

2025 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS

GIRLS				EVENT DESCRIPTION	BOYS			
11 & Under		12-Year-Old			11 & Under		12-Year-Old	
SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
:28.19	:31.99	:26.99	:30.69	50 Free	:27.19	:31.09	:25.99	:29.79
1:00.49	1:09.89	:57.79	1:06.79	100 Free	:59.29	1:07.49	:56.69	1:04.59
2:12.39	2:30.99	2:06.69	2:24.39	200 Free	2:09.19	2:26.99	2:03.49	2:20.59
5:52.59	5:15.39	5:37.29	5:01.69	400/500 Free	5:47.49	5:08.49	5:32.39	4:55.09
:31.89	:36.89	:30.49	:35.29	50 Back	:31.59	:36.29	:30.09	:34.59
1:09.29	1:19.39	1:05.89	1:15.49	100 Back	1:07.49	1:18.49	1:04.19	1:14.69
2:27.39	2:50.59	2:20.99	2:43.19	200 Back	2:23.99	2:46.59	2:17.79	2:39.29
:35.89	:40.39	:34.29	:38.59	50 Breast	:35.19	:40.09	:33.39	:38.09
1:18.09	1:29.69	1:14.59	1:25.59	100 Breast	1:15.79	1:27.59	1:12.19	1:23.49
2:49.09	3:12.69	2:41.69	3:04.29	200 Breast	2:42.39	3:08.89	2:35.29	3:00.69
:30.59	:34.29	:29.29	:32.79	50 Fly	:30.19	:34.09	:28.69	:32.39
1:08.99	1:17.99	1:05.59	1:14.09	100 Fly	1:07.09	1:16.39	1:03.69	1:12.49
2:29.79	2:51.79	2:23.29	2:44.29	200 Fly	2:26.29	2:46.39	2:19.89	2:39.09
1:10.09		1:06.99		100 IM	1:08.09		1:05.09	
2:29.89	2:51.19	2:23.39	2:43.79	200 IM	2:26.99	2:48.09	2:20.19	2:40.29
5:19.19	6:04.59	5:05.29	5:48.69	400 IM	5:12.19	5:56.09	4:58.69	5:40.59
		1:57.49	2:13.49	200 Fr. R			1:53.49	2:09.89
		4:12.29	4:51.49	400 Fr. R			4:07.49	4:41.89
		2:11.99	2:29.69	200 M. R.			2:09.99	2:28.29
		4:49.89	5:31.79	400 M. R.			4:42.49	5:24.89

2025 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

TIME STANDARDS (Continued)

GIRLS				EVENT DESCRIPTION	BOYS			
13-Year-Old		14-Year-Old			13-Year-Old		14-Year-Old	
SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
:26.39	:30.39	:25.39	:29.29	50 Free	:24.59	:27.99	:23.59	:26.89
:57.39	1:05.49	:54.99	1:03.19	100 Free	:54.19	1:02.29	:51.49	:59.29
2:05.39	2:22.79	1:59.79	2:16.49	200 Free	1:58.09	2:15.59	1:52.99	2:09.69
5:38.29	5:01.79	5:23.49	4:48.69	400/500 Free	5:19.99	4:50.09	5:05.99	4:37.49
11:37.29	10:20.99	11:06.99	9:53.99	800/1000 Free	11:01.39	10:03.19	10:32.69	9:36.89
19:21.69	19:48.09	18:31.19	18:56.49	1500/1650 Free	18:27.59	19:05.89	17:39.39	18:16.09
Must have 100 back standards				50 Back	Must have 100 back standards			
1:04.29	1:13.99	1:01.49	1:10.79	100 Back	1:00.39	1:09.89	:57.79	1:06.79
2:18.29	2:39.69	2:12.29	2:31.79	200 Back	2:10.09	2:30.29	2:04.49	2:23.79
Must have 100 breast standards				50 Breast	Must have 100 breast standards			
1:13.49	1:24.49	1:10.29	1:20.79	100 Breast	1:07.89	1:17.89	1:04.89	1:14.59
2:39.39	3:02.89	2:32.39	2:54.89	200 Breast	2:28.29	2:52.09	2:21.79	2:44.59
Must have 100 fly standards				50 Fly	Must have 100 breast standards			
1:03.89	1:12.39	1:01.09	1:09.19	100 Fly	:59.29	1:07.49	:56.79	1:04.59
2:21.69	2:38.79	2:15.49	2:31.89	200 Fly	2:11.69	2:29.99	2:05.99	2:23.49
2:21.39	2:42.99	2:15.29	2:35.99	200 IM	2:12.99	2:33.69	2:07.19	2:26.99
5:02.69	5:45.39	4:49.59	5:30.39	400 IM	4:43.39	5:26.19	4:31.09	5:11.99
		1:52.69	2:08.69	200 Fr. R.			1:43.89	1:57.89
		4:04.69	4:38.69	400 Fr. R.			3:47.49	4:21.09
Must have 400 M. R. standards				200 M. R.	Must have 400 M. R. standards			
		4:31.39	5:10.49	400 M. R.			4:12.59	4:49.79

**Red bold denotes time changes*

2025 NCSA AGE GROUP SWIMMING CHAMPIONSHIPS

13-14 BONUS STANDARDS - YARDS ONLY

Girls	Event	Boys
N/A	50 Free	N/A
58.59	100 Free	55.99
2:09.39	200 Free	2:04.99
1:05.89	100 Back	1:04.99
2:19.99	200 Back	2:15.99
1:18.99	100 Breast	1:14.89
2:46.99	200 Breast	2:39.99
1:07.09	100 Fly	1:06.29
2:25.49	200 Fly	2:15.99
2:22.99	200 IM	2:17.19

**Red bold denotes time changes*

Entry Notes:

1. Bonus Swims
 - a. Swimmers are eligible for bonus events. See the chart above for details AND time standards for 13–14-year-olds. All bonuses must be entered in yard times only.
2. Swimmers are limited to 10 events for the meet. Swimmers are further limited to 3 individual events per day.
3. Relay time standards apply to all swimmers in the age group regardless of age.
4. For 13-14 age group only
 - a. Swimmers may enter the 50-yard butterfly, backstroke, or breaststroke if they have the qualifying time for the 100 distances of that stroke OR swimmers may enter the event as a bonus event with a 100 time in that stroke provable in the USA Swimming SWIMS database.
 - b. Teams may enter the 13-14 200 Medley Relay only if they have the qualifying time for the 400 Medley relay.