

2025 PNS LC 12&U Championships Time Standards

10&U Standards						
Girls			Event	Boys		
SCM	SCY	LCM		LCM	SCY	SCM
35.69	32.09	37.69	50 Free	38.09	32.79	36.39
1:20.99	1:12.89	1:25.99	100 Free	1:26.79	1:13.69	1:21.79
3:00.69	2:42.79	3:15.79	200 Free	3:21.39	2:44.99	3:01.99
6:01.79	6:53.39	7:01.69	400/500 Free	7:01.69	6:53.39	6:01.79
41.89	37.69	44.69	50 Back	45.09	38.79	43.09
1:32.29	1:23.09	1:39.19	100 Back	1:39.69	1:24.89	1:34.09
47.89	43.09	51.79	50 Breast	52.79	44.09	48.99
1:45.79	1:35.29	1:53.19	100 Breast	1:56.19	1:37.99	1:48.09
40.59	36.49	45.09	50 Fly	46.79	38.39	42.49
1:39.59	1:29.69	2:01.89	100 Fly	2:01.89	1:37.69	1:47.59
3:23.09	3:02.89	3:41.19	200 IM	3:41.19	3:09.39	3:29.99
2:47.99	2:30.49	2:52.79	4x50 Free Relay	2:52.79	2:30.49	2:47.99
3:18.29	2:57.59	3:24.39	4x50 Medley Relay	3:24.39	2:57.59	3:18.29
11-12 Standards						
Girls			Event	Boys		
SCM	SCY	LCM		LCM	SCY	SCM
31.19	28.09	33.49	50 Free	34.19	28.59	31.69
1:09.29	1:02.39	1:14.19	100 Free	1:16.19	1:03.79	1:10.69
2:33.89	2:18.59	2:48.39	200 Free	2:52.49	2:20.69	2:36.09
5:36.49	6:24.49	6:05.79	400/500 Free	6:05.79	6:26.49	5:38.49
21:39.89	21:32.09	24:14.99	1500/1650 Free	24:14.99	21:32.09	21:39.89
36.79	33.09	40.19	50 Back	41.39	33.79	37.49
1:19.49	1:11.59	1:26.79	100 Back	1:28.59	1:13.29	1:21.09
2:57.59	2:39.99	3:20.09	200 Back	3:20.09	2:39.89	2:57.59
42.79	38.49	45.99	50 Breast	47.39	38.39	42.79
1:31.19	1:22.09	1:42.29	100 Breast	1:43.69	1:23.39	1:32.09
3:22.89	3:02.79	3:44.89	200 Breast	3:44.89	3:08.39	3:28.09
34.99	31.49	38.59	50 Fly	40.39	32.19	35.79
1:21.49	1:13.39	1:33.09	100 Fly	1:40.89	1:14.89	1:22.99
3:09.09	2:50.29	3:31.09	200 Fly	3:31.09	2:50.29	3:09.09
2:52.79	2:35.59	3:09.39	200 IM	3:15.39	2:37.69	2:54.99
6:12.79	5:35.79	6:56.79	400 IM	6:56.79	5:35.79	6:12.79
2:15.19	2:01.09	2:19.09	4x50 Free Relay	2:17.39	1:58.09	2:11.89
5:00.79	4:29.49	5:09.49	4x100 Free Relay	5:03.49	4:20.99	4:51.29
2:34.79	2:18.69	2:39.69	4x50 Medley Relay	2:40.19	2:17.39	2:33.39
5:41.29	5:05.79	5:52.29	4x100 Medley Relay	6:20.39	5:25.59	6:03.39

*Note these standards are provisional and are subject to change based on LC meet participation. Standards will NOT get faster, but may soften if meet participation for 12&U does not reach the predicted quantity of meet splashes. Standards will be finalized by mid-June