

2025 PNS LC 13&O

Championships Time Standards

15&O Standards						
Women			Event	Men		
SCM	SCY	LCM		LCM	SCY	SCM
27.99	25.19	29.09	50 Free	25.89	22.49	24.99
1:00.89	54.79	1:02.89	100 Free	56.69	49.09	54.49
2:13.09	1:59.89	2:17.99	200 Free	2:06.89	1:48.69	2:00.69
4:45.49	5:26.19	4:55.79	400/500 Free	4:36.99	5:02.49	4:24.69
10:19.59	11:48.09	10:25.99	800/1000 Free	9:41.09	10:51.59	9:30.19
19:24.89	19:31.89	20:00.79	1500/1650 Free	18:39.29	18:07.69	18:01.19
31.29	28.19	33.69	50 Back	30.49	25.29	27.79
1:08.19	1:01.39	1:12.29	100 Back	1:06.09	55.59	1:01.79
2:30.19	2:15.29	2:37.79	200 Back	2:26.69	2:03.99	2:17.69
35.99	32.39	38.89	50 Breast	33.99	28.29	31.49
1:18.49	1:10.69	1:23.59	100 Breast	1:13.79	1:02.49	1:09.39
2:53.19	2:35.99	3:00.49	200 Breast	2:43.39	2:19.09	2:34.39
30.89	27.79	32.39	50 Fly	28.89	24.49	27.19
1:07.29	1:00.59	1:09.99	100 Fly	1:01.99	53.99	59.99
2:36.29	2:20.79	2:45.69	200 Fly	2:25.39	2:05.29	2:19.09
2:29.89	2:14.99	2:37.59	200 IM	2:22.49	2:01.49	2:14.89
5:28.39	4:55.79	5:41.69	400 IM	5:11.39	4:28.59	4:58.19
1:57.19	1:44.99	2:00.99	4x50 Free Relay	1:49.09	1:33.59	1:44.49
4:28.69	4:00.69	4:15.59	4x100 Free Relay	3:53.19	3:25.19	3:49.09
9:35.49	8:35.59	9:55.59	4x200 Free Relay (13&O)	8:52.39	7:32.39	8:24.99
2:12.29	1:58.49	2:25.19	4x50 Medley Relay	2:09.99	1:43.39	1:55.39
5:00.09	4:44.09	5:04.19	4x100 Medley Relay	4:27.89	3:50.79	4:17.59

*Note these standards are provisionary and are subject to change based on LC meet participation. Standards will NOT get faster, but may soften if meet participation for 12&U does not reach the predicted quantity of meet splashes. Standards will be finalized by mid-June

13-14 Standards						
Girls			Event	Boys		
SCM	SCY	LCM		LCM	SCY	SCM
29.49	26.49	31.09	50 Free	28.79	24.49	27.19
1:04.89	58.39	1:07.89	100 Free	1:05.19	54.99	1:01.09
2:20.99	2:06.99	2:31.89	200 Free	2:23.09	1:57.29	2:10.19
4:59.79	5:42.59	5:27.99	400/500 Free	5:11.99	5:33.99	4:52.29
11:31.49	13:10.29	11:50.79	800/1000 Free	11:09.19	12:20.99	10:48.39
21:53.29	22:01.19	22:43.49	1500/1650 Free	21:25.69	20:46.99	20:39.49
34.69	31.19	36.99	50 Back	35.39	28.49	31.69
1:14.69	1:07.29	1:18.89	100 Back	1:15.69	1:01.89	1:08.69
2:38.49	2:22.79	2:55.49	200 Back	2:46.69	2:18.69	2:33.99
38.19	34.39	43.29	50 Breast	39.49	32.09	35.69
1:22.99	1:14.69	1:32.49	100 Breast	1:24.99	1:10.19	1:17.99
3:02.69	2:44.59	3:21.19	200 Breast	3:05.89	2:31.19	2:47.89
33.29	29.99	36.69	50 Fly	33.79	28.09	31.19
1:13.29	1:05.99	1:18.29	100 Fly	1:12.59	1:01.09	1:07.89
2:47.79	2:31.09	3:01.69	200 Fly	2:46.79	2:22.69	2:38.39
2:40.09	2:24.19	2:51.29	200 IM	2:42.49	2:13.69	2:28.39
5:49.59	5:14.89	5:58.29	400 IM	5:34.89	4:49.49	5:21.39
2:00.39	1:47.79	2:03.79	4x50 Free Relay	1:59.29	1:42.59	1:54.59
4:27.49	3:59.59	4:35.09	4x100 Free Relay	4:31.09	3:53.09	4:20.19
2:16.49	2:02.29	2:20.79	4x50 Medley Relay	2:12.19	1:53.39	2:06.59
5:01.59	4:30.19	5:22.19	4x100 Medley Relay	5:05.09	4:21.09	4:51.49

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