

National Group Time Standards 2024-2025

Female	16-17 Year Olds	15 Year Olds	14 Year Olds	13 & Under
100 Free	1:00.00	1:00.30	1:00.90	1:01.80
200 Free	2:10.00	2:10.60	2:11.90	2:13.90
400 Free	4:38.00	4:39.30	4:42.10	4:46.30
800 Free	9:33.00	9:35.80	9:41.60	9:50.10
1500 Free	18:20.00	18:25.50	18:36.50	18:53.00
100 Back	1:07.00	1:07.30	1:08.00	1:09.00
200 Back	2:26.00	2:26.70	2:28.10	2:30.30
100 Breast	1:17.00	1:17.30	1:18.10	1:19.30
200 Breast	2:46.00	2:46.80	2:48.40	2:50.90
100 Fly	1:05.50	1:05.80	1:06.40	1:07.40
200 Fly	2:27.00	2:27.70	2:29.20	2:31.40
200 IM	2:28.00	2:28.70	2:30.20	2:32.40
400 IM	5:15.00	5:16.50	5:19.70	5:24.40

*Times are LCM. Age is on date of performance.

Male	17 Year Olds	16 Year Olds	15 Year Olds	14 & Under
100 Free	0:55.00	0:55.50	0:56.10	0:56.90
200 Free	2:02.00	2:03.20	2:04.40	2:06.20
400 Free	4:24.00	4:26.60	4:29.20	4:33.20
800 Free	9:05.00	9:10.40	9:15.90	9:24.00
1500 Free	17:30.00	17:40.50	17:51.00	18:06.70
100 Back	1:02.00	1:02.60	1:03.20	1:04.10
200 Back	2:17.00	2:18.30	2:19.70	2:21.70
100 Breast	1:10.00	1:10.70	1:11.40	1:12.40
200 Breast	2:35.00	2:36.50	2:38.10	2:40.40
100 Fly	1:00.00	1:00.60	1:01.20	1:02.10
200 Fly	2:16.00	2:17.30	2:18.70	2:20.70
200 IM	2:18.00	2:19.30	2:20.70	2:22.80
400 IM	4:57.00	4:59.90	5:02.90	5:07.30

*Times are LCM. Age is on date of performance.