

2025-26 HSA Stepping Stones

Boys						10-Under		Girls						
White	Red	Blue	SE	Bronze	Silver	Gold	Event	Gold	Silver	Bronze	SE	Blue	Red	White
:35.08	:34.41	:33.75	:33.09	:31.35	:30.39	:27.58	50 FR	:27.89	:30.47	:31.69	:32.49	:33.14	:33.79	:34.44
1:22.00	1:19.69	1:17.39	1:15.09	1:10.67	1:07.49	1:01.44	100 FR	1:01.18	1:07.39	1:10.23	1:13.79	1:16.07	1:18.34	1:20.62
2:59.48	2:54.58	2:49.69	2:44.79	2:34.67	2:27.51	2:14.58	200 FR	2:14.45	2:27.32	2:35.69	2:43.29	2:48.16	2:53.02	2:57.89
7:45.17	7:31.11	7:17.05	7:02.99	6:53.66	6:38.50	5:56.58	500 FR	6:05.26	6:40.06	6:54.56	6:57.39	7:10.54	7:23.69	7:36.83
:41.54	:40.76	:39.97	:39.19	:36.83	:34.54	:31.89	50 BK	:31.85	:35.33	:36.62	:38.29	:39.06	:39.82	:40.59
1:33.76	1:31.24	1:28.71	1:26.19	1:21.67	1:16.96	1:09.25	100 BK	1:10.97	1:17.26	1:21.18	1:24.39	1:26.88	1:29.37	1:31.85
:49.07	:48.14	:47.22	:46.29	:43.21	:41.08	:35.41	50 BR	:35.41	:40.48	:42.90	:44.79	:45.69	:46.58	:47.48
1:50.93	1:48.09	1:45.24	1:42.39	1:35.53	1:30.88	1:18.77	100 BR	1:18.81	1:29.75	1:38.19	1:38.09	1:40.85	1:43.61	1:46.38
:41.54	:40.76	:39.97	:39.19	:35.55	:33.79	:30.36	50 FLY	:30.73	:34.10	:35.64	:37.39	:38.14	:38.89	:39.63
1:42.98	1:40.29	1:37.59	1:34.89	1:27.62	1:20.82	1:11.36	100 FLY	1:10.15	1:20.12	1:26.58	1:30.69	1:33.30	1:35.92	1:38.53
1:33.13	1:30.61	1:28.10	1:25.59	1:22.36	1:17.90	1:10.33	100 IM	1:11.35	1:18.47	1:20.94	1:24.69	1:27.18	1:29.68	1:32.17
3:26.79	3:20.62	3:14.46	3:08.29	3:00.68	2:51.83	2:33.24	200 IM	2:34.44	2:49.97	2:56.49	3:05.69	3:11.80	3:17.92	3:24.03

Boys						11-12		Girls						
White	Red	Blue	SE	Bronze	Silver	Gold	Event	Gold	Silver	Bronze	SE	Blue	Red	White
:29.88	:29.32	:28.75	:28.19	:27.11	:26.12	:23.82	50 FR	:25.39	:26.84	:27.49	:28.39	:28.96	:29.53	:30.09
1:08.32	1:06.28	1:04.23	1:02.19	:59.51	:57.71	:53.45	100 FR	:55.20	:59.05	:59.81	1:01.59	1:03.62	1:05.65	1:07.69
2:33.83	2:29.41	2:25.00	2:20.59	2:10.93	2:07.25	1:55.14	200 FR	1:58.95	2:09.07	2:13.02	2:16.89	2:21.23	2:25.57	2:29.90
6:42.56	6:30.44	6:18.31	6:06.19	5:54.55	5:41.47	5:13.05	500 FR	5:26.03	5:45.88	5:48.34	5:56.19	6:07.31	6:18.44	6:29.56
:35.82	:35.14	:34.47	:33.79	:31.81	:30.65	:27.77	50 BK	:28.62	:30.82	:32.27	:32.79	:33.45	:34.10	:34.76
1:20.19	1:17.93	1:15.66	1:13.39	1:08.83	1:05.68	:59.47	100 BK	1:00.90	1:06.15	1:08.80	1:11.09	1:13.31	1:15.53	1:17.76
2:35.31	2:30.87	2:26.43	2:21.99	2:16.99	2:11.99	2:06.99	200 BK	2:12.99	2:17.99	2:22.99	2:27.49	2:32.04	2:36.59	2:41.14
:40.91	:40.13	:39.36	:38.59	:35.81	:34.47	:31.06	50 BR	:31.13	:35.58	:36.82	:37.59	:38.34	:39.09	:39.85
1:31.85	1:29.37	1:26.88	1:24.39	1:19.04	1:15.92	1:07.66	100 BR	1:08.80	1:17.71	1:20.34	1:20.89	1:23.31	1:25.73	1:28.14
2:55.87	2:51.05	2:46.22	2:41.39	2:36.99	2:31.99	2:16.99	200 BR	2:33.99	2:38.99	2:43.99	2:48.99	2:53.97	2:58.95	2:63.93
:33.91	:33.27	:32.63	:31.99	:30.43	:28.93	:26.08	50 FLY	:27.67	:29.32	:30.15	:31.89	:32.53	:33.17	:33.80
1:21.25	1:18.97	1:16.68	1:14.39	1:08.91	1:05.64	:58.24	100 FLY	:59.78	1:05.51	1:08.42	1:12.19	1:14.43	1:16.68	1:18.92
2:38.49	2:33.99	2:29.49	2:24.99	2:19.99	2:14.99	2:09.99	200 FLY	2:15.99	2:20.99	2:25.99	2:30.59	2:35.20	2:39.81	2:44.43
1:19.66	1:17.41	1:15.15	1:12.89	1:09.44	1:06.41	1:00.52	100 IM	1:01.67	1:08.61	1:10.37	1:12.09	1:14.33	1:16.57	1:18.82

2:54.71	2:49.90	2:45.10	2:40.29	2:31.07	2:23.77	2:13.53	200 IM	2:17.16	2:25.27	2:31.10	2:35.09	2:39.79	2:44.49	2:49.20
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Boys							13-14		Girls					
White	Red	Blue	SE	Bronze	Silver	Gold	Event	Gold	Silver	Bronze	SE	Blue	Red	White
:25.75	:25.26	:24.78	:24.29	:23.75	:22.91	:21.85	50 FR	:23.82	:25.22	:25.79	:26.19	:26.71	:27.24	:27.76
:57.76	:56.67	:55.58	:54.49	:51.77	:50.11	:47.96	100 FR	:51.67	:55.82	:56.40	:56.99	:58.13	:59.27	1:00.41
2:08.00	2:04.83	2:01.66	1:58.49	1:54.02	1:50.39	1:44.75	200 FR	1:51.31	2:01.46	2:03.33	2:05.99	2:10.11	2:14.23	2:18.35
5:56.28	5:45.78	5:35.29	5:24.79	5:18.20	5:06.51	4:46.84	500 FR	4:59.12	5:24.73	5:31.78	5:39.39	5:50.18	6:00.97	6:11.75
20:51.06	20:31.01	20:11.95	19:52.89	18:38.38	17:45.24	16:21.90	1650 FR	17:45.29	19:19.01	19:42.01	20:25.59	20:56.10	21:06.61	21:47.13
:30.62	:30.05	:29.47	:28.89	:28.14	:27.08	:24.84	50 BK	:26.88	:28.90	:29.64	:30.39	:31.00	:31.61	:32.21
1:08.22	1:06.17	1:04.13	1:02.09	:59.86	:57.70	:52.55	100 BK	:56.87	1:01.43	1:03.11	1:04.39	1:06.48	1:08.57	1:10.65
2:29.69	2:25.36	2:21.02	2:16.69	2:10.47	2:06.36	1:59.50	200 BK	2:01.03	2:14.39	2:16.90	2:22.79	2:27.25	2:31.70	2:36.16
:33.52	:32.87	:32.22	:31.59	:31.43	:29.83	:27.40	50 BR	:30.39	:32.69	:33.99	:35.49	:36.20	:36.92	:37.66
1:16.06	1:13.87	1:11.68	1:09.49	1:07.14	1:05.47	:59.67	100 BR	1:04.25	1:10.70	1:12.94	1:15.79	1:18.11	1:20.42	1:22.74
2:48.03	2:43.35	2:38.67	2:33.99	2:28.71	2:23.79	2:09.49	200 BR	2:23.96	2:34.24	2:40.68	2:44.09	2:48.97	2:53.85	2:58.74
:30.13	:29.54	:28.96	:28.39	:26.78	:25.59	:23.82	50 FLY	:25.29	:27.63	:28.42	:28.59	:29.16	:29.75	:30.34
1:07.90	1:05.86	1:03.83	1:01.79	:58.17	:56.30	:52.52	100 FLY	:56.81	1:01.22	1:03.19	1:03.29	1:05.36	1:07.42	1:09.49
2:38.91	2:34.41	2:29.90	2:25.39	2:16.68	2:09.35	1:58.71	200 FLY	2:05.99	2:19.56	2:26.09	2:32.99	2:37.65	2:42.31	2:46.97
2:28.84	2:24.53	2:20.21	2:15.89	2:11.51	2:08.48	2:00.13	200 IM	2:05.80	2:17.55	2:19.94	2:23.19	2:27.65	2:32.12	2:36.58
5:21.65	5:12.57	5:03.48	4:54.39	4:51.03	4:34.98	4:14.15	400 IM	4:35.09	4:55.96	5:01.62	5:09.09	5:19.27	5:29.45	5:39.64

Boys							Senior		Girls					
White	Red	Blue	SE	Bronze	Silver	Gold	Event	Gold	Silver	Bronze	SE	Blue	Red	White
:23.84	:23.39	:22.94	:22.49	:21.80	:21.38	:20.28	50 FR	:23.44	:24.21	:24.46	:25.29	:25.80	:26.30	:26.81
:52.25	:51.26	:50.28	:49.29	:47.72	:46.79	:44.92	100 FR	:51.23	:53.35	:53.65	:55.29	:56.40	:57.50	:58.61
1:57.08	1:54.12	1:51.15	1:48.19	1:44.73	1:42.92	1:37.49	200 FR	1:51.05	1:55.64	1:57.00	2:00.99	2:05.01	2:09.03	2:13.05
5:19.64	5:10.59	5:01.54	4:52.49	4:48.04	4:43.06	4:30.45	500 FR	4:58.48	5:12.90	5:15.16	5:23.49	5:33.96	5:44.43	5:54.90
19:21.63	18:46.89	18:12.14	17:37.39	17:06.80	16:30.03	15:46.15	1650 FR	17:07.32	17:50.34	18:26.69	19:23.69	19:42.16	20:00.64	20:39.11
:27.47	:26.94	:26.41	:25.89	:24.77	:24.27	:22.21	50 BK	:25.57	:26.93	:27.44	:29.39	:29.98	:30.58	:31.19
:58.82	:57.71	:56.60	:55.49	:53.06	:52.10	:49.64	100 BK	:53.84	:57.11	:57.89	1:02.29	1:04.34	1:06.38	1:08.43
2:14.43	2:10.38	2:06.34	2:02.29	1:57.71	1:55.04	1:48.57	200 BK	1:57.78	2:05.08	2:08.45	2:15.19	2:19.49	2:23.80	2:28.10
:30.02	:29.43	:28.86	:28.29	:27.40	:26.74	:25.60	50 BR	:29.11	:30.90	:31.37	:33.69	:34.36	:35.05	:35.75

1:08.43	1:06.38	1:04.34	1:02.29	:58.80	:57.71	:55.52	100 BR	1:02.25	1:06.36	1:06.98	1:11.89	1:14.13	1:16.37	1:18.60
2:28.74	2:24.42	2:20.11	2:15.79	2:10.11	2:07.24	2:02.32	200 BR	2:17.50	2:26.02	2:28.26	2:34.89	2:39.59	2:44.29	2:48.98
:26.41	:25.90	:25.39	:24.89	:23.78	:23.18	:21.50	50 FLY	:24.59	:26.09	:26.41	:27.99	:28.55	:29.12	:29.70
:57.23	:56.15	:55.07	:53.99	:52.22	:51.33	:48.47	100 FLY	:53.85	:57.55	:58.49	1:01.79	1:03.83	1:05.86	1:07.90
2:14.53	2:10.49	2:06.44	2:02.39	1:57.82	1:55.02	1:47.97	200 FLY	2:00.22	2:08.44	2:11.86	2:18.09	2:22.45	2:26.81	2:31.18
2:13.90	2:09.86	2:05.83	2:01.79	1:59.75	1:56.33	1:52.82	200 IM	2:06.79	2:12.37	2:14.14	2:17.09	2:21.43	2:25.77	2:30.12
4:51.23	4:42.72	4:34.20	4:25.69	4:15.60	4:08.14	3:58.74	400 IM	4:23.55	4:41.42	4:43.36	4:52.49	5:01.64	5:10.79	5:19.64