



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



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.