

2025 LONG COURSE TAGS TIME STANDARDS

Girls			Boys			
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
28.99	30.29	33.49	50 Fr	33.69	29.39	26.99
1:01.89	1:05.79	1:13.29	100 Fr	1:14.59	1:04.29	57.69*
2:14.09	2:22.99	2:39.29	200 Fr	2:40.99	2:19.29	2:04.99
4:42.19	5:01.39	5:40.59	400 Fr	5:41.59	4:55.99	4:27.09
9:46.79	X	X	800 Fr	X	X	9:16.29
18:42.79	X	X	1500 Fr	X	X	17:57.29
X	35.69	40.39	50 Bk	39.99	35.29	X
1:11.39	1:15.69	1:25.49	100 Bk	1:24.99	1:15.09	1:06.69*
2:32.59	2:43.09	X	200 Bk	X	2:40.19	2:22.59*
X	40.29	46.09	50 Br	46.89	39.19	X
1:21.39	1:27.19	1:39.39	100 Br	1:40.49	1:24.59	1:14.39*
2:54.79	3:07.19	X	200 Br	X	3:03.39	2:41.09
X	32.79	37.29	50 Fly	37.39	32.49	X
1:08.49	1:13.49	1:27.09	100 Fly	1:26.69	1:11.99	1:03.29*
2:34.99	2:50.29	X	200 Fly	X	2:51.69	2:22.09*
2:33.19	2:42.49	3:00.79	200 IM	3:01.89	2:37.69	2:20.69
5:23.89	X	X	400 IM	X	X	5:04.69*
1:56.99	2:02.89	2:19.59	200 FR	2:19.79	2:01.29	1:49.49
4:13.59	4:27.69	5:10.79	400 FR	5:13.99	4:28.69	3:57.69
9:12.69			800 FR	x	X	8:43.49
2:10.69	2:17.49	2:39.49	200 MR	2:41.09	2:17.39	2:01.99
4:44.29	5:02.29	X	400 MR	x	5:02.99	4:25.79

2025 LONG COURSE TAGS BONUS TIME STANDARDS

Girls			Boys			
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
29.49	30.79	33.99	50 Fr	34.19	29.89	27.49
1:02.39	1:06.79	1:14.79	100 Fr	1:14.99	1:05.29	57.99
2:14.59	2:23.49	2:42.39	200 Fr	2:44.49	2:20.09	2:05.49
4:43.39	5:03.39	5:43.89	400 Fr	5:47.99	4:58.49	4:29.39*
9:49.99	X	X	800 Fr	X	X	9:25.39*
18:47.49	X	X	1500 Fr	X	X	18:03.09*
X	36.09	40.89	50 Bk	40.49	35.79	X
1:12.39	1:16.69	1:26.79	100 Bk	1:26.59	1:16.09	1:07.49*
2:35.69	2:44.09	X	200 Bk	X	2:42.99	2:24.79*
X	40.79	46.59	50 Br	47.39	39.69	X
1:21.99	1:28.19	1:41.09	100 Br	1:41.49	1:25.39	1:15.09*
2:57.19	3:08.29	X	200 Br	X	3:04.39	2:42.59
X	33.29	38.19	50 Fly	37.89	32.99	X
1:09.29	1:14.49	1:29.49	100 Fly	1:29.19	1:12.99	1:03.79*
2:37.99	2:51.89	X	200 Fly	X	2:52.99	2:24.29*
2:34.39	2:43.99	3:04.89	200 IM	3:05.79	2:38.99	2:22.29*
5:26.39	X	X	400 IM	X	X	5:07.39*

2025 SHORT COURSE TAGS TIME STANDARDS

Girls			Boys			
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
25.29	26.99	30.49	50 Fr	29.99	25.99	23.39
54.19	57.59	1:06.19	100 Fr	1:04.99	55.79	50.69
1:56.99	2:03.99	2:20.29	200 Fr	2:21.99	2:01.99	1:49.59
5:13.59	5:31.19	6:16.99	500 Fr	6:18.09	5:28.49	4:54.29
10:56.29	X	X	1000 Fr	X	X	10:12.89
18:14.49	X	X	1650 Fr	X	X	17:10.09*
X	30.69	34.69	50 Bk	34.59	30.19	X
1:00.29	1:05.39	1:14.19	100 Bk	1:14.19	1:04.69	55.69
2:09.99	2:20.89	X	200 Bk	X	2:17.99	2:01.99
X	34.69	39.99	50 Br	40.29	34.09	X
1:09.19	1:15.39	1:26.99	100 Br	1:27.59	1:14.99	1:03.99*
2:29.59	2:41.29	X	200 Br	X	2:38.49	2:17.19
X	28.99	33.39	50 Fly	33.29	28.49	X
59.49	1:04.79	1:16.39	100 Fly	1:16.89	1:03.29	55.09
2:13.09	2:25.99	X	200 Fly	X	2:22.39	2:02.59
X	1:05.89	1:14.99	100 IM	1:15.19	1:04.59	X
2:13.39	2:20.59	2:40.99	200 IM	2:40.49	2:18.59	2:03.69
4:41.99	X	X	400 IM	x	X	4:23.59
1:42.29	1:47.69	2:03.59	200 FR	2:04.19*	1:46.79	1:35.09
3:42.69	3:56.09	4:34.79	400 FR	4:35.69	3:55.59	3:26.79
8:00.19	X	X	800 FR	X	X	7:35.99*
1:53.19	1:59.89	2:18.59	200 MR	2:20.49	1:59.19	1:44.99
4:08.19	4:24.29	X	400 MR	X	4:24.59	3:50.89

2025 SHORT COURSE TAGS BONUS TIME STANDARDS

Girls			Boys			
13-14	11-12	10&U	EVENT	10&U	11-12	13-14
25.79	27.39	30.99	50 Fr	30.39	26.39	23.69
54.79	57.99	1:06.89	100 Fr	1:06.19	56.49	51.19
1:57.39	2:05.49	2:23.29	200 Fr	2:23.19	2:02.69	1:50.09
5:15.39	5:34.39	6:23.39	500 Fr	6:24.79	5:32.19	4:56.19
10:59.29	X	X	1000 Fr	X	X	10:16.99
18:22.89	X	X	1650 Fr	X	X	17:18.29
X	30.89	35.19	50 Bk	35.39	30.49	X
1:01.29	1:05.99	1:15.69	100 Bk	1:15.79	1:04.99	56.99
2:10.89	2:22.09	X	200 Bk	X	2:20.09	2:02.89
X	35.19	40.59	50 Br	40.89	34.49	X
1:10.49	1:16.49	1:27.79	100 Br	1:28.99	1:15.79	1:04.39
2:32.99	2:42.19	X	200 Br	X	2:41.89*	2:19.89
X	29.29	34.09	50 Fly	33.79	28.69	X
1:00.59	1:05.39	1:18.89	100 Fly	1:18.79	1:04.09	55.49
2:16.19	2:27.69	X	200 Fly	X	2:23.89	2:04.09
X	1:06.39	1:16.29	100 IM	1:16.09	1:05.79	X
2:14.99	2:21.59	2:42.69	200 IM	2:43.69	2:19.79	2:04.19
4:46.59	X	X	400 IM	X	X	4:24.99