

2025-2028 Western Zone Age Group Championship Time Standards

Qualifying Time Period: August 1, 2025 through the entry deadline, July 31, 2026

The Western Zone Age Group Championship Time Standards will be the
2025-28 USA Swimming National Age Group Motivational Time Standards - "AAA" combined Age Group Standards: 10&U * 11-12 *
13-14 for both genders

There are NO De-qualification Rules or Standards for this meet.

10 & UNDER

WOMEN

MEN

LCM	SCM	SCY	Event	LCM	SCM	SCY
33.69	32.69	29.59	50 Free	32.99	31.69	28.69
1:14.49	1:11.89	1:04.99	100 Free	1:13.19	1:10.39	1:03.79
2:43.49	2:38.59	2:23.59	200 Free	2:38.89	2:33.59	2:18.99
39.49	37.99	34.39	50 Back	38.99	37.59	33.99
1:25.59	1:22.29	1:14.49	100 Back	1:24.09	1:20.09	1:12.49
44.29	42.99	38.89	50 Breast	43.59	42.29	38.29
1:38.09	1:33.59	1:24.69	100 Breast	1:36.29	1:31.39	1:22.69
37.29	36.69	33.19	50 Fly	36.59	35.99	32.59
1:26.39	1:23.89	1:15.99	100 Fly	1:25.09	1:22.49	1:14.59
3:04.19	2:56.79	2:39.99	200 IM	3:00.79	2:55.09	2:38.39

11 & 12

WOMEN

MEN

LCM	SCM	SCY	Event	LCM	SCM	SCY
30.49	29.79	26.99	50 Free	29.39	28.49	25.79
1:07.19	1:04.89	58.69	100 Free	1:04.49	1:02.09	56.19
2:26.49	2:21.09	2:07.69	200 Free	2:20.79	2:15.49	2:02.59
5:08.69	5:00.39	5:43.29	400/500 Free	4:59.49	4:48.69	5:29.99
35.19	33.59	30.49	50 Back	34.29	32.79	29.69
1:16.89	1:13.09	1:06.19	100 Back	1:14.29	1:09.39	1:02.79
2:43.49	2:35.79	2:20.99	200 Back	2:39.49	2:30.09	2:15.89
39.09	38.19	34.59	50 Breast	38.09	36.69	33.29
1:25.89	1:22.99	1:15.09	100 Breast	1:23.09	1:18.89	1:11.39
3:06.09	2:58.59	2:41.69	200 Breast	2:59.09	2:50.59	2:34.39
32.89	31.99	28.99	50 Fly	31.99	31.19	28.19
1:14.79	1:12.09	1:05.19	100 Fly	1:11.69	1:08.99	1:02.49
2:45.89	2:39.19	2:24.09	200 Fly	2:40.89	2:33.29	2:18.69
2:45.49	2:39.59	2:24.49	200 IM	2:38.29	2:33.39	2:18.79
5:52.69	5:40.09	5:07.79	400 IM	5:44.09	5:27.39	4:56.29

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13 & 14

WOMEN

MEN

LCM	SCM	SCY	Event	LCM	SCM	SCY
29.29	28.29	25.59	50 Free	26.89	25.89	23.49
1:03.79	1:01.69	55.79	100 Free	58.99	56.39	51.09
2:17.79	2:13.39	2:00.69	200 Free	2:08.89	2:03.69	1:51.99
4:49.19	4:43.39	5:23.89	400/500 Free	4:33.79	4:25.19	5:03.09
10:01.49	9:45.09	11:08.69	800/1000 Free	9:26.19	9:08.59	10:26.99
19:13.69	18:31.29	18:37.99	1500/1650 Free	18:07.89	17:28.79	17:35.19
1:10.49	1:06.79	1:00.49	100 Back	1:05.79	1:01.89	55.99
2:31.89	2:24.49	2:10.69	200 Back	2:22.79	2:14.29	2:01.59
1:20.39	1:16.99	1:09.69	100 Breast	1:13.69	1:09.89	1:03.29
2:53.09	2:45.89	2:30.09	200 Breast	2:39.39	2:31.79	2:17.39
1:08.59	1:06.69	1:00.39	100 Fly	1:03.09	1:01.19	55.39
2:33.79	2:28.59	2:14.49	200 Fly	2:21.19	2:16.19	2:03.19
2:34.89	2:29.09	2:14.99	200 IM	2:23.69	2:17.09	2:04.09
5:28.39	5:17.59	4:47.39	400 IM	5:06.99	4:53.19	4:25.39