

14&U Girls 2026 Qualifying Time Standards

8&U	YMCA Districts	YMCA State	USA Regional	USA Champs
25 Free	24.29	20.02		
50 Free	54.39	45.89		
25 Back	30.39	23.79	There are no USA qualifying times for 8&u	
25 Breast	35.89	28.49		
25 Fly	31.59	24.59		
100 IM	2:22.19	2:00.59		
100 Free Relay		1:36.29		
100 Medley Relay		1:50.09		
10&U	YMCA Districts	YMCA State	USA Regional	USA Champs
50 Free	44.29	35.29	10: 34.69 9u: 37.39	30.89 / 33.29
100 Free	1:43.19	1:18.69	1:16.79 / 1:25.69	1:09.09 / 1:17.39
200 Free	3:51.19	3:08.49	2:50.29 / 3:18.79	2:34.39 / 2:42.99
500 Free			7:53.09 / 8:37.39	6:40.79 / 7:08.69
50 Back	54.59	40.69	40.69 / 43.79	36.29 / 38.99
100 Back			1:27.79 / 1:37.09	1:19.09 / 1:23.99
50 Breast	1:02.79	48.49	46.39 / 50.69	41.59 / 45.29
100 Breast			1:41.09 / 1:50.89	1:31.29 / 1:36.89
50 Fly	56.49	41.69	39.29 / 46.09	35.09 / 38.89
100 Fly			1:34.09 / 1:56.69	1:24.09 / 1:35.09
100 IM	1:58.29	1:31.49	1:27.69 / 1:36.79	1:19.49 / 1:25.89
200 IM	4:25.69	3:33.99	3:11.39 / 3:42.99	2:52.69 / 3:03.09
200 Free Relay		2:42.29		2:10.99
200 Medley Relay		3:02.59		2:32.39
12&U	YMCA Districts	YMCA State	USA Regional	USA Champs
50 Free	36.79	30.69	12: 30.29 11: 30.59	27.09 / 28.59
100 Free	1:21.89	1:09.19	1:05.69 / 1:08.69	58.89 / 1:03.79
200 Free	3:01.29	2:29.59	2:25.09 / 2:29.69	2:09.49 / 2:15.69
500 Free		7:02.49	6:21.99 / 7:01.59	5:45.59 / 6:04.09
1650 Free			21:55.69 / 24:50.29	20:38.19 / 21:58.39
50 Back	43.29	36.29	34.69 / 36.19	31.29 / 33.39
100 Back	1:37.69	1:19.69	1:15.59 / 1:18.49	1:06.99 / 1:11.99
200 Back			2:36.39 / 2:56.19	2:25.29 / 2:33.69
50 Breast	50.09	41.09	39.99 / 41.99	35.39 / 37.39
100 Breast	1:51.19	1:30.79	1:26.39 / 1:30.59	1:16.79 / 1:21.79
200 Breast			3:01.69 / 3:19.99	2:45.69 / 2:56.89
50 Fly	41.09	35.29	33.79 / 35.19	29.69 / 31.29
100 Fly	1:40.89	1:24.39	1:15.89 / 1:20.39	1:06.99 / 1:11.59
200 Fly			3:08.29 / 3:15.39	2:34.59 / 2:41.39
100 IM			1:15.69 / 1:20.39	1:08.19 / 1:11.99
200 IM	3:31.41	2:54.29	2:43.49 / 2:49.49	2:26.49 / 2:32.19
400 IM			6:34.39 / 6:40.39	200 Fr Relay 1:53.09
200 Free Relay		2:20.19	400 Free Relay	4:09.19
200 Medley Relay		2:42.89	400 Med Relay	4:42.19
14&U	YMCA Districts	YMCA State	USA Regional	USA Champs
50 Free	34.99	28.49	14: 27.79 13: 27.99	25.49 / 25.99
100 Free	1:16.09	1:02.69	1:00.29 / 1:01.19	55.29 / 56.09
200 Free	2:46.59	2:20.79	2:10.89 / 2:12.09	1:59.69 / 2:03.89
500 Free	7:33.79	6:23.39	5:53.59 / 6:02.79	5:22.69 / 5:30.49
1000 Free			12:03.59 / 13:33.29	10:57.79 / 11:12.99
1650 Free			20:44.49 / 22:32.69	18:49.19 / 19:12.69
100 Back	1:27.09	1:13.29	1:06.89 / 1:10.59	1:01.29 / 1:02.99
200 Back			2:25.79 / 2:31.19	2:13.29 / 2:15.09
100 Breast	1:39.49	1:24.99	1:17.19 / 1:21.99	1:10.89 / 1:13.69
200 Breast			2:50.39 / 2:57.19	2:34.79 / 2:28.49
100 Fly	1:31.99	1:15.89	1:06.89 / 1:11.49	1:01.19 / 1:02.09
200 Fly			2:32.69 / 2:43.69	2:18.79 / 2:22.49
200 IM	3:10.29	2:38.89	2:28.79 / 2:31.59	2:16.79 / 2:19.79
400 IM			5:19.99 / 5:43.19	4:50.89 / 4:58.39
200 Free Relay		2:15.69	200 Free Relay	1:40.49
200 Medley Relay		2:31.09	400 Free Relay	3:49.29
			400 Med Relay	4:14.89
			400 Med Relay	8:01.59

21&U Girls 2026 Qualifying Time Standards

	YMCA Districts	YMCA State	USA Regional	USA Champs
50 Free	33.39	26.79		24.79
100 Free	1:12.39	58.29		53.39
200 Free	2:38.69	2:08.69		1:56.79
500 Free	7:12.19	5:54.79		5:11.99
1000 Free				10:56.99
1650 Free		22:33.69		18:31.19
100 Back	1:21.39	1:07.29		59.69
200 Back	2:58.59	2:27.49		2:10.29
100 Breast	1:35.69	1:18.59		1:08.89
200 Breast	3:25.89	2:52.29		2:31.59
100 Fly	1:21.19	1:07.69		59.39
200 Fly	3:08.59	2:45.49		2:14.99
200 IM	3:00.89	2:28.89		2:12.09
400 IM	6:30.59	5:36.99		4:46.39
200 Free Relay		2:00.59		
400 Free Relay		4:39.09		3:39.89
200 Medley Relay		2:33.09	800 Free Relay	7:59.99
400 Medley Relay		5:17.19		4:00.29