly	52.79	54.79	55.89	1:02.89	1:12.09
2:40.99	2:37.69	2:17.29	2:17.89	2:11.99	200 Fly	1:57.79	2:05.69	2:08.49	2:25.69	2:35.99
2:40.59	2:23.69	2:14.29	2:13.99	2:10.59	200 IM	1:57.79	2:01.59	2:03.09	2:15.99	2:31.79
5:36.99	5:27.19	4:50.99	4:46.59	4:37.29	400 IM	4:14.99	4:23.99	4:31.19	5:06.89	5:30.19

2024-2025 Short Course YMCA Time Standards (15-18)

Girls			Event	Boys		
YMCA Districts	YMCA New Englands	YMCA Nationals		YMCA Nationals	YMCA New Englands	YMCA Districts
32.49	27.39	24.69	50 Free	22.09	25.29	29.99
1:10.19	59.39	53.59	100 Free	48.19	53.99	1:03.39
2:35.69	2:12.29	1:56.49	200 Free	1:45.19	2:01.79	2:24.19
6:58.39	5:55.59	5:07.99	500 Free	4:45.49	5:32.29	6:31.39
N/A	N/A	10:46.89	1000 Free	10:04.59	N/A	N/A
N/A	N/A	18:04.59	1650 Free	16:52.49	N/A	N/A
1:21.69	1:09.29	59.49	100 Back	53.89	1:04.79	1:16.29
2:55.89	2:29.49	2:07.99	200 Back	1:56.59	2:19.99	2:44.69
1:35.09	1:20.39	1:08.19	100 Breast	1:00.89	1:12.79	1:25.69
3:24.29	2:53.59	2:27.99	200 Breast	2:12.69	2:38.79	3:06.89
1:20.49	1:08.39	59.09	100 Fly	52.79	1:02.19	1:13.59
3:00.29	2:32.59	2:11.99	200 Fly	1:57.79	2:22.79	2:47.99
2:55.99	2:29.59	2:10.59	200 IM	1:57.79	2:16.79	2:41.89
N/A	N/A	4:37.29	400 IM	4:14.99	N/A	N/A

2024-2025 Short Course National Meets

Girls			Event	Boys		
YMCA Nationals	Futures	Summer Jr. Nationals		Summer Jr. Nationals	Futures	YMCA Nationals
24.69	23.89	22.99	50 Free	20.39	21.29	22.09
53.59	51.89	49.99	100 Free	44.39	46.39	48.19
1:56.49	1:52.29	1:48.29	200 Free	1:37.89	1:41.59	1:45.19
5:07.99	5:02.59	4:50.09	500 Free	4:27.09	4:37.09	4:45.49
10:46.89	10:20.49	10:04.99	1000 Free	9:13.19	9:34.29	10:04.59
18:04.59	17:14.39	16:51.49	1650 Free	16:05.09	16:05.49	16:52.49
59.49	57.09	54.39	100 Back	48.79	51.49	53.89
2:07.99	2:04.19	1:58.29	200 Back	1:46.79	1:52.79	1:56.59
1:08.19	1:05.49	1:02.49	100 Breast	55.09	57.99	1:00.89
2:27.99	2:22.69	2:15.59	200 Breast	2:00.59	2:07.99	2:12.69
59.09	56.59	54.19	100 Fly	48.29	50.59	52.79
2:11.99	2:05.39	2:00.59	200 Fly	1:47.89	1:53.69	1:57.79
2:10.59	2:06.39	2:01.19	200 IM	1:48.79	1:53.89	1:57.79
4:37.29	4:30.69	4:18.99	400 IM	3:52.69	4:06.99	4:14.99