

## 2026 SWAGR Time Standards

10 and under

| Girls   |         |            | Boys    |         |
|---------|---------|------------|---------|---------|
| LCM     | SCY     | EVENT      | SCY     | LCM     |
| 35.19   | 30.89   | 50 Free    | 30.49   | 34.59   |
| 1:17.49 | 1:08.29 | 100 Free   | 1:07.19 | 1:16.89 |
| 2:50.09 | 2:30.99 | 200 Free   | 2:25.39 | 2:44.89 |
| 5:50.59 | 6:36.69 | 400/500 FR | 6:26.79 | 5:44.59 |
| 41.79   | 36.49   | 50 Back    | 36.29   | 41.59   |
| 1:30.29 | 1:18.39 | 100 Back   | 1:16.29 | 1:27.69 |
| 46.19   | 40.89   | 50 Breast  | 40.29   | 46.29   |
| 1:41.49 | 1:29.09 | 100 Breast | 1:27.69 | 1:40.19 |
| 39.69   | 35.09   | 50 Fly     | 34.69   | 39.19   |
| 1:31.09 | 1:20.99 | 100 Fly    | 1:19.89 | 1:30.59 |
| X       | 1:18.89 | 100 IM     | 1:16.99 | X       |
| 3:08.89 | 2:48.39 | 200 IM     | 2:46.19 | 3:08.29 |

| Girls   |         |            | Boys    |         |
|---------|---------|------------|---------|---------|
| LCM     | SCY     | BONUS      | SCY     | LCM     |
| 36.29   | 31.89   | 50 Free    | 31.39   | 35.69   |
| 1:21.19 | 1:11.39 | 100 Free   | 1:10.19 | 1:20.39 |
| 2:58.39 | 2:36.39 | 200 Free   | 2:31.29 | 2:51.89 |
| X       | X       | 400/500 FR | X       | X       |
| 43.49   | 37.99   | 50 Back    | 37.79   | 43.29   |
| 1:34.79 | 1:21.79 | 100 Back   | 1:20.09 | 1:31.69 |
| 48.09   | 41.99   | 50 Breast  | 41.89   | 48.19   |
| 1:46.49 | 1:32.39 | 100 Breast | 1:30.19 | 1:44.69 |
| 41.49   | 36.69   | 50 Fly     | 36.19   | 40.89   |
| 1:36.79 | 1:25.29 | 100 Fly    | 1:24.79 | 1:36.09 |
| X       | 1:21.39 | 100 IM     | 1:20.39 | X       |
| 3:17.59 | 2:54.19 | 200 IM     | 2:53.69 | 3:16.89 |

## 2026 SWAGR Time Standards

### 11 Year Olds

| Girls    |          |                     | Boys     |          |
|----------|----------|---------------------|----------|----------|
| LCM      | SCY      | EVENT               | SCY      | LCM      |
| 33.59    | 29.69    | <b>50 Free</b>      | 29.59    | 33.39    |
| 1:13.19  | 1:04.19  | <b>100 Free</b>     | 1:03.09  | 1:12.19  |
| 2:38.79  | 2:18.89  | <b>200 Free</b>     | 2:17.29  | 2:35.89  |
| 5:30.69  | 6:12.99  | <b>400/500 FR</b>   | 6:07.59  | 5:29.09  |
| 11:32.89 | 12:55.79 | <b>800/1000 FR</b>  | 12:51.09 | 12:50.09 |
| 22:08.59 | 21:58.39 | <b>1500/1650 FR</b> | 21:47.79 | 21:50.09 |
| 38.89    | 33.69    | <b>50 Back</b>      | 33.79    | 39.19    |
| 1:25.09  | 1:13.09  | <b>100 Back</b>     | 1:12.29  | 1:23.79  |
| 2:59.99  | 2:35.89  | <b>200 Back</b>     | 2:34.09  | 2:56.29  |
| 43.19    | 37.79    | <b>50 Breast</b>    | 37.99    | 43.89    |
| 1:34.39  | 1:22.09  | <b>100 Breast</b>   | 1:21.69  | 1:34.89  |
| 3:23.19  | 2:56.99  | <b>200 Breast</b>   | 2:55.29  | 3:25.19  |
| 36.29    | 32.19    | <b>50 Fly</b>       | 32.69    | 36.99    |
| 1:21.99  | 1:12.59  | <b>100 Fly</b>      | 1:11.99  | 1:22.19  |
| 3:00.29  | 2:41.39  | <b>200 Fly</b>      | 2:38.29  | 3:00.69  |
| X        | 1:13.79  | <b>100 IM</b>       | 1:12.79  | X        |
| 2:59.79  | 2:38.39  | <b>200 IM</b>       | 2:37.09  | 2:59.39  |
| 6:27.29  | 5:38.49  | <b>400 IM</b>       | 5:33.39  | 6:23.19  |

| Girls   |         |                     | Boys    |         |
|---------|---------|---------------------|---------|---------|
| LCM     | SCY     | BONUS               | SCY     | LCM     |
| 34.69   | 30.69   | <b>50 Free</b>      | 30.59   | 34.49   |
| 1:16.39 | 1:06.99 | <b>100 Free</b>     | 1:05.79 | 1:15.39 |
| 2:45.69 | 2:24.39 | <b>200 Free</b>     | 2:23.69 | 2:42.69 |
| X       | X       | <b>400/500 FR</b>   | X       | X       |
| X       | X       | <b>800/1000 FR</b>  | X       | X       |
| X       | X       | <b>1500/1650 FR</b> | X       | X       |
| 40.29   | 34.79   | <b>50 Back</b>      | 34.99   | 40.79   |
| 1:29.29 | 1:16.69 | <b>100 Back</b>     | 1:15.79 | 1:27.89 |
| 3:07.79 | 2:42.29 | <b>200 Back</b>     | 2:40.39 | 3:03.99 |
| 44.79   | 39.09   | <b>50 Breast</b>    | 39.49   | 45.69   |
| 1:38.69 | 1:25.79 | <b>100 Breast</b>   | 1:25.59 | 1:39.29 |
| 3:31.99 | 3:04.69 | <b>200 Breast</b>   | 3:02.89 | 3:34.09 |
| 37.49   | 33.29   | <b>50 Fly</b>       | 33.99   | 38.49   |
| 1:26.09 | 1:15.29 | <b>100 Fly</b>      | 1:15.79 | 1:26.39 |
| 3:08.19 | 2:46.49 | <b>200 Fly</b>      | 2:45.19 | 3:08.49 |
| X       | 1:16.99 | <b>100 IM</b>       | 1:15.99 | X       |
| 3:07.59 | 2:44.09 | <b>200 IM</b>       | 2:44.29 | 3:07.69 |
| X       | X       | <b>400 IM</b>       | X       | X       |

## 2026 SWAGR Time Standards

### 12 Year Olds

| Girls    |          |                     | Boys     |          |
|----------|----------|---------------------|----------|----------|
| LCM      | SCY      | EVENT               | SCY      | LCM      |
| 32.29    | 28.49    | <b>50 Free</b>      | 27.49    | 31.49    |
| 1:09.89  | 1:01.39  | <b>100 Free</b>     | 59.29    | 1:07.49  |
| 2:30.99  | 2:14.19  | <b>200 Free</b>     | 2:09.19  | 2:26.99  |
| 5:15.39  | 5:59.19  | <b>400/500 FR</b>   | 5:47.49  | 5:08.49  |
| 11:03.99 | 12:21.49 | <b>800/1000 FR</b>  | 12:05.79 | 10:54.19 |
| 21:13.19 | 20:38.19 | <b>1500/1650 FR</b> | 20:18.79 | 20:55.49 |
| 37.19    | 32.19    | <b>50 Back</b>      | 31.89    | 36.79    |
| 1:19.39  | 1:09.59  | <b>100 Back</b>     | 1:07.49  | 1:18.49  |
| 2:50.59  | 2:27.89  | <b>200 Back</b>     | 2:23.99  | 2:46.59  |
| 40.69    | 36.19    | <b>50 Breast</b>    | 35.49    | 40.39    |
| 1:29.69  | 1:18.69  | <b>100 Breast</b>   | 1:15.89  | 1:27.69  |
| 3:12.69  | 2:49.19  | <b>200 Breast</b>   | 2:42.99  | 3:08.89  |
| 34.59    | 30.89    | <b>50 Fly</b>       | 30.49    | 34.39    |
| 1:17.99  | 1:08.89  | <b>100 Fly</b>      | 1:07.09  | 1:16.39  |
| 2:51.79  | 2:30.59  | <b>200 Fly</b>      | 2:26.29  | 2:46.39  |
| X        | 1:10.09  | <b>100 IM</b>       | 1:08.09  | X        |
| 2:51.19  | 2:31.09  | <b>200 IM</b>       | 2:27.09  | 2:48.19  |
| 6:04.59  | 5:22.29  | <b>400 IM</b>       | 5:12.19  | 5:56.29  |

| Girls   |         |                     | Boys    |          |
|---------|---------|---------------------|---------|----------|
| LCM     | SCY     | BONUS               | SCY     | LCM      |
| 33.39   | 29.39   | <b>50 Free</b>      | 28.39   | 32.49    |
| 1:12.89 | 1:03.09 | <b>100 Free</b>     | 1:01.89 | 1:10.49  |
| 2:37.59 | 2:18.29 | <b>200 Free</b>     | 2:14.79 | 2:33.39  |
| X       | X       | <b>400/500 FR</b>   | X       | X        |
| X       | X       | <b>800/1000 FR</b>  | X       | X        |
| X       | X       | <b>1500/1650 FR</b> | X       | X        |
| 38.49   | 33.29   | <b>50 Back</b>      | 33.09   | 38.19    |
| 1:23.29 | 1:12.69 | <b>100 Back</b>     | 1:10.79 | 1:22.39  |
| 2:57.99 | 2:34.19 | <b>200 Back</b>     | 2:30.29 | 2:53.89  |
| 42.09   | 37.49   | <b>50 Breast</b>    | 36.89   | 41.99    |
| 1:33.79 | 1:21.69 | <b>100 Breast</b>   | 1:19.49 | 1:31.79  |
| 3:21.09 | 2:56.59 | <b>200 Breast</b>   | 2:50.09 | 3:17.09  |
| 35.79   | 31.99   | <b>50 Fly</b>       | 31.69   | 35.89    |
| 1:21.89 | 1:12.49 | <b>100 Fly</b>      | 1:10.59 | 1:20.39  |
| 2:59.29 | 2:36.39 | <b>200 Fly</b>      | 2:32.69 | 2:53.59  |
| X       | 1:13.09 | <b>100 IM</b>       | 1:11.09 | X6:04.59 |
| 2:58.59 | 2:36.49 | <b>200 IM</b>       | 2:33.89 | 2:55.99  |
| X       | X       | <b>400 IM</b>       | X       | X        |

## 2026 SWAGR Time Standards

### 13 Year Olds

| Girls    |          |                     | Boys     |          |
|----------|----------|---------------------|----------|----------|
| LCM      | SCY      | EVENT               | SCY      | LCM      |
| 31.89    | 27.99    | <b>50 Free</b>      | 26.29    | 30.19    |
| 1:08.39  | 59.79    | <b>100 Free</b>     | 56.69    | 1:04.89  |
| 2:27.69  | 2:09.59  | <b>200 Free</b>     | 2:03.89  | 2:21.29  |
| 5:07.39  | 5:45.49  | <b>400/500 FR</b>   | 5:31.59  | 4:58.49  |
| 10:38.39 | 11:59.39 | <b>800/1000 FR</b>  | 11:28.49 | 10:17.49 |
| 20:20.49 | 19:56.69 | <b>1500/1650 FR</b> | 19:15.89 | 19:45.19 |
| 35.19    | 31.09    | <b>50 Back</b>      | 28.89    | 32.69    |
| 1:16.39  | 1:05.69  | <b>100 Back</b>     | 1:02.89  | 1:13.09  |
| 2:43.59  | 2:22.49  | <b>200 Back</b>     | 2:16.09  | 2:37.69  |
| 40.59    | 35.59    | <b>50 Breast</b>    | 33.09    | 37.79    |
| 1:26.89  | 1:15.39  | <b>100 Breast</b>   | 1:11.49  | 1:21.99  |
| 3:07.59  | 2:42.09  | <b>200 Breast</b>   | 2:35.19  | 2:58.39  |
| 34.29    | 30.19    | <b>50 Fly</b>       | 28.39    | 32.29    |
| 1:13.89  | 1:05.59  | <b>100 Fly</b>      | 1:01.79  | 1:10.69  |
| 2:44.79  | 2:24.79  | <b>200 Fly</b>      | 2:17.39  | 2:37.39  |
| 2:47.49  | 2:25.99  | <b>200 IM</b>       | 2:18.59  | 2:40.19  |
| 5:53.19  | 5:08.69  | <b>400 IM</b>       | 4:55.29  | 5:39.69  |

| Girls   |         |                     | Boys    |         |
|---------|---------|---------------------|---------|---------|
| LCM     | SCY     | BONUS               | SCY     | LCM     |
| 32.99   | 28.89   | <b>50 Free</b>      | 27.09   | 31.19   |
| 1:11.39 | 1:02.39 | <b>100 Free</b>     | 59.19   | 1:07.79 |
| 1:11.39 | 1:02.39 | <b>200 Free</b>     | 2:09.29 | 2:27.39 |
| X       | X       | <b>400/500 FR</b>   | X       | X       |
| X       | X       | <b>800/1000 FR</b>  | X       | X       |
| X       | X       | <b>1500/1650 FR</b> | X       | X       |
| 36.39   | 32.19   | <b>50 Back</b>      | 29.99   | 33.89   |
| 1:19.69 | 1:08.49 | <b>100 Back</b>     | 1:05.59 | 1:16.29 |
| 2:50.69 | 2:28.69 | <b>200 Back</b>     | 2:21.99 | 2:44.59 |
| 41.89   | 36.79   | <b>50 Breast</b>    | 34.19   | 38.99   |
| 1:30.69 | 1:18.69 | <b>100 Breast</b>   | 1:14.59 | 1:25.59 |
| 3:15.69 | 2:50.19 | <b>200 Breast</b>   | 2:41.99 | 3:06.09 |
| 35.29   | 31.09   | <b>50 Fly</b>       | 29.29   | 33.29   |
| 1:17.19 | 1:08.49 | <b>100 Fly</b>      | 1:04.49 | 1:13.79 |
| 2:51.89 | 2:31.09 | <b>200 Fly</b>      | 2:23.29 | 2:44.29 |
| 2:54.79 | 2:32.29 | <b>200 IM</b>       | 2:24.69 | 2:47.09 |
| X       | X       | <b>400 IM</b>       | X       | X       |

## 2026 SWAGR Time Standards

### 14 Year Olds

| Girls    |          |                     | Boys     |          |
|----------|----------|---------------------|----------|----------|
| LCM      | SCY      | EVENT               | SCY      | LCM      |
| 31.19    | 27.29    | <b>50 Free</b>      | 25.29    | 29.09    |
| 1:06.79  | 58.29    | <b>100 Free</b>     | 54.49    | 1:02.69  |
| 2:24.39  | 2:06.49  | <b>200 Free</b>     | 1:58.39  | 2:16.09  |
| 5:02.19  | 5:38.69  | <b>400/500 FR</b>   | 5:19.99  | 4:49.29  |
| 10:20.99 | 11:39.89 | <b>800/1000 FR</b>  | 11:03.89 | 10:02.99 |
| 19:48.09 | 19:30.79 | <b>1500/1650 FR</b> | 18:27.59 | 19:05.89 |
| 34.39    | 30.39    | <b>50 Back</b>      | 27.99    | 31.69    |
| 1:14.09  | 1:04.59  | <b>100 Back</b>     | 1:00.49  | 1:10.79  |
| 2:39.89  | 2:18.39  | <b>200 Back</b>     | 2:10.09  | 2:30.29  |
| 39.79    | 34.89    | <b>50 Breast</b>    | 32.19    | 36.79    |
| 1:25.19  | 1:13.89  | <b>100 Breast</b>   | 1:08.09  | 1:17.89  |
| 3:03.19  | 2:39.79  | <b>200 Breast</b>   | 2:28.39  | 2:30.29  |
| 33.89    | 29.89    | <b>50 Fly</b>       | 27.69    | 31.49    |
| 1:12.39  | 1:04.09  | <b>100 Fly</b>      | 59.59    | 1:07.49  |
| 2:39.69  | 2:22.09  | <b>200 Fly</b>      | 2:11.69  | 2:29.99  |
| 2:43.89  | 2:22.59  | <b>200 IM</b>       | 2:13.09  | 2:33.69  |
| 5:45.39  | 5:03.09  | <b>400 IM</b>       | 4:43.39  | 5:26.19  |

| Girls   |         |                     | Boys    |         |
|---------|---------|---------------------|---------|---------|
| LCM     | SCY     | BONUS               | SCY     | LCM     |
| 32.19   | 28.19   | <b>50 Free</b>      | 26.09   | 30.09   |
| 1:09.69 | 1:01.29 | <b>100 Free</b>     | 56.89   | 1:05.39 |
| 2:30.69 | 2:11.99 | <b>200 Free</b>     | 2:03.59 | 2:22.09 |
| X       | X       | <b>400/500 FR</b>   | X       | X       |
| X       | X       | <b>800/1000 FR</b>  | X       | X       |
| X       | X       | <b>1500/1650 FR</b> | X       | X       |
| 35.59   | 31.49   | <b>50 Back</b>      | 29.09   | 32.89   |
| 1:17.29 | 1:07.39 | <b>100 Back</b>     | 1:03.09 | 1:13.89 |
| 2:46.79 | 2:24.39 | <b>200 Back</b>     | 2:15.79 | 2:36.79 |
| 40.99   | 35.99   | <b>50 Breast</b>    | 33.09   | 37.79   |
| 1:28.89 | 1:17.09 | <b>100 Breast</b>   | 1:11.09 | 1:21.29 |
| 3:11.19 | 2:46.79 | <b>200 Breast</b>   | 2:34.79 | 3:00.09 |
| 34.89   | 30.79   | <b>50 Fly</b>       | 28.59   | 32.49   |
| 1:15.49 | 1:06.89 | <b>100 Fly</b>      | 1:02.19 | 1:10.39 |
| 2:50.99 | 2:28.79 | <b>200 Fly</b>      | 2:17.49 | 2:36.59 |
| 2:50.99 | 2:28.79 | <b>200 IM</b>       | 2:18.89 | 2:40.39 |
| X       | X       | <b>400 IM</b>       | X       | X       |