



2025 LONG COURSE SILVER CHAMPIONSHIPS TIME STANDARDS



10&Under Girls							10&Under Boys					
LCM		SCM		SCY			SCY		SCM		LCM	
Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than		Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than
43.59	37.99	42.79	37.39	38.69	33.59	50 Free	33.29	38.39	36.99	42.99	37.69	43.59
1:38.29	1:22.89	1:36.59	1:21.59	1:27.99	1:13.99	100 Free	1:13.99	1:27.99	1:21.59	1:44.59	1:22.89	1:38.29
3:24.19	2:59.59	3:23.09	2:56.09	3:03.69	2:39.89	200 Free	2:40.39	3:02.39	2:56.69	3:22.69	3:00.19	3:24.29
52.79	44.09	51.99	42.79	46.99	38.59	50 Back	38.59	46.99	42.79	51.99	44.09	52.79
2:00.69	1:36.69	1:59.89	1:33.89	1:47.99	1:24.99	100 Back	1:24.99	1:47.99	1:33.89	1:57.89	1:36.69	2:00.69
1:00.09	50.39	59.27	49.19	53.59	44.59	50 Breast	44.79	53.79	49.39	58.39	50.59	1:00.09
2:17.69	1:48.39	2:14.69	1:45.99	1:59.39	1:35.39	100 Breast	1:36.29	2:00.29	1:46.59	2:15.49	1:48.79	2:17.49
55.19	42.39	56.39	41.29	50.99	37.19	50 Fly	37.19	50.99	41.29	56.39	42.39	53.59
1:56.89	1:39.59	1:55.29	1:38.09	1:44.19	1:27.99	100 Fly	1:28.39	1:45.39	1:37.69	1:54.09	1:39.09	1:56.89
3:56.39	3:25.39	3:54.79	3:20.59	3:32.59	3:01.99	200 IM	3:02.99	3:32.79	3:20.49	3:54.49	3:26.29	3:56.99
11-12 Girls							11-12 Boys					
LCM		SCM		SCY			SCY		SCM		LCM	
Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than		Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than
36.39	31.69	35.59	30.89	32.09	27.79	50 Free	27.29	32.99	30.29	36.59	31.69	37.39
1:21.49	1:08.29	1:19.89	1:06.99	1:11.19	1:00.29	100 Free	59.99	1:13.79	1:06.59	1:21.89	1:08.29	1:23.49
2:59.19	2:27.79	2:57.59	2:26.29	2:39.99	2:11.79	200 Free	2:11.79	2:40.99	2:26.29	2:58.69	2:27.79	3:00.29
6:05.89	5:13.69	5:58.79	5:07.29	6:49.99	5:51.39	400/500 Free	5:51.99	6:52.29	5:07.79	6:01.39	5:14.19	6:08.59
43.29	36.89	42.69	35.89	38.49	32.29	50 Back	32.29	39.99	35.89	44.39	36.99	45.09
1:38.69	1:17.79	1:37.09	1:16.59	1:27.49	1:08.99	100 Back	1:08.99	1:29.99	1:16.59	1:38.89	1:18.59	1:41.49
3:10.29	2:48.69	3:08.69	2:42.99	2:49.99	2:26.79	200 Back	2:29.99	2:55.19	2:46.49	3:14.49	2:51.39	3:16.09
50.49	42.09	49.49	40.49	44.59	36.49	50 Breast	35.99	45.99	39.99	51.09	40.99	52.09
1:54.69	1:31.09	1:53.09	1:27.59	1:41.89	1:18.89	100 Breast	1:19.09	1:44.79	1:27.79	1:56.29	1:31.09	1:57.89
3:43.59	3:14.99	3:41.99	3:10.99	3:19.99	2:51.99	200 Breast	2:52.69	3:19.99	3:11.69	3:41.99	3:15.69	3:43.59
43.79	34.59	42.19	33.89	37.99	30.49	50 Fly	29.99	39.99	33.29	44.39	34.99	45.09
1:45.59	1:18.59	1:43.99	1:16.59	1:33.69	1:08.99	100 Fly	1:08.89	1:33.69	1:16.49	1:43.99	1:18.59	1:45.59
3:21.39	3:04.99	3:03.19	3:01.49	2:59.99	2:43.49	200 Fly	2:43.49	2:59.99	3:01.49	3:19.79	2:56.39	3:21.39
NA	NA	1:34.49	1:17.69	1:25.09	1:09.99	100 IM	1:08.69	1:26.99	1:16.29	1:36.59	NA	NA
3:22.99	2:48.69	3:21.29	2:46.49	3:00.99	2:29.99	200 IM	2:29.99	3:04.19	2:46.49	3:24.89	2:49.99	3:36.49
6:49.99	6:07.19	6:48.39	5:58.96	6:07.09	5:23.39	400 IM	5:23.99	6:06.39	5:59.69	6:47.59	6:08.19	6:49.19
13-14 Girls							13-14 Boys					
LCM		SCM		SCY			SCY		SCM		LCM	
Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than		Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than
33.19	29.69	31.59	28.89	28.39	25.99	50 Free	24.09	28.19	26.79	31.39	27.89	32.99
1:12.79	1:03.79	1:13.09	1:02.89	1:05.89	56.59	100 Free	52.59	1:01.59	58.39	1:08.59	1:00.19	1:10.19
2:38.09	2:21.39	2:36.49	2:18.19	2:20.59	2:03.49	200 Free	1:56.09	2:17.79	2:08.89	2:33.39	2:11.89	2:34.99
5:30.59	4:54.49	5:23.99	4:48.09	6:11.39	5:29.89	500/400 Free	5:12.09	6:01.99	4:32.19	5:15.79	4:40.89	5:22.19
1:23.09	1:13.79	1:21.49	1:10.59	1:13.19	1:03.59	100 Back	59.69	1:13.19	1:06.29	1:21.49	1:09.59	1:23.09
2:52.39	2:36.89	2:50.79	2:33.69	2:33.49	2:18.39	200 Back	2:10.89	2:26.99	2:25.29	2:44.69	2:30.99	2:46.29
1:39.49	1:23.09	1:37.89	1:21.49	1:27.99	1:13.39	100 Breast	1:07.19	1:29.89	1:14.59	1:39.99	1:19.09	1:41.59
3:24.69	2:59.99	3:23.09	2:57.89	3:02.59	2:40.19	200 Breast	2:28.29	2:55.89	2:44.59	3:15.69	2:50.69	3:17.29
1:25.29	1:12.09	1:23.69	1:10.09	1:15.79	1:03.09	100 Fly	58.69	1:15.19	1:05.19	1:23.69	1:07.89	1:25.29
3:00.49	2:44.09	2:58.89	2:40.69	2:40.79	2:24.89	200 Fly	2:17.19	2:35.39	2:32.29	2:52.79	2:36.09	3:24.39
3:00.19	2:38.49	2:58.59	2:34.29	2:40.49	2:18.99	200 IM	2:10.99	2:40.49	2:25.39	2:58.59	2:30.69	3:00.19
6:08.79	5:39.69	6:07.19	5:29.79	5:29.99	4:57.09	400 IM	4:44.59	5:21.89	5:15.89	5:58.19	5:28.19	5:59.79
15&O Girls							15&O Boys					
LCM		SCM		SCY			SCY		SCM		LCM	
Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than		Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than	Slower Than	Equal to Faster Than
33.19	28.69	31.59	27.99	28.39	25.29	50 Free	22.39	28.19	24.79	31.39	25.59	32.99
1:12.79	1:02.29	1:11.09	1:00.79	1:03.89	54.59	100 Free	48.69	1:01.59	54.29	1:08.59	56.09	1:10.19
2:38.09	2:16.49	2:36.49	2:12.49	2:20.59	1:58.99	200 Free	1:47.99	2:17.79	2:00.39	2:33.39	2:04.19	2:34.99
5:30.59	4:49.89	5:23.99	4:41.39	6:11.39	5:19.99	500/400 Free	4:55.29	6:01.99	4:19.49	5:15.79	4:28.09	5:22.19
1:23.09	1:10.99	1:21.49	1:08.29	1:13.19	1:00.09	100 Back	55.49	1:13.19	1:02.79	1:21.49	1:05.19	1:23.09
2:52.39	2:35.59	2:50.79	2:30.39	2:33.49	2:13.09	200 Back	2:00.39	2:27.99	2:17.99	2:44.69	2:23.69	2:46.29
1:39.49	1:51.79	1:37.89	1:18.79	1:27.99	1:09.99	100 Breast	1:02.99	1:29.89	1:10.59	1:39.99	1:13.19	1:41.59
3:24.69	2:55.19	3:23.09	2:52.09	3:02.59	2:35.19	200 Breast	2:18.59	2:55.89	2:33.59	3:15.69	2:46.49	3:17.29
1:25.29	1:08.59	1:23.69	1:06.99	1:15.79	1:00.09	100 Fly	54.09	1:15.19	1:00.19	1:23.69	1:01.79	1:25.29
3:00.49	2:39.99	3:00.89	2:37.69	2:40.79	2:19.99	200 Fly	2:07.89	2:35.39	2:22.19	2:52.79	2:25.89	3:20.39
3:00.19	2:35.49	3:00.59	2:31.39	2:40.49	2:15.39	200 IM	2:01.69	2:40.49	2:16.89	2:58.59	2:21.79	3:00.19
6:08.79	5:37.59	6:07.19	5:26.59	5:29.99	4:49.99	400 IM	4:26.99	5:21.89	4:57.39	5:58.19	5:04.79	5:55.99