2026-2027
Gulf Senior Championship
Time Standards

Updated October 2026

Girls			Boys	
LCM	Yards		Yards	LCM
29.59	25.99	**50 Free**	23.59	27.19
1:03.69	55.99	**100 Free**	50.69	58.09
2:18.59	2:01.99	**200 Free**	1:50.99	2:06.89
4:45.59	5:19.99	**500 Free**	5:07.99	4:36.29
10:05.99	11:18.99	**1000 Free**	10:33.99	9:28.69
19:18.69	18:55.99	**1650 Free**	17:32.99	17:59.99
33.37	28.23	**50 Back**	25.06	29.75
1:12.19	1:02.99	**100 Back**	59.49	1:09.59
2:36.29	2:16.99	**200 Back**	2:10.99	2:30.79
37.75	33.43	**50 Breast**	28.89	21:36.00
1:28.29	1:17.69	**100 Breast**	1:09.99	1:20.89
3:05.99	2:43.99	**200 Breast**	2:32.99	2:56.29
31.09	28.03	**50 Fly**	24.89	28.09
1:11.29	1:02.99	**100 Fly**	57.99	1:06.09
2:42.39	2:23.99	**200 Fly**	2:08.99	2:27.29
2:37.39	2:17.99	**200 IM**	2:05.99	2:25.39
5:47.09	5:03.99	**400 IM**	4:38.99	5:22.59