

**NORTHWEST AGE GROUP REGIONALS
MARCH 19-22, 2026 - TIME STANDARDS**

QUALIFYING TIME PERIOD DECEMBER 1, 2024 - MEET ENTRY DEADLINE

G15-18	G14	G13	G12	G11	G10U	SCY	B10U	B11	B12	B13	B14	B15-18
25.59	25.89	26.59	27.79	29.39	31.39	50 Free	31.69	29.49	26.79	24.89	23.79	22.89
55.19	56.29	57.99	1:00.19	1:04.89	1:10.39	100 Free	1:11.29	1:05.29	58.99	54.09	51.79	49.79
2:00.19	2:02.79	2:06.79	2:14.39	2:24.69	2:36.19	200 Free	2:38.39	2:27.69	2:10.19	1:59.09	1:54.39	1:49.19
5:28.19	5:29.89	5:43.29	5:57.29	6:26.79		500 Free	6:37.69	5:52.69		5:20.29	5:09.99	5:02.69
19:34.39	19:34.39	20:08.19	21:20.39			1650 Free		21:20.39		19:32.89	17:46.59	18:25.99
			32.39	34.69	37.09	50 Back	37.69	34.99	31.69			
1:02.19	1:03.29	1:06.19	1:09.79	1:14.59	1:20.49	100 Back	1:21.99	1:16.29	1:08.49	1:02.89	59.09	56.79
2:15.59	2:19.09	2:23.89	2:34.09			200 Back		2:33.89		2:17.19	2:10.89	2:06.09
			37.09	39.09	42.09	50 Breast	43.49	40.29	35.59			
1:12.19	1:13.19	1:16.69	1:20.89	1:25.39	1:32.79	100 Breast	1:35.59	1:28.39	1:17.69	1:11.29	1:06.59	1:04.29
2:35.59	2:41.19	2:45.69	2:56.79			200 Breast		2:54.49		2:36.39	2:27.49	2:23.59
			30.69	32.79	35.89	50 Fly	37.19	33.89	30.09			
1:02.19	1:03.29	1:06.29	1:10.69	1:17.79	1:26.19	100 Fly	1:28.89	1:21.49	1:09.39	1:01.19	57.79	55.19
2:21.69	2:27.29	2:38.39	3:11.19			200 Fly		3:08.09		2:24.89	2:14.49	2:10.19
			1:10.39	1:15.59	1:21.09	100 IM	1:22.29	1:16.39	1:09.19			
2:23.79	2:19.79	2:24.79	2:31.99	2:41.89	2:55.49	200 IM	3:00.69	2:46.39	2:28.19	2:15.59	2:07.99	2:04.19
4:58.29	5:01.69	5:09.69	5:32.49			400 IM		5:25.99		4:52.69	4:38.29	4:35.59
1:49.99	1:44.79		1:54.99		2:09.99	200 FRR	2:09.99	1:50.29		1:36.99		1:37.69
4:00.59	3:49.99		4:09.99			400 FRR		4:04.29		3:36.09		3:35.79
2:02.29	1:57.29		2:09.19		2:26.09	200 MR	2:26.09	2:05.99		1:48.99		1:49.99
4:21.99	4:20.29		4:45.39			400 MR		4:36.99		3:58.89		3:58.89
G15-18	G14	G13	G12	G11	G10U	LCM	B10U	B11	B12	B13	B14	B15-18
29.29	29.29	29.89	30.69	32.49	34.69	50 Free	34.69	32.59	29.89	28.29	26.89	26.49
1:03.19	1:03.39	1:05.19	1:07.29	1:12.09	1:17.19	100 Free	1:17.39	1:12.19	1:05.39	1:01.59	58.49	57.59
2:18.29	2:17.99	2:21.99	2:27.89	2:37.79	2:49.99	200 Free	2:50.49	2:37.99	2:23.89	2:15.39	2:08.99	2:06.69
4:57.19	4:56.19	5:04.09	5:15.29	5:35.79		400 Free	5:41.69	5:08.29		4:51.09	4:38.89	4:35.39
19:58.39	19:58.39	20:20.49	22:04.99			1500Free		21:37.29		19:41.29	18:44.19	18:44.19
			35.79	38.19	40.69	50 Back	41.09	38.39	35.29			
1:13.09	1:11.39	1:13.89	1:17.19	1:22.59	1:28.59	100 Back	1:29.59	1:22.69	1:15.69	1:11.39	1:07.19	1:07.29
2:37.99	2:34.59	2:39.89	2:47.39			200 Back		2:45.29		2:34.49	2:26.19	2:30.09
			40.69	43.09	46.19	50 Breast	47.39	44.19	39.39			
1:25.29	1:22.59	1:25.09	1:28.69	1:34.49	1:40.99	100 Breast	1:43.89	1:36.49	1:26.59	1:19.99	1:15.99	1:17.79
3:04.59	2:58.19	3:04.39	3:10.89			200 Breast		3:10.09		2:55.09	2:47.39	2:50.89
			33.79	36.39	38.89	50 Fly	39.89	36.99	33.09			
1:11.19	1:10.39	1:13.19	1:17.39	1:24.59	1:33.09	100 Fly	1:35.39	1:26.29	1:12.29	1:09.09	1:04.99	1:03.39
2:39.29	2:42.69	2:51.59	3:06.89			200 Fly		2:58.79		2:42.19	2:30.59	2:32.29
2:38.29	2:35.89	2:41.39	2:47.19	2:59.39	3:11.29	200 IM	3:14.79	3:01.09	2:43.19	2:32.79	2:25.29	2:24.69
5:44.59	5:38.29	5:45.99	6:11.29			400 IM		5:56.69		5:28.79	5:14.59	5:19.89
2:05.29	1:57.79		2:04.69		2:22.29	200 FRR	2:24.29	2:02.59		1:49.89		1:52.29
4:30.19	4:17.29		4:34.89			400 FRR		4:34.69		4:02.29		4:06.39
2:20.09	2:10.29		2:18.69		2:40.19	200 MR	2:42.79	2:16.89		2:01.69		2:05.69
5:02.89	4:44.29		5:07.59			400 MR		5:08.99		4:25.69		4:36.59
G15-18	G14	G13	G12	G11	G10U	SCM	B10U	B11	B12	B13	B14	B15-18
28.49	28.49	29.09	29.89	31.69	33.89	50 Free	33.89	31.79	29.09	27.49	26.09	25.69
1:01.69	1:01.79	1:03.59	1:05.69	1:10.49	1:15.59	100 Free	1:15.89	1:10.49	1:03.79	59.99	56.89	55.99
2:14.99	2:14.79	2:18.79	2:24.69	2:34.59	2:46.79	200 Free	2:47.29	2:35.09	2:20.69	2:12.19	2:05.79	2:03.49
4:50.79	4:49.79	4:57.69	5:08.89	5:29.29		500 Free	5:35.29	5:01.89		4:44.69	4:32.49	4:28.99
19:34.39	19:34.39	19:56.49	21:40.99			1650 Free		21:13.29		19:17.29	18:20.19	18:20.19
			35.19	37.59	40.09	50 Back	40.49	37.79	34.69			
1:12.09	1:10.19	1:12.69	1:15.99	1:21.39	1:27.39	100 Back	1:28.29	1:21.39	1:14.49	1:10.19	1:05.99	1:05.99
2:35.09	2:32.19	2:37.49	2:44.99			200 Back		2:42.89		2:32.09	2:23.79	2:27.69
			39.69	42.09	45.19	50 Breast	46.39	43.19	38.39			
1:23.29	1:20.59	1:23.09	1:26.69	1:32.09	1:38.99	100 Breast	1:41.89	1:34.49	1:24.59	1:17.99	1:13.89	1:15.79
3:00.59	2:54.19	3:00.39	3:06.89			200 Breast		3:06.09		2:51.09	2:43.39	2:46.89
			33.09	35.69	38.19	50 Fly	39.19	36.29	32.39			
1:09.79	1:08.99	1:11.79	1:15.99	1:23.19	1:31.69	100 Fly	1:33.99	1:24.89	1:10.89	1:07.69	1:03.59	1:01.99
2:36.49	2:39.89	2:48.79	3:04.09			200 Fly		2:58.29		2:40.39	2:29.99	2:29.49
			1:14.69	1:19.89	1:25.09	100 IM	1:26.69	1:21.39	1:13.69			
2:35.09	2:32.69	2:38.19	2:43.99	2:56.19	3:08.09	200 IM	3:11.59	2:57.89	2:39.99	2:29.59	2:22.09	2:21.49
5:38.19	5:31.89	5:39.59	6:04.89			400 IM		5:50.29		5:22.39	5:08.19	5:13.49
2:02.79	1:53.79		2:00.69		2:18.29	200 FRR	2:20.29	1:58.59		1:45.89		1:48.99
4:24.79	4:09.29		4:26.89			400 FRR		4:26.69		3:54.29		3:58.19
2:17.59	2:06.29		2:14.69		2:36.19	200 MR	2:38.79	2:12.89		1:57.69		2:01.29
4:59.19	4:36.29		4:59.59			400 MR		5:00.99		4:17.69		4:28.59