

National Prep time standards for 9-11 year olds

(swimmers will be notified and invited to attempt the entrance workout typically after each meet)

| GIRLS | | EVENT | BOYS | |
|---------|---------|--------------|---------|---------|
| SCY | LCM | | LCM | SCY |
| 32.19 | 36.39 | 50 Free | 36.09 | 31.59 |
| 1:11.89 | 1:21.89 | 100 Free | 1:20.59 | 1:10.79 |
| 2:36.39 | 2:58.49 | 200 Free | 2:52.39 | 2:31.89 |
| 6:48.39 | 6:05.89 | 400/500 Free | 6:06.79 | 6:44.59 |
| 38.09 | 43.69 | 50 Back | 43.89 | 38.29 |
| 1:22.19 | 1:35.29 | 100 Back | 1:33.29 | 1:21.29 |
| 41.99 | 48.29 | 50 Breast | 49.49 | 42.19 |
| 1:33.39 | 1:46.99 | 100 Breast | 1:45.99 | 1:31.79 |
| 37.29 | 42.09 | 50 Fly | 40.99 | 36.69 |
| 1:26.69 | 1:37.89 | 100 Fly | 1:36.49 | 1:25.59 |
| 1:22.59 | NA | 100 IM | NA | 1:21.09 |
| 2:55.99 | 3:19.89 | 200 IM | 3:18.89 | 2:55.29 |

National Prep time standards for 12-14 year olds

(swimmers will be notified and invited to attempt the entrance workout typically after each meet)

| GIRLS | | EVENT | BOYS | |
|----------|----------|----------------|----------|----------|
| SCY | LCM | | LCM | SCY |
| 28.29 | 32.39 | 50 Free | 31.19 | 27.39 |
| 1:00.49 | 1:10.49 | 100 Free | 1:08.49 | 59.99 |
| 2:14.09 | 2:31.09 | 200 Free | 2:28.49 | 2:10.49 |
| 5:53.89 | 5:18.49 | 400/500 Free | 5:13.49 | 5:49.49 |
| 12:19.49 | 11:06.69 | 800/1000 Free | 11:02.19 | 12:11.09 |
| 20:45.49 | 21:24.89 | 1500/1650 Free | 21:18.59 | 20:30.09 |
| 1:10.69 | 1:19.39 | 100 Back | 1:19.69 | 1:08.89 |
| 2:29.39 | 2:52.69 | 200 Back | 2:48.99 | 2:26.49 |
| 1:18.59 | 1:29.69 | 100 Breast | 1:28.29 | 1:16.89 |
| 2:49.59 | 3:15.19 | 200 Breast | 3:12.39 | 2:45.69 |
| 1:09.79 | 1:18.99 | 100 Fly | 1:17.49 | 1:08.19 |
| 2:31.99 | 2:51.79 | 200 Fly | 2:51.09 | 2:28.79 |
| 2:30.99 | 2:52.29 | 200 IM | 2:50.19 | 2:28.69 |
| 5:22.09 | 6:07.99 | 400 IM | 6:04.29 | 5:15.19 |

National time standards for 13 & Overs

(swimmers will be notified and invited to attempt the entrance workout typically in December, April and/or August)

| GIRLS | | EVENT | BOYS | |
|----------|----------|----------------|----------|----------|
| SCY | LCM | | LCM | SCY |
| 26.99 | 30.99 | 50 Free | 28.99 | 24.99 |
| 56.99 | 1:05.99 | 100 Free | 1:01.99 | 52.99 |
| 2:01.99 | 2:19.99 | 200 Free | 2:11.99 | 1:54.99 |
| 5:25.99 | 4:53.99 | 400/500 Free | 4:44.99 | 5:14.99 |
| NA | NA | 800/1000 Free | NA | NA |
| 18:59.99 | 19:28.99 | 1500/1650 Free | 18:53.99 | 18:14.99 |
| 1:04.99 | 1:16.99 | 100 Back | 1:11.99 | 1:00.99 |
| 2:19.99 | 2:43.99 | 200 Back | 2:34.99 | 2:11.99 |
| 1:16.99 | 1:27.99 | 100 Breast | 1:22.99 | 1:10.99 |
| 2:43.99 | 3:05.99 | 200 Breast | 3:00.99 | 2:35.99 |
| 1:03.99 | 1:12.99 | 100 Fly | 1:08.99 | 59.99 |
| 2:24.99 | 2:43.99 | 200 Fly | 2:37.99 | 2:16.99 |
| 2:18.99 | 2:40.99 | 200 IM | 2:31.99 | 2:10.99 |
| 4:54.99 | 5:36.99 | 400 IM | 5:33.99 | 4:48.99 |