



# 2024-2025 AGE GROUP LSC CHAMPIONSHIP

## Time Standards - Short Course Yards

| GIRLS          |                 |                 |                  | BOYS           |                 |                 |
|----------------|-----------------|-----------------|------------------|----------------|-----------------|-----------------|
| 10 & Under     | 11-12           | 13-14           | EVENT            | 10 & Under     | 11-12           | 13-14           |
| <b>:33.89</b>  | <b>:29.29</b>   | <b>:26.89</b>   | 50 Free          | <b>:34.49</b>  | <b>:29.99</b>   | <b>:26.09</b>   |
| <b>1:16.89</b> | <b>1:04.49</b>  | <b>:58.19</b>   | 100 Free         | <b>1:16.49</b> | <b>1:04.79</b>  | <b>:56.49</b>   |
| <b>2:50.59</b> | <b>2:22.39</b>  | <b>2:05.59</b>  | 200 Free         | <b>2:47.99</b> | <b>2:22.69</b>  | <b>2:04.09</b>  |
| <b>8:11.99</b> | <b>6:29.99</b>  | <b>5:38.59</b>  | 500 Free         | <b>8:11.99</b> | <b>6:33.39</b>  | <b>5:31.89</b>  |
| n/a            | <b>13:59.99</b> | <b>11:47.09</b> | 1000 Free        | n/a            | <b>13:59.99</b> | <b>11:43.39</b> |
| n/a            | <b>22:59.99</b> | <b>19:59.99</b> | 1650 Free        | n/a            | <b>23:29.99</b> | <b>19:27.29</b> |
| <b>:39.99</b>  | <b>:34.29</b>   | n/a             | 50 Back          | <b>:40.99</b>  | <b>:34.79</b>   | n/a             |
| <b>1:27.69</b> | <b>1:15.09</b>  | <b>1:07.19</b>  | 100 Back         | <b>1:30.99</b> | <b>1:15.49</b>  | <b>1:05.79</b>  |
| n/a            | <b>2:49.39</b>  | <b>2:25.09</b>  | 200 Back         | n/a            | <b>2:47.89</b>  | <b>2:23.39</b>  |
| <b>:46.19</b>  | <b>:39.59</b>   | n/a             | 50 Breast        | <b>:46.19</b>  | <b>:39.49</b>   | n/a             |
| <b>1:41.79</b> | <b>1:25.69</b>  | <b>1:17.19</b>  | 100 Breast       | <b>1:42.49</b> | <b>1:26.19</b>  | <b>1:16.09</b>  |
| n/a            | <b>3:13.69</b>  | <b>2:51.49</b>  | 200 Breast       | n/a            | <b>3:14.79</b>  | <b>2:43.99</b>  |
| <b>:39.79</b>  | <b>:32.99</b>   | n/a             | 50 Fly           | <b>:39.79</b>  | <b>:34.09</b>   | n/a             |
| <b>1:38.19</b> | <b>1:16.49</b>  | <b>1:07.69</b>  | 100 Fly          | <b>1:41.59</b> | <b>1:19.89</b>  | <b>1:03.99</b>  |
| n/a            | <b>2:58.49</b>  | <b>2:34.49</b>  | 200 Fly          | n/a            | <b>2:58.19</b>  | <b>2:29.49</b>  |
| <b>1:27.79</b> | <b>1:16.19</b>  | n/a             | 100 I.M.         | <b>1:27.69</b> | <b>1:15.59</b>  | n/a             |
| <b>3:12.09</b> | <b>2:41.39</b>  | <b>2:26.59</b>  | 200 I.M.         | <b>3:21.39</b> | <b>2:41.69</b>  | <b>2:20.19</b>  |
| n/a            | <b>5:50.79</b>  | <b>5:10.49</b>  | 400 I.M.         | n/a            | <b>5:49.99</b>  | <b>4:59.99</b>  |
| <b>2:16.92</b> | <b>1:58.29</b>  | n/a             | 200 Free Relay   | <b>2:19.29</b> | <b>2:01.09</b>  | n/a             |
| n/a            | n/a             | <b>3:55.09</b>  | 400 Free Relay   | n/a            | n/a             | <b>3:48.19</b>  |
| <b>2:41.69</b> | <b>2:17.49</b>  | n/a             | 200 Medley Relay | <b>2:42.99</b> | <b>2:19.49</b>  | n/a             |
| n/a            | n/a             | <b>4:32.99</b>  | 400 Medley Relay | n/a            | n/a             | <b>4:24.89</b>  |



# 2024-2025 AGE GROUP LSC CHAMPIONSHIP

## Time Standards - Long Course Meters

| GIRLS      |          |          |                  | BOYS       |          |          |
|------------|----------|----------|------------------|------------|----------|----------|
| 10 & Under | 11-12    | 13-14    | EVENT            | 10 & Under | 11-12    | 13-14    |
| :39.29     | :33.49   | :31.89   | 50 Free          | :39.49     | :34.19   | :29.69   |
| 1:26.39    | 1:13.39  | 1:06.89  | 100 Free         | 1:28.19    | 1:14.69  | 1:04.29  |
| 3:14.19    | 2:39.79  | 2:26.49  | 200 Free         | 3:11.99    | 2:43.69  | 2:23.99  |
| 7:22.49    | 5:40.59  | 5:13.89  | 400 Free         | 7:22.49    | 5:40.59  | 5:07.49  |
| n/a        | 13:09.29 | 10:50.39 | 800 Free         | n/a        | 13:06.59 | 10:38.19 |
| n/a        | 25:10.99 | 20:32.19 | 1500 Free        | n/a        | 24:44.99 | 20:20.69 |
| :45.59     | :39.29   | n/a      | 50 Back          | :46.79     | :40.09   | n/a      |
| 1:41.59    | 1:26.19  | 1:19.69  | 100 Back         | 1:44.59    | 1:26.49  | 1:14.79  |
| n/a        | 3:09.49  | 2:46.99  | 200 Back         | n/a        | 3:12.89  | 2:44.09  |
| :52.79     | :45.19   | n/a      | 50 Breast        | :53.79     | :45.39   | n/a      |
| 1:56.89    | 1:36.39  | 1:30.49  | 100 Breast       | 1:58.19    | 1:42.99  | 1:29.99  |
| n/a        | 3:36.09  | 3:14.49  | 200 Breast       | n/a        | 3:41.89  | 3:07.29  |
| :46.19     | :37.59   | n/a      | 50 Fly           | :46.99     | :38.09   | n/a      |
| 1:49.79    | 1:27.59  | 1:17.99  | 100 Fly          | 1:49.69    | 1:31.79  | 1:14.29  |
| n/a        | 3:16.59  | 3:04.89  | 200 Fly          | n/a        | 3:25.19  | 2:56.69  |
| n/a        | n/a      | n/a      | 100 IM           | n/a        | n/a      | n/a      |
| 3:35.69    | 2:58.89  | 2:47.69  | 200 IM           | 3:39.29    | 3:05.49  | 2:43.19  |
| n/a        | 7:08.99  | 6:01.29  | 400 IM           | n/a        | 6:52.29  | 5:48.19  |
| 2:38.69    | 2:15.29  | n/a      | 200 Free Relay   | 2:39.49    | 2:18.09  | n/a      |
| n/a        | n/a      | 4:30.29  | 400 Free Relay   | n/a        | n/a      | 4:19.79  |
| 3:05.69    | 2:37.09  | n/a      | 200 Medley Relay | 3:08.89    | 2:39.29  | n/a      |
| n/a        | n/a      | 5:18.29  | 400 Medley Relay | n/a        | n/a      | 5:06.39  |



# 2024-2025 AGE GROUP LSC CHAMPIONSHIP

## Time Standards - Short Course Meters

| GIRLS      |          |          |                  | BOYS       |          |          |
|------------|----------|----------|------------------|------------|----------|----------|
| 10 & Under | 11-12    | 13-14    | EVENT            | 10 & Under | 11-12    | 13-14    |
| :41.29     | :33.49   | :29.89   | 50 Free          | :38.29     | :33.29   | :28.99   |
| 1:25.39    | 1:11.59  | 1:04.59  | 100 Free         | 1:24.89    | 1:11.99  | 1:02.69  |
| 3:09.39    | 2:38.09  | 2:19.39  | 200 Free         | 3:06.49    | 2:38.39  | 2:17.79  |
| 9:06.09    | 7:12.89  | 6:15.79  | 400 Free         | 9:06.09    | 7:16.69  | 6:08.39  |
| n/a        | 15:32.39 | 13:04.89 | 800 Free         | n/a        | 15:32.39 | 13:00.79 |
| n/a        | 25:31.79 | 22:11.99 | 1500 Free        | n/a        | 26:05.09 | 21:35.69 |
| :44.39     | :38.09   | n/a      | 50 Back          | :45.49     | :38.59   | n/a      |
| 1:37.29    | 1:23.39  | 1:14.59  | 100 Back         | 1:40.99    | 1:23.79  | 1:12.99  |
| n/a        | 3:07.99  | 2:41.09  | 200 Back         | n/a        | 3:06.39  | 2:39.19  |
| :51.29     | :43.99   | n/a      | 50 Breast        | :51.29     | :43.79   | n/a      |
| 1:52.99    | 1:35.09  | 1:25.69  | 100 Breast       | 1:53.79    | 1:36.59  | 1:24.49  |
| n/a        | 3:34.99  | 3:10.39  | 200 Breast       | n/a        | 3:36.19  | 3:01.99  |
| :44.49     | :36.59   | n/a      | 50 Fly           | :44.19     | :37.79   | n/a      |
| 1:48.99    | 1:24.89  | 1:15.09  | 100 Fly          | 1:52.79    | 1:28.69  | 1:10.99  |
| n/a        | 3:18.09  | 2:52.09  | 200 Fly          | n/a        | 3:17.79  | 2:45.89  |
| 1:37.49    | 1:24.59  | n/a      | 100 IM           | 1:37.39    | 1:23.89  | n/a      |
| 3:33.19    | 2:59.19  | 2:42.69  | 200 IM           | 3:43.59    | 2:59.49  | 2:35.59  |
| n/a        | 6:29.39  | 5:44.69  | 400 IM           | n/a        | 6:28.49  | 5:32.99  |
| 2:31.99    | 2:11.29  | n/a      | 200 Free Relay   | 2:34.59    | 2:14.39  | n/a      |
| n/a        | n/a      | 4:20.99  | 400 Free Relay   | n/a        | n/a      | 4:13.29  |
| 2:59.49    | 2:32.59  | n/a      | 200 Medley Relay | 3:00.89    | 2:34.79  | n/a      |
| n/a        | n/a      | 5:02.99  | 400 Medley Relay | n/a        | n/a      | 4:53.99  |



### **RELAYS:**

An 11-12 400 Relay team may qualify using the 200 Relay time standards (either by aggregate or team time). Qualifying for the 13-14 200 Relays will be based on the 400 Relay time standards (either by aggregate or team time). Seeding for all 11-12 Relays will be done using a qualifying or aggregate time in the 200 Relay distance and for the 13- 14 age group, seeding will be based on the 400 relay distance using either a qualifying or aggregate time.

### **PARA-SWIMMING:**

Para-Swimming athletes are eligible to compete at LSC Championships provided they achieve the USA Swimming suggested LSC time standards for any offered event.



# 2024-2025 SENIOR LSC CHAMPIONSHIP

## Time Standards - Short Course Championship

| WOMEN    |          |          |                  | MEN      |          |         |
|----------|----------|----------|------------------|----------|----------|---------|
| SCY      | SCM      | LCM      | EVENT            | SCY      | SCM      | LCM     |
| :26.59   | :29.39   | :30.69   | 50 Free          | :23.49   | :25.99   | :27.49  |
| :56.79   | 1:02.99  | 1:05.99  | 100 Free         | :50.69   | :56.19   | :59.99  |
| 2:04.39  | 2:17.99  | 2:21.59  | 200 Free         | 1:51.49  | 2:03.69  | 2:11.39 |
| 5:29.19  | 4:53.79  | 4:57.69  | 400/500 Free     | 5:04.19  | 4:24.19  | 4:33.19 |
| 11:26.89 | 10:06.89 | 10:14.29 | 800/1000 Free    | 10:40.09 | 9:20.09  | 9:36.39 |
| 19:15.09 | 19:38.19 | 19:50.89 | 1500/1650 Free   | 18:09.09 | 18:15.59 | 18:46.0 |
| n/a      | n/a      | n/a      | 50 Back          | n/a      | n/a      | 9 n/a   |
| 1:04.69  | 1:11.79  | 1:15.69  | 100 Back         | :57.39   | 1:03.69  | 1:08.89 |
| 2:20.69  | 2:35.99  | 2:42.09  | 200 Back         | 2:06.69  | 2:20.59  | 2:28.89 |
| n/a      | n/a      | n/a      | 50 Breast        | n/a      | n/a      | n/a     |
| 1:14.49  | 1:22.89  | 1:25.39  | 100 Breast       | 1:06.49  | 1:13.79  | 1:16.99 |
| 2:41.29  | 2:58.89  | 3:05.39  | 200 Breast       | 2:24.59  | 2:40.49  | 2:48.39 |
| n/a      | n/a      | n/a      | 50 Fly           | n/a      | n/a      | n/a     |
| 1:03.99  | 1:10.99  | 1:13.39  | 100 Fly          | :56.79   | 1:02.99  | 1:05.89 |
| 2:25.79  | 2:38.59  | 2:41.39  | 200 Fly          | 2:12.99  | 2:24.09  | 2:27.99 |
| n/a      | n/a      | n/a      | 100 IM           | n/a      | n/a      | n/a     |
| 2:22.59  | 2:38.19  | 2:41.29  | 200 IM           | 2:04.29  | 2:17.89  | 2:27.89 |
| 5:04.49  | 5:37.89  | 5:47.09  | 400 IM           | 4:29.19  | 4:58.79  | 5:26.09 |
| 1:45.99  | 1:56.59  | 2:03.79  | 200 Free Relay   | 1:34.09  | 1:43.49  | 1:50.09 |
| 3:48.39  | 4:11.29  | 4:23.99  | 400 Free Relay   | 3:22.79  | 3:43.09  | 3:59.99 |
| 8:17.99  | 9:07.79  | 9:26.39  | 800 Free Relay   | 7:25.99  | 8:10.59  | 8:45.59 |
| 2:02.99  | 2:15.29  | 2:24.29  | 200 Medley Relay | 1:47.29  | 1:57.99  | 2:10.89 |
| 4:23.09  | 4:49.39  | 5:06.39  | 400 Medley Relay | 3:52.39  | 4:15.79  | 4:36.89 |



# 2024-2025 SENIOR LSC CHAMPIONSHIP

Time Standards - Long Course Championship

| WOMEN    |          |          |                  | MEN      |          |          |
|----------|----------|----------|------------------|----------|----------|----------|
| SCY      | SCM      | LCM      | EVENT            | SCY      | SCM      | LCM      |
| :27.39   | :30.19   | :31.59   | 50 Free          | :24.19   | :26.69   | :28.29   |
| :58.49   | 1:04.79  | 1:07.89  | 100 Free         | :52.19   | :57.79   | 1:01.69  |
| 2:08.09  | 2:22.09  | 2:25.79  | 200 Free         | 1:54.79  | 2:07.39  | 2:15.29  |
| 5:38.99  | 5:02.59  | 5:06.59  | 400/500 Free     | 5:20.69  | 4:40.49  | 4:50.09  |
| 11:40.49 | 10:25.09 | 10:32.69 | 800/1000 Free    | 10:59.29 | 9:36.79  | 9:53.59  |
| 19:49.69 | 20:13.49 | 20:26.59 | 1500/1650 Free   | 18:41.69 | 18:48.39 | 19:19.79 |
| n/a      | n/a      | n/a      | 50 Back          | n/a      | n/a      | n/a      |
| 1:06.59  | 1:13.89  | 1:17.89  | 100 Back         | :59.09   | 1:05.59  | 1:10.89  |
| 2:24.89  | 2:40.59  | 2:46.89  | 200 Back         | 2:10.49  | 2:24.69  | 2:33.29  |
| n/a      | n/a      | n/a      | 50 Breast        | n/a      | n/a      | n/a      |
| 1:16.69  | 1:25.29  | 1:27.89  | 100 Breast       | 1:08.39  | 1:15.99  | 1:19.19  |
| 2:46.09  | 3:04.19  | 3:10.89  | 200 Breast       | 2:28.89  | 2:45.29  | 2:53.39  |
| n/a      | n/a      | n/a      | 50 Fly           | n/a      | n/a      | n/a      |
| 1:05.89  | 1:13.09  | 1:15.59  | 100 Fly          | :58.49   | 1:04.79  | 1:07.79  |
| 2:27.09  | 2:43.29  | 2:46.19  | 200 Fly          | 2:16.89  | 2:28.29  | 2:32.39  |
| n/a      | n/a      | n/a      | 100 IM           | n/a      | n/a      | n/a      |
| 2:26.79  | 2:42.89  | 2:46.09  | 200 IM           | 2:07.99  | 2:21.99  | 2:32.29  |
| 5:13.59  | 5:47.99  | 5:57.49  | 400 IM           | 4:37.19  | 5:07.69  | 5:35.79  |
| 1:45.99  | 1:56.59  | 2:03.79  | 200 Free Relay   | 1:34.09  | 1:43.49  | 1:50.09  |
| 3:48.39  | 4:11.29  | 4:23.99  | 400 Free Relay   | 3:22.79  | 3:43.09  | 3:59.99  |
| 8:17.99  | 9:07.79  | 9:26.39  | 800 Free Relay   | 7:25.99  | 8:10.59  | 8:45.59  |
| 2:02.99  | 2:15.29  | 2:24.29  | 200 Medley Relay | 1:47.29  | 1:57.99  | 2:10.89  |
| 4:23.09  | 4:49.39  | 5:06.39  | 400 Medley Relay | 3:52.39  | 4:15.79  | 4:36.89  |



### **SHORT COURSE/LONG COURSE LSC CHAMPIONSHIP QUALIFYING:**

Qualifying times differ for Short Course and Long Course LSC Championships. Obtaining a qualifying time for the Short Course LSC Championships will guarantee entry into the Long Course LSC Championships. Obtaining a qualifying time for the Long Course LSC Championships does not guarantee entry into the Short Course LSC Championships. Please consult the qualifying time standards for each LSC Championship to determine athlete eligibility.

### **PARA-SWIMMING:**

Para-Swimming athletes are eligible to compete at LSC Championships provided they achieve the USA Swimming suggested LSC time standards for any offered event.