

**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