

Qualifying Standards for Senior Training Groups

Irvine Site

Effective October 1, 2023

GIRLS - Yards

	Sr Gold II 15+	Sr Gold II 13-14	Sr Gold I 13+	Sr Silver II 15+	Sr Silver II 13-14	Sr Silver I 13+
	2x Future	3x Sectional	3x Sectional Bonus	5x AG Champs	5x AG Champs	2xBB in different strokes
	Future Standards	Sectional Standards	Sectional Bonus	Age-Group Champs	Age-Group Champs	BB Standards
50 Free	24.09	24.89	25.69	26.00	27.10	30.19
100 Free	52.09	53.99	55.49	56.40	58.70	1:05.49
200 Free	1:52.59	1:56.29	1:59.59	2:03.80	2:08.40	2:21.29
500 Free	5:03.49	5:10.69	5:19.49	5:38.00	5:46.40	6:18.69
1000 Free	10:20.49	10:39.89	10:57.99	11:49.50	12:08.00	13:01.79
1650 Free	17:14.39	17:46.59	18:16.79	20:09.22	20:25.50	21:43.19
100 Back	58.09	59.49	1:01.19	1:06.10	1:08.90	1:11.19
200 Back	2:04.99	2:08.59	2:12.29	2:26.10	2:30.60	2:34.89
100 Breast	1:05.99	1:07.59	1:09.49	1:14.90	1:18.00	1:21.69
200 Breast	2:22.69	2:28.19	2:32.39	2:46.30	2:48.20	2:57.29
100 Fly	57.49	59.19	1:00.89	1:04.10	1:07.30	1:10.89
200 Fly	2:05.39	2:10.09	2:13.79	2:31.20	2:38.80	2:36.89
200 IM	2:08.29	2:10.49	2:14.19	2:20.30	2:25.90	2:37.59
400 IM	4:30.69	4:39.09	4:46.99	5:12.50	5:15.50	5:37.59

BOYS - Yards

	Sr Gold II 15+	Sr Gold II 13-14		Sr Gold I 13+	Sr Silver II 15+	Sr Silver II 13-14	Sr Silver I 13+
	2x Futures	2x Sectional + 1 Bonus		3x Sectional Bonus	5x AG Champs	5x AG Champs	2xBB in different strokes
	Future Standards	Sectional Standards	Sectional Bonus Standards	Sectional Bonus	Age-Group Champs	Age-Group Champs	BB Standards
50 Free	21.39	22.19	22.79	22.79	23.00	25.10	27.79
100 Free	46.49	48.19	49.49	49.49	51.50	54.90	1:00.89
200 Free	1:41.79	1:45.79	1:48.79	1:48.79	1:51.90	2:01.70	2:12.79
500 Free	4:37.09	4:47.79	4:55.99	4:55.99	5:06.90	5:36.20	5:58.99
1000 Free	9:34.29	9:59.49	10:16.39	10:16.39	11:06.00	11:39.90	12:23.89
1650 Free	16:05.49	16:43.89	17:12.29	17:12.29	18:55.50	19:49.00	20:43.19
100 Back	52.09	53.89	55.39	55.39	1:00.40	1:05.30	1:06.39
200 Back	1:52.49	1:57.29	2:00.59	2:00.59	2:14.50	2:24.00	2:25.09
100 Breast	58.69	1:00.89	1:02.59	1:02.59	1:05.90	1:12.20	1:15.49
200 Breast	2:08.59	2:13.29	2:17.09	2:17.09	2:29.10	2:40.50	2:43.99
100 Fly	51.09	52.89	54.39	54.39	56.30	1:01.80	1:06.09
200 Fly	1:53.69	1:58.89	2:02.19	2:02.19	2:15.90	2:32.20	2:26.89
200 IM	1:55.09	1:58.19	2:01.59	2:01.59	2:07.00	2:16.60	2:28.49
400 IM	4:07.59	4:14.69	4:21.89	4:21.89	4:43.60	5:01.70	5:17.09

Qualifying Standards for Senior Training Groups

Irvine Site

Effective October 1, 2023

GIRLS - Meters

	Sr Gold II 15+	Sr Gold II 13-14	Sr Gold I 13+	Sr Silver II 15+	Sr Silver II 13-14	Sr Silver I 13+
	2x Future	3x Sectional	3x Sectional Bonus	5x AG Champs	5x AG Champs	2xBB in different strokes
	Future Standards	Sectional Standards	Sectional Bonus	Age-Group Champs	Age-Group Champs	BB Standards
50 Free	27.39	28.69	29.49	29.60	30.80	34.39
100 Free	59.39	1:01.89	1:03.69	1:04.20	1:06.70	1:14.79
200 Free	2:07.79	2:12.99	2:16.69	2:20.60	2:25.70	2:41.79
400 Free	4:28.79	4:39.69	4:47.59	5:01.00	5:09.10	5:40.59
800 Free	9:13.79	9:36.09	9:52.49	10:33.20	10:49.70	11:41.99
1500 Free	17:40.19	18:22.99	18:54.19	20:33.40	20:50.00	22:23.09
100 Back	1:06.89	1:09.49	1:11.39	1:14.50	1:17.60	1:23.59
200 Back	2:23.99	2:29.19	2:33.39	2:44.50	2:49.50	2:58.69
100 Breast	1:15.99	1:18.79	1:20.99	1:25.10	1:28.50	1:34.79
200 Breast	2:43.39	2:49.69	2:54.49	3:08.50	3:10.70	3:23.99
100 Fly	1:04.69	1:07.19	1:09.09	1:12.50	1:16.00	1:20.39
200 Fly	2:21.89	2:27.99	2:32.19	2:50.60	2:59.00	2:59.19
200 IM	2:26.39	2:31.09	2:35.39	2:38.90	2:45.10	3:01.79
400 IM	5:07.29	5:20.09	5:29.09	5:53.20	5:56.60	6:25.89

BOYS - Meters

	Sr Gold II 15+	Sr Gold II 13-14		Sr Gold I 13+	Sr Silver II 15+	Sr Silver II 13-14	Sr Silver I 13+
	2x Futures	2x Sectional + 1 Bonus		3x Sectional Bonus	5x AG Champs	5x AG Champs	2xBB in different strokes
	Future Standards	Sectional Standards	Sectional Bonus	Sectional Bonus	Age-Group Champs	Age-Group Champs	BB Standards
50 Free	24.89	25.89	26.59	26.59	26.30	28.60	31.99
100 Free	53.79	56.09	57.69	57.69	58.70	1:02.50	1:09.89
200 Free	1:58.09	2:03.09	2:06.59	2:06.59	2:07.40	2:18.20	2:32.29
400 Free	4:09.99	4:21.09	4:28.49	4:28.49	4:33.90	5:00.00	5:24.09
800 Free	8:40.69	9:04.69	9:20.09	9:20.09	9:54.40	10:24.60	11:13.99
1500 Free	16:39.99	17:13.49	17:42.79	17:42.79	19:18.20	20:12.30	21:27.39
100 Back	1:00.79	1:03.29	1:05.09	1:05.09	1:08.20	1:13.60	1:17.89
200 Back	2:11.89	2:17.39	2:21.29	2:21.29	2:31.70	2:42.20	2:49.09
100 Breast	1:08.69	1:11.29	1:13.29	1:13.29	1:15.10	1:22.10	1:28.09
200 Breast	2:29.09	2:35.79	2:40.19	2:40.19	2:49.50	3:02.10	3:10.79
100 Fly	58.39	1:00.89	1:02.59	1:02.59	1:03.90	1:10.00	1:15.49
200 Fly	2:10.19	2:15.89	2:19.79	2:19.79	2:33.60	2:51.70	2:47.99
200 IM	2:12.79	2:18.39	2:22.29	2:22.29	2:24.10	2:34.80	2:51.39
400 IM	4:42.39	4:55.09	5:03.49	5:03.49	5:21.90	5:41.30	6:04.69