



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 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
Must have 100 back standard						50 Back	Must have 100 back standard					
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
Must have 100 breast standard						50 Breast	Must have 100 breast standard					
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
Must have 100 fly standard						50 Fly	Must have 100 fly standard					
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
Must have 400 Med. Rel. standard						200 M. R.	Must have 400 Med. Rel. standard					
			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.