

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

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

2026 SWAGR Time Standards

12 Year Olds

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

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

2026 SWAGR Time Standards

13 Year Olds

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

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

2026 SWAGR Time Standards

14 Year Olds

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

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