

2025 PNS 14&U SC

Championships Time Standards

Girls			10&U Events	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
35.39	36.89	31.89	50 Free	32.49	36.79	35.99
1:20.09	1:23.49	1:11.59	100 Free	1:13.89	1:23.39	1:20.99
2:57.29	3:04.69	2:38.99	200 Free	2:44.89	3:06.29	3:00.59
6:08.49	6:14.89	6:53.39	400/500 Free	6:53.39	6:14.89	6:08.49
42.09	43.09	37.59	50 Back	38.69	42.89	42.19
1:33.59	1:35.79	1:21.79	100 Back	1:23.89	1:35.09	1:33.59
48.79	50.09	42.89	50 Breast	43.99	50.69	49.99
1:47.09	1:48.99	1:35.09	100 Breast	1:36.49	1:50.49	1:48.89
41.39	42.59	36.29	50 Fly	38.09	43.49	43.39
1:40.79	1:42.19	1:28.29	100 Fly	1:36.79	1:50.19	1:47.59
1:30.09	N/A	1:21.39	100 IM	1:24.09	N/A	1:31.09
3:26.19	3:27.29	3:00.29	200 IM	3:08.79	3:33.09	3:30.79
2:47.99	2:52.79	2:30.49	4x50 Free Relay	2:46.49	3:13.59	3:05.89
3:18.29	3:24.39	2:57.59	4x50 Medley Relay	3:13.19	3:45.19	3:35.69

Girls			11-12 Events	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
31.29	32.49	27.89	50 Free	28.19	32.49	31.79
1:09.99	1:12.19	1:01.19	100 Free	1:01.69	1:10.99	1:09.49
2:31.19	2:38.79	2:16.09	200 Free	2:17.79	2:39.39	2:33.79
5:32.89	5:37.49	6:09.49	400/500 Free	6:10.59	5:26.69	5:40.59
21:54.89	22:22.99	21:32.09	1500/1650 Free	21:32.09	22:22.99	21:54.89
37.99	38.89	33.29	50 Back	32.99	38.79	38.69
1:21.89	1:23.59	1:10.69	100 Back	1:11.59	1:23.39	1:22.89
2:57.19	3:01.49	2:33.29	200 Back	2:37.29	3:02.99	2:59.09
43.69	43.69	38.59	50 Breast	37.59	44.49	43.59
1:34.09	1:35.59	1:23.29	100 Breast	1:19.99	1:35.69	1:35.09
3:23.09	3:28.29	2:56.49	200 Breast	3:02.49	3:31.59	3:30.59
35.29	36.79	31.69	50 Fly	31.09	36.99	36.49
1:24.89	1:25.79	1:13.79	100 Fly	1:13.29	1:24.99	1:23.49
3:13.19	3:15.99	2:50.29	200 Fly	2:43.99	3:10.19	3:07.39
1:19.89	N/A	1:11.39	100 IM	1:10.79	N/A	1:18.89
2:53.39	3:00.29	2:35.79	200 IM	2:32.39	2:58.69	2:58.59
6:50.09	6:56.79	5:44.49	400 IM	6:03.79	6:46.59	6:40.19
2:15.19	2:19.09	2:01.09	4x50 Free Relay	1:58.09	2:17.39	2:11.89
5:00.79	5:09.49	4:29.49	4x100 Free Relay	4:20.99	5:03.49	4:51.29
2:34.79	2:39.69	2:18.69	4x50 Medley Relay	2:17.39	2:40.19	2:33.39
5:41.29	5:52.29	5:05.79	4x100 Medley Relay	5:25.59	6:20.39	6:03.39

Girls			13-14 Events	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
29.39	31.19	26.79	50 Free	24.89	28.49	27.29
1:04.59	1:06.99	57.69	100 Free	54.49	1:02.09	59.99
2:22.89	2:28.09	2:08.49	200 Free	1:58.99	2:21.39	2:14.29
5:15.09	5:18.89	5:50.99	400/500 Free	5:31.79	5:04.79	4:54.89
20:33.99	20:58.59	20:19.59	1500/1650 Free	19:11.09	19:46.79	19:22.79
36.39	37.79	32.59	50 Back	29.39	35.79	34.19
1:16.59	1:17.89	1:06.49	100 Back	1:01.89	1:12.89	1:10.69
2:45.79	2:50.09	2:22.29	200 Back	2:19.39	2:43.09	2:34.39
41.89	43.59	36.99	50 Breast	33.99	40.69	37.99
1:27.99	1:28.89	1:15.39	100 Breast	1:09.89	1:22.19	1:19.99
3:05.89	3:11.39	2:46.89	200 Breast	2:34.09	3:00.29	2:55.59
34.69	35.79	30.69	50 Fly	28.79	33.59	32.49
1:14.09	1:15.79	1:04.89	100 Fly	1:01.29	1:09.79	1:07.69
3:09.29	3:12.09	2:37.49	200 Fly	2:25.29	2:46.79	2:45.79
2:41.69	2:47.59	2:22.59	200 IM	2:15.69	2:36.09	2:31.79
5:58.19	6:07.59	5:14.29	400 IM	5:54.39	5:34.09	5:33.59
2:00.39	2:03.79	1:47.79	4x50 Free Relay	1:42.59	1:59.29	1:54.59
4:27.49	4:35.09	3:59.59	4x100 Free Relay	3:53.09	4:31.09	4:20.19
2:16.49	2:20.79	2:02.29	4x50 Medley Relay	1:53.39	2:12.19	2:06.59
5:01.59	5:11.29	4:30.19	4x100 Medley Relay	4:21.09	5:05.09	4:51.49