

2025-2026 OSI Time Standards

Girls			8 & Under	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
20.59	22.69		25 Free	20.09	22.09	
47.19	51.99	50.69	50 Free	51.79	56.99	49.09
1:48.49	1:59.39	1:52.79	100 Free	1:45.09	1:55.59	1:51.39
23.39	25.79		25 Back	23.49	25.89	
50.29	55.39	56.29	50 Back	52.49	57.79	54.29
30.19	33.29		25 Breast	30.49	33.59	
1:05.49	1:12.09	1:09.89	50 Breast	1:08.79	1:15.69	1:08.69
28.19	31.09		25 Fly	28.09	30.89	
1:05.09	1:11.59	1:13.19	50 Fly	1:04.19	1:10.69	1:10.69
2:05.79	2:18.39		100 IM	2:09.19	2:22.19	
1:48.59	1:59.49		100 F.R.	1:42.59	1:52.89	
2:10.09	2:23.09		100 M.R.	2:15.79	2:29.39	

Girls			9	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
40.69	44.79	43.69	50 Free	39.39	43.39	47.09
1:30.89	1:39.99	1:40.89	100 Free	1:29.69	1:38.69	1:43.09
3:29.09	3:49.99	3:53.59	200 Free	3:26.59	3:47.29	4:03.59
47.19	51.99	51.19	50 Back	46.69	51.39	53.59
1:42.89	1:53.19	1:52.29	100 Back	1:44.29	1:54.79	1:55.49
54.59	1:00.09	59.79	50 Breast	54.79	1:00.29	1:01.79
1:59.19	2:11.19	2:18.59	100 Breast	2:05.99	2:18.59	2:16.19
54.79	1:00.29	58.49	50 Fly	53.29	58.69	56.99
2:03.29	2:15.69	2:29.79	100 Fly	1:59.39	2:11.39	2:12.79
1:43.99	1:54.39		100 IM	1:44.69	1:55.19	
4:02.39	4:26.69	4:34.29	200 IM	3:39.49	4:01.49	4:23.19

Girls			10	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
35.29	38.89	39.99	50 Free	35.49	39.09	41.59
1:20.19	1:28.29	1:30.19	100 Free	1:17.69	1:25.49	1:34.69
3:10.29	3:29.39	3:18.99	200 Free	2:56.59	3:14.29	3:16.99
40.39	44.49	47.89	50 Back	41.19	45.39	45.79
1:33.09	1:42.39	1:42.49	100 Back	1:33.09	1:42.39	1:47.89
47.29	52.09	55.99	50 Breast	47.69	52.49	56.19
1:45.49	1:56.09	1:59.39	100 Breast	1:46.59	1:57.29	2:03.09
43.89	48.29	52.09	50 Fly	43.99	48.39	49.59
1:46.79	1:57.49	2:05.89	100 Fly	1:44.49	1:54.99	2:06.19
1:31.09	1:40.19		100 IM	1:33.79	1:43.19	
3:20.39	3:40.49	3:42.69	200 IM	3:18.79	3:38.69	3:46.89

2025-2026 OSI Time Standards

Girls			10 & Under	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
2:35.19	2:50.79	3:08.59	200 F.R.	2:43.99	3:00.39	3:11.59
3:01.89	3:20.09	3:40.59	200 M.R.	3:01.89	3:20.09	3:47.49

Girls			11	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
32.89	36.19	36.09	50 Free	32.39	35.69	36.99
1:11.69	1:18.89	1:24.49	100 Free	1:11.99	1:19.19	1:23.49
2:41.39	2:57.59	2:51.29	200 Free	2:43.19	2:59.59	3:03.69
7:19.49			500 Free	7:07.69		
	6:25.94	6:24.09	400 Free		6:15.53	6:27.69
13:22.49			1000 Free	13:17.69		
	11:36.25	11:15.39	800 Free		11:32.12	12:05.29
22:34.09			1650 Free	21:07.49		
	23:01.76	22:05.79	1500 Free		21:33.47	22:11.09
37.99	41.79	43.49	50 Back	37.99	41.79	44.69
1:22.89	1:31.19	1:33.19	100 Back	1:22.19	1:30.49	1:37.89
2:39.19	2:55.19	2:58.19	200 Back	2:37.59	2:53.39	3:02.49
44.19	48.69	48.89	50 Breast	44.29	48.79	51.89
1:35.29	1:44.89	1:46.29	100 Breast	1:36.19	1:45.89	1:51.59
2:56.49	3:14.19	3:21.39	200 Breast	2:51.59	3:08.79	3:15.19
37.29	41.09	41.79	50 Fly	38.49	42.39	44.09
1:28.49	1:37.39	1:39.09	100 Fly	1:28.59	1:37.49	1:40.49
2:48.99	3:05.89	3:13.69	200 Fly	2:37.89	2:53.69	3:08.69
1:25.19	1:33.79		100 IM	1:25.29	1:33.89	
3:04.99	3:23.49	3:22.69	200 IM	3:06.99	3:25.69	3:31.29
5:38.49	6:12.39	6:20.89	400 IM	5:48.39	6:23.29	6:38.89

2025-2026 OSI Time Standards

Girls			12	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
29.89	32.89	33.19	50 Free	29.99	32.99	32.89
1:04.79	1:11.29	1:13.99	100 Free	1:05.29	1:11.89	1:15.19
2:28.89	2:43.79	2:42.49	200 Free	2:31.09	2:46.19	2:44.79
6:52.19			500 Free	6:46.49		
	6:01.98	6:00.69	400 Free		5:56.91	5:50.49
13:22.49			1000 Free	13:17.69		
	11:36.25	11:15.39	800 Free		11:32.12	12:05.29
22:34.09			1650 Free	21:07.49		
	23:01.76	22:05.79	1500 Free		21:33.47	22:11.09
34.29	37.79	40.69	50 Back	35.69	39.29	42.09
1:15.69	1:23.29	1:29.39	100 Back	1:15.29	1:22.89	1:30.49
2:39.19	2:55.19	2:58.19	200 Back	2:37.59	2:53.39	3:02.49
39.99	43.99	46.49	50 Breast	40.09	44.09	45.69
1:25.69	1:34.29	1:41.99	100 Breast	1:27.69	1:36.49	1:39.99
2:56.49	3:14.19	3:21.39	200 Breast	2:51.59	3:08.79	3:15.19
33.39	36.79	37.39	50 Fly	33.49	36.89	40.09
1:20.79	1:28.89	1:33.39	100 Fly	1:21.89	1:30.09	1:32.49
2:48.99	3:05.89	3:13.69	200 Fly	2:37.89	2:53.69	3:08.69
1:16.49	1:24.19		100 IM	1:15.49	1:23.09	
2:53.39	3:10.79	3:08.69	200 IM	2:52.29	3:09.59	3:10.89
5:38.49	6:12.39	6:20.89	400 IM	5:48.39	6:23.29	6:38.89

Girls			11 - 12	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
2:10.49	2:23.59	2:29.09	200 F.R.	2:13.39	2:26.79	2:32.59
4:54.99	5:24.49	5:46.09	400 F.R.	4:55.39	5:24.99	5:44.39
2:34.29	2:49.79	2:51.99	200 M.R.	2:31.19	2:46.39	2:49.69
5:21.69	5:53.89	6:20.39	400 M.R.	5:38.09	6:11.89	6:34.29

2025-2026 OSI Time Standards

Girls			13	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
28.19	31.09	31.59	50 Free	27.29	30.09	32.09
59.79	1:05.79	1:09.29	100 Free	59.29	1:05.29	1:12.29
2:17.89	2:31.69	2:36.29	200 Free	2:14.19	2:27.69	2:35.79
6:21.99			500 Free	6:20.09		
	5:35.44	5:40.39	400 Free		5:33.75	5:38.79
13:22.49			1000 Free	13:17.69		
	11:36.25	11:15.39	800 Free		11:32.12	12:05.29
22:34.09			1650 Free	21:07.49		
	23:01.76	22:05.79	1500 Free		21:33.47	22:11.09
1:11.39	1:18.59	1:23.99	100 Back	1:11.49	1:18.69	1:24.39
2:39.19	2:55.19	2:58.19	200 Back	2:37.59	2:53.39	3:02.49
1:21.89	1:30.09	1:36.29	100 Breast	1:17.09	1:24.79	1:30.89
2:56.49	3:14.19	3:21.39	200 Breast	2:51.59	3:08.79	3:15.19
1:13.69	1:21.09	1:24.89	100 Fly	1:10.89	1:17.99	1:22.69
2:48.99	3:05.89	3:13.69	200 Fly	2:37.89	2:53.69	3:08.69
2:36.99	2:52.69	2:56.59	200 IM	2:34.19	2:49.69	2:56.89
5:38.49	6:12.39	6:20.89	400 IM	5:48.39	6:23.29	6:38.89

Girls			14	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
27.79	30.59	31.39	50 Free	25.99	28.59	29.39
59.69	1:05.69	1:07.29	100 Free	54.29	59.79	1:03.49
2:12.49	2:25.79	2:35.29	200 Free	2:05.49	2:18.09	2:24.59
6:03.09			500 Free	5:41.99		
	5:18.79	5:29.99	400 Free		5:00.31	5:14.99
12:58.09			1000 Free	11:56.49		
	11:15.02	11:11.69	800 Free		10:21.69	11:23.19
21:40.29			1650 Free	20:10.79		
	22:06.94	21:28.79	1500 Free		20:35.59	21:26.49
1:10.59	1:17.69	1:20.29	100 Back	1:07.19	1:13.99	1:17.89
2:35.39	2:50.99	2:55.79	200 Back	2:26.09	2:40.69	2:55.39
1:21.69	1:29.89	1:29.79	100 Breast	1:15.89	1:23.49	1:26.29
2:53.39	3:10.79	3:10.49	200 Breast	2:49.79	3:06.79	3:11.59
1:12.29	1:19.59	1:23.79	100 Fly	1:04.69	1:11.19	1:17.19
2:46.59	3:03.29	3:13.29	200 Fly	2:36.19	2:51.89	3:00.19
2:33.49	2:48.89	2:55.89	200 IM	2:23.19	2:37.59	2:46.59
5:35.79	6:09.39	6:10.19	400 IM	5:07.09	5:37.79	6:25.69

2025-2026 OSI Time Standards

Girls			13-14	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
1:54.79	2:06.29	2:12.29	200 F.R.	1:50.89	2:01.99	2:09.29
4:15.19	4:40.79	4:56.19	400 F.R.	4:05.79	4:30.39	4:43.79
9:12.49	10:07.79	11:12.89	800 F.R.	9:09.77	10:04.79	10:48.79
2:14.09	2:27.49	2:31.29	200 M.R.	2:05.39	2:17.99	2:26.89
4:54.79	5:24.29	5:39.49	400 M.R.	4:35.19	5:02.79	5:33.19

Girls			15 & Over*	Boys		
SCY A	SCM A	LCM A	Event	SCY A	SCM A	LCM A
26.59	29.29	30.19	50 Free	23.69	26.09	26.89
56.79	1:02.49	1:05.09	100 Free	51.39	56.59	59.59
2:04.19	2:16.69	2:25.79	200 Free	1:52.59	2:03.89	2:13.09
5:43.89			500 Free	5:17.59		
	5:01.99	5:01.79	400 Free		4:38.88	4:43.09
12:06.19			1000 Free	11:46.39		
	10:30.12	10:49.99	800 Free		10:12.94	9:43.19
21:07.49			1650 Free	19:35.09		
	21:33.43	20:20.69	1500 Free		19:59.14	18:54.49
1:04.79	1:11.29	1:15.59	100 Back	58.09	1:03.89	1:09.29
2:21.79	2:35.99	2:42.29	200 Back	2:12.49	2:25.79	2:31.79
1:13.29	1:20.69	1:26.59	100 Breast	1:03.79	1:10.19	1:16.49
2:47.49	3:04.29	3:04.39	200 Breast	2:28.79	2:43.69	3:02.39
1:04.69	1:11.19	1:14.89	100 Fly	56.89	1:02.59	1:04.19
2:31.59	2:46.79	2:52.39	200 Fly	2:20.89	2:34.99	2:32.69
2:22.49	2:36.79	2:44.89	200 IM	2:07.19	2:19.99	2:30.29
5:32.69	6:05.99	5:59.99	400 IM	4:59.79	5:29.79	5:15.79
1:49.59	2:00.59	2:02.49	200 F.R.	1:38.19	1:48.09	1:55.09
3:57.99	4:21.79	4:33.89	400 F.R.	3:37.59	3:59.39	4:16.19
9:02.29	9:56.59	10:18.59	800 F.R.	8:01.09	8:49.19	9:58.69
2:00.09	2:12.09	2:17.49	200 M.R.	1:50.79	2:01.89	2:11.99
4:27.29	4:54.09	5:08.89	400 M.R.	4:04.09	4:28.49	4:48.69

*15 & Over Standards for **Short Course** Championships equal to 14 YO