



CT AGE GROUP CHAMPIONSHIPS

2026 Summer Long Course Time Standards



10 & Under				
GIRLS		EVENT	BOYS	
LCM	SCY		SCY	LCM
36.49	32.19	50 Free	31.79	36.29
1:22.49	1:12.19	100 Free	1:11.19	1:21.09
3:01.39	2:41.29	200 Free	2:36.99	2:56.59
6:34.39	7:04.89	400 Free	7:04.49	6:26.89
43.69	37.99	50 Back	37.89	43.79
1:36.09	1:23.29	100 Back	1:21.79	1:35.09
49.59	43.29	50 Breast	43.29	50.09
1:50.29	1:34.59	100 Breast	1:34.89	1:50.09
42.49	36.89	50 Fly	37.39	42.19
1:49.09	1:29.89	100 Fly	1:29.69	1:47.19
3:27.49	3:01.89	200 IM	3:01.29	3:27.79

11-12				
GIRLS		EVENT	BOYS	
LCM	SCY		SCY	LCM
32.59	28.49	50 Free	27.99	31.89
1:12.19	1:02.79	100 Free	1:01.19	1:10.59
2:37.39	2:17.99	200 Free	2:14.79	2:34.09
5:33.99	6:07.89	400 Free	6:00.29	5:25.69
37.99	33.09	50 Back	32.89	37.99
1:22.69	1:11.99	100 Back	1:10.29	1:22.29
2:58.39	2:35.49	200 Back	2:33.39	2:57.69
42.79	37.39	50 Breast	36.59	42.49
1:34.09	1:21.69	100 Breast	1:20.29	1:33.59
3:25.19	2:57.39	200 Breast	2:56.59	3:24.49
35.69	31.39	50 Fly	31.29	35.49
1:23.59	1:12.49	100 Fly	1:12.69	1:22.39
3:05.99	2:55.49	200 Fly	2:59.49	3:17.99
2:58.09	2:36.09	200 IM	2:33.79	2:55.09



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13-14				
GIRLS		EVENT	BOYS	
LCM	SCY		SCY	LCM
30.49	26.89	50 Free	24.89	28.59
1:06.69	58.49	100 Free	54.79	1:02.89
2:25.49	2:07.69	200 Free	1:58.99	2:16.19
5:07.49	5:40.99	400/500 Free	5:22.99	4:53.29
10:44.19	12:02.19	800/1000 Free	11:25.29	10:16.29
20:45.19	20:08.69	1500/1650 Free	19:08.59	19:44.09
36.49	31.19	50 Back	29.09	33.89
1:15.39	1:05.39	100 Back	1:01.49	1:11.29
2:42.99	2:21.89	200 Back	2:13.29	2:35.59
40.99	35.79	50 Breast	32.39	37.69
1:27.29	1:14.99	100 Breast	1:09.29	1:21.49
3:09.49	2:42.59	200 Breast	2:32.19	2:56.69
34.29	29.69	50 Fly	27.89	31.89
1:14.39	1:04.99	100 Fly	1:00.59	1:09.29
2:55.69	2:31.09	200 Fly	2:22.59	2:43.09
2:44.19	2:23.39	200 IM	2:14.19	2:34.59
5:54.19	5:09.49	400 IM	4:50.39	5:38.79