



# 2022 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

## TIME STANDARDS

| GIRLS     |         |         |              |         |         | Event Description | BOYS      |         |         |              |         |         |
|-----------|---------|---------|--------------|---------|---------|-------------------|-----------|---------|---------|--------------|---------|---------|
| 9 & Under |         |         | 10 Year only |         |         |                   | 9 & Under |         |         | 10 Year only |         |         |
| Standards |         |         | Standards    |         |         |                   | Standards |         |         | Standards    |         |         |
| SCM       | LCM     | SCY     | SCM          | LCM     | SCY     |                   | SCY       | LCM     | SCM     | SCY          | LCM     | SCM     |
| :33.79    | :34.89  | :30.59  | :32.39       | :33.39  | :29.29  | 50 Free           | :30.19    | :34.29  | :33.29  | :28.99       | :32.89  | :31.99  |
| 1:15.39   | 1:17.49 | 1:08.19 | 1:11.79      | 1:13.89 | 1:04.99 | 100 Free          | 1:07.19   | 1:16.89 | 1:14.19 | 1:04.09      | 1:13.39 | 1:10.89 |
| 2:44.69   | 2:50.09 | 2:29.09 | 2:36.59      | 2:41.69 | 2:21.79 | 200 Free          | 2:24.99   | 2:44.69 | 2:40.19 | 2:18.69      | 2:37.49 | 2:33.19 |
| 5:42.49   | 5:50.59 | 6:31.39 | 5:27.69      | 5:35.39 | 6:14.39 | 400/500 Free      | 6:25.49   | 5:44.59 | 5:37.39 | 6:08.79      | 5:29.69 | 5:22.69 |
| :39.99    | :41.49  | :36.19  | :37.99       | :39.39  | :34.39  | 50 Back           | :35.99    | :41.29  | :39.79  | :34.19       | :39.19  | :37.79  |
| 1:26.09   | 1:30.29 | 1:17.89 | 1:21.79      | 1:25.79 | 1:13.99 | 100 Back          | 1:16.59   | 1:27.69 | 1:24.59 | 1:13.09      | 1:23.59 | 1:20.69 |
| :44.29    | :45.89  | :40.09  | :42.19       | :43.69  | :38.19  | 50 Breast         | :39.99    | :45.99  | :44.19  | :38.09       | :43.89  | :42.09  |
| 1:37.29   | 1:41.49 | 1:27.99 | 1:32.39      | 1:36.39 | 1:23.69 | 100 Breast        | 1:26.29   | 1:40.19 | 1:35.39 | 1:22.39      | 1:35.59 | 1:31.09 |
| :38.39    | :39.39  | :34.79  | :36.39       | :37.19  | :32.89  | 50 Fly            | :34.39    | :38.89  | :38.09  | :32.69       | :36.89  | :36.09  |
| 1:28.69   | 1:31.09 | 1:20.19 | 1:23.09      | 1:25.39 | 1:15.19 | 100 Fly           | 1:19.89   | 1:30.59 | 1:28.29 | 1:14.99      | 1:25.09 | 1:22.89 |
| 1:25.89   |         | 1:17.69 | 1:21.79      |         | 1:13.99 | 100 IM            | 1:16.99   |         | 1:25.09 | 1:13.69      |         | 1:21.39 |
| 3:03.89   | 3:08.89 | 2:46.49 | 2:55.39      | 3:00.19 | 2:38.79 | 200 IM            | 2:46.19   | 3:08.29 | 3:03.59 | 2:38.69      | 2:59.79 | 2:55.29 |
|           |         |         | 2:20.69      | 2:25.09 | 2:07.49 | 200 Fr. R         |           |         |         | 2:05.49      | 2:22.69 | 2:18.69 |
|           |         |         | 5:15.49      | 5:24.69 | 4:45.49 | 400 Fr. R         |           |         |         | 4:40.69      | 5:21.49 | 5:10.29 |
|           |         |         | 2:44.09      | 2:49.29 | 2:28.49 | 200 M. R.         |           |         |         | 2:27.19      | 2:47.99 | 2:42.69 |
|           |         |         | 6:05.49      | 6:19.19 | 5:30.79 | 400 M. R.         |           |         |         | 5:25.19      | 6:12.79 | 5:59.49 |

| GIRLS        |         |         |              |         |         | Event Description | BOYS         |         |         |              |         |         |
|--------------|---------|---------|--------------|---------|---------|-------------------|--------------|---------|---------|--------------|---------|---------|
| 11 Year only |         |         | 12 Year only |         |         |                   | 11 Year only |         |         | 12 Year only |         |         |
| Standards    |         |         | Standards    |         |         |                   | Standards    |         |         | Standards    |         |         |
| SCM          | LCM     | SCY     | SCM          | LCM     | SCY     |                   | SCY          | LCM     | SCM     | SCY          | LCM     | SCM     |
| :31.19       | :31.99  | :28.19  | :29.89       | :30.69  | :26.99  | 50 Free           | :27.19       | :31.09  | :29.99  | :25.99       | :29.79  | :28.69  |
| 1:06.79      | 1:09.89 | 1:00.49 | 1:03.89      | 1:06.79 | :57.79  | 100 Free          | :59.29       | 1:07.49 | 1:05.49 | :56.69       | 1:04.59 | 1:02.69 |
| 2:26.29      | 2:30.99 | 2:12.39 | 2:19.99      | 2:24.39 | 2:06.69 | 200 Free          | 2:09.19      | 2:26.99 | 2:22.69 | 2:03.49      | 2:20.59 | 2:16.49 |
| 5:08.59      | 5:15.39 | 5:52.59 | 4:55.19      | 5:01.69 | 5:37.29 | 400/500 Free      | 5:47.49      | 5:08.49 | 5:04.09 | 5:32.39      | 4:55.09 | 4:50.89 |
| :35.19       | :36.89  | :31.89  | :33.69       | :35.29  | :30.49  | 50 Back           | :31.59       | :36.29  | :34.89  | :30.09       | :34.59  | :33.29  |
| 1:16.59      | 1:19.39 | 1:09.29 | 1:12.79      | 1:15.49 | 1:05.89 | 100 Back          | 1:07.49      | 1:18.49 | 1:14.59 | 1:04.19      | 1:14.69 | 1:10.99 |
| 2:42.89      | 2:50.59 | 2:27.39 | 2:35.79      | 2:43.19 | 2:20.99 | 200 Back          | 2:23.99      | 2:46.59 | 2:39.09 | 2:17.79      | 2:39.29 | 2:32.19 |
| :39.69       | :40.39  | :35.89  | :37.89       | :38.59  | :34.29  | 50 Breast         | :35.19       | :40.09  | :38.89  | :33.39       | :38.09  | :36.99  |
| 1:26.29      | 1:29.69 | 1:18.09 | 1:22.39      | 1:25.59 | 1:14.59 | 100 Breast        | 1:15.79      | 1:27.59 | 1:23.69 | 1:12.19      | 1:23.49 | 1:19.79 |
| 3:06.79      | 3:12.69 | 2:49.09 | 2:58.69      | 3:04.29 | 2:41.69 | 200 Breast        | 2:42.39      | 3:08.89 | 2:59.39 | 2:35.29      | 3:00.69 | 2:51.59 |
| :33.79       | :34.29  | :30.59  | :32.39       | :32.79  | :29.29  | 50 Fly            | :30.19       | :34.09  | :33.39  | :28.69       | :32.39  | :31.69  |
| 1:16.29      | 1:17.99 | 1:08.99 | 1:12.49      | 1:14.09 | 1:05.59 | 100 Fly           | 1:07.09      | 1:16.39 | 1:14.19 | 1:03.69      | 1:12.49 | 1:10.39 |
| 2:45.59      | 2:51.79 | 2:29.79 | 2:38.39      | 2:44.29 | 2:23.29 | 200 Fly           | 2:26.29      | 2:46.39 | 2:41.69 | 2:19.89      | 2:39.09 | 2:34.59 |
| 1:17.39      |         | 1:10.09 | 1:13.99      |         | 1:06.99 | 100 IM            | 1:08.09      |         | 1:15.19 | 1:05.09      |         | 1:11.89 |
| 2:45.69      | 2:51.19 | 2:29.89 | 2:38.49      | 2:43.79 | 2:23.39 | 200 IM            | 2:26.99      | 2:48.09 | 2:42.39 | 2:20.19      | 2:40.29 | 2:34.89 |
| 5:52.69      | 6:04.59 | 5:19.19 | 5:37.39      | 5:48.69 | 5:05.29 | 400 IM            | 5:12.19      | 5:56.09 | 5:44.99 | 4:58.69      | 5:40.59 | 5:29.99 |
|              |         |         | 2:09.89      | 2:13.49 | 1:57.49 | 200 Fr. R         |              |         |         | 1:53.49      | 2:09.89 | 2:05.09 |
|              |         |         | 4:38.69      | 4:51.49 | 4:12.29 | 400 Fr. R         |              |         |         | 4:07.49      | 4:41.89 | 4:33.49 |
|              |         |         | 2:25.89      | 2:29.69 | 2:11.99 | 200 M. R.         |              |         |         | 2:09.99      | 2:28.29 | 2:23.59 |
|              |         |         | 5:20.19      | 5:31.79 | 4:49.89 | 400 M. R.         |              |         |         | 4:42.49      | 5:24.89 | 5:12.29 |



# 2022 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

## TIME STANDARDS *Continued*

| GIRLS                                   |          |          |              |          |          | Even<br>Description | BOYS                                    |          |          |              |          |          |
|---|----------|----------|--------------|----------|----------|---------------------|---|----------|----------|--------------|----------|----------|
| 13 Year only                            |          |          | 14 Year only |          |          |                     | 13 Year only                            |          |          | 14 Year only |          |          |
| Standards                               |          |          | Standards    |          |          |                     | Standards                               |          |          | Standards    |          |          |
| SCM                                     | LCM      | SCY      | SCM          | LCM      | SCY      |                     | SCY                                     | LCM      | SCM      | SCY          | LCM      | SCM      |
| :29.79                                  | :30.89   | :26.99   | :28.59       | :29.49   | :25.79   | 50 Free             | :24.89                                  | :28.29   | :27.59   | :23.89       | :27.09   | :26.39   |
| 1:04.79                                 | 1:06.79  | :58.69   | 1:01.99      | 1:03.89  | :56.09   | 100 Free            | :54.49                                  | 1:02.59  | 1:00.19  | :52.09       | :59.89   | :57.59   |
| 2:19.69                                 | 2:23.89  | 2:06.49  | 2:13.69      | 2:17.69  | 2:00.99  | 200 Free            | 1:58.69                                 | 2:16.09  | 2:11.19  | 1:53.59      | 2:10.19  | 2:05.49  |
| 4:55.99                                 | 5:01.79  | 5:38.29  | 4:43.19      | 4:48.69  | 5:23.49  | 400/500 Free        | 5:19.99                                 | 4:50.09  | 4:39.99  | 5:05.99      | 4:37.49  | 4:27.79  |
| 10:10.29                                | 10:20.99 | 11:37.29 | 9:43.69      | 9:53.99  | 11:06.99 | 800/1000 Free       | 11:01.39                                | 10:03.19 | 9:38.89  | 10:32.69     | 9:36.89  | 9:13.69  |
| 19:14.89                                | 19:48.09 | 19:21.69 | 18:24.69     | 18:56.49 | 18:31.19 | 1500/1650 Free      | 18:27.59                                | 19:05.89 | 18:21.09 | 17:39.39     | 18:16.09 | 17:33.29 |
| <b>Must have 100 back standard</b>      |          |          |              |          |          | 50 Back             | <b>Must have 100 back standard</b>      |          |          |              |          |          |
| 1:11.09                                 | 1:13.99  | 1:04.29  | 1:07.99      | 1:10.79  | 1:01.49  | 100 Back            | 1:00.39                                 | 1:09.89  | 1:06.79  | :57.79       | 1:06.79  | 1:03.89  |
| 2:32.79                                 | 2:39.69  | 2:18.29  | 2:26.19      | 2:31.79  | 2:12.29  | 200 Back            | 2:10.09                                 | 2:30.29  | 2:23.79  | 2:04.49      | 2:23.79  | 2:17.49  |
| <b>Must have 100 breast standard</b>    |          |          |              |          |          | 50 Breast           | <b>Must have 100 breast standard</b>    |          |          |              |          |          |
| 1:21.19                                 | 1:24.49  | 1:13.49  | 1:17.59      | 1:20.79  | 1:10.29  | 100 Breast          | 1:07.89                                 | 1:17.89  | 1:14.99  | 1:04.89      | 1:14.59  | 1:11.69  |
| 2:56.09                                 | 3:02.89  | 2:39.39  | 2:48.39      | 2:54.89  | 2:32.39  | 200 Breast          | 2:28.29                                 | 2:52.09  | 2:43.79  | 2:21.79      | 2:44.59  | 2:36.69  |
| <b>Must have 100 fly standard</b>       |          |          |              |          |          | 50 Fly              | <b>Must have 100 fly standard</b>       |          |          |              |          |          |
| 1:10.59                                 | 1:12.39  | 1:03.89  | 1:07.49      | 1:09.19  | 1:01.09  | 100 Fly             | :59.29                                  | 1:07.49  | 1:05.59  | :56.79       | 1:04.59  | 1:02.69  |
| 2:36.49                                 | 2:38.79  | 2:21.69  | 2:29.69      | 2:31.89  | 2:15.49  | 200 Fly             | 2:11.69                                 | 2:29.99  | 2:25.59  | 2:05.99      | 2:23.49  | 2:19.19  |
| 2:37.19                                 | 2:43.89  | 2:22.29  | 2:30.39      | 2:36.79  | 2:16.09  | 200 IM              | 2:12.99                                 | 2:33.69  | 2:26.89  | 2:07.19      | 2:26.99  | 2:20.59  |
| 5:34.49                                 | 5:45.39  | 5:02.69  | 5:19.99      | 5:30.39  | 4:49.59  | 400 IM              | 4:43.39                                 | 5:26.19  | 5:13.09  | 4:31.09      | 5:11.99  | 4:59.49  |
|   |          |          | 2:04.29      | 2:08.69  | 1:52.69  | 200 Fr. R           |   |          |          | 1:43.89      | 1:57.89  | 1:55.09  |
|   |          |          | 4:30.29      | 4:38.69  | 4:04.69  | 400 Fr. R           |   |          |          | 3:47.49      | 4:21.09  | 4:11.09  |
| <b>Must have 400 Med. Rel. standard</b> |          |          |              |          |          | 200 M. R.           | <b>Must have 400 Med. Rel. standard</b> |          |          |              |          |          |
|   |          |          | 4:59.99      | 5:10.49  | 4:31.39  | 400 M. R.           |   |          |          | 4:12.59      | 4:49.79  | 4:39.09  |

**Entry Notes:**

1. Bonus Swims
  - a. Swimmers are eligible for bonus events. See the chart above for details.
2. Swimmers are limited to 10 events for the meet. Swimmers are further limited to 3 individual events per day.
3. Relay time standards apply to all swimmers in the age group regardless of age.
4. For 13-14 age group only
  - a. Swimmers may enter the 50-yard butterfly, backstroke, or breaststroke if they have the qualifying time for the 100 distance of that stroke OR swimmers may enter the event as a bonus event with a 100 time in that stroke provable in the USA Swimming SWIMS database.
  - b. Teams may enter the 13-14 200 Medley Relay only if they have the qualifying time for the 400 Medley relay.