



Understanding Swimming Time Standards

When your swimmer starts competing, you'll hear about "time standards." These are set time goals that help swimmers track their progress and qualify for different levels of meets. Each level has faster time requirements than the one before it.

C Times

For swimmers who are just starting out or have not yet reached a "B" time. If a swimmer has never swum a race, their "no time" (NT) counts as a C time. Focus: learning racing skills and gaining experience.

B Times

The first official level of recognized times. B times qualify swimmers for meets labeled "B Meet" or West Texas Champs (depending on your LSC). Goal: build confidence and consistency in races.

BB Times

A step faster than B times. A great intermediate goal between B and A times. Swimmers here are starting to focus more on technique, endurance, and pace.

A Times

"A" time is a significant milestone! "A" times qualify swimmers for "A Meets" (such as COR Classic). These times show a strong level of competitive swimming. Often called a "national A cut."

What's Next After "A Times"?

Once swimmers reach the A level, they can aim for higher-level meets that require even faster times.

TAGS (Texas Age Group Swimming) State Championship meet for 14 & under swimmers. Only the top 20 times in Texas (per event, per age group) qualify. Making TAGS is a big accomplishment!

Sectionals. The first level of Senior Swimming (usually for 15 & older). A major step toward national-level swimming.

Futures. A USA Swimming hosted meet. Serves as a bridge between Sectionals and Junior Nationals. Swimmers here are among the best in their region.

Junior Nationals. The highest level of 18 & under swimming in the U.S. There are four national meets (NASA, NCSA, Speedo Winter, Speedo Summer). Qualifying for Jr. Nationals is a major national achievement.

**Parent Tip:**

Every swimmer moves through these levels at their own pace. Celebrate each milestone — from the first “C” time to the first “A” cut!

The most important thing is that your swimmer keeps improving and enjoying the journey.