2026
Gulf Short Course Age Group Championship
Time Standards

Revised October 2026
These Apply to the December Gulf Champs Meet Only

Girls			Boys	
LCM	Yards	10&U	Yards	LCM
35.59	31.89	**50 Free**	31.89	36.59
1:18.09	1:10.29	**100 Free**	1:10.09	1:20.29
2:54.09	2:36.49	**200 Free**	2:35.29	2:57.49
6:08.69	6:49.89	**500 Free**	6:46.99	6:05.09
43.09	37.79	**50 Back**	37.79	44.39
1:31.49	1:21.59	**100 Back**	1:23.09	1:34.29
49.79	43.79	**50 Breast**	44.19	51.39
1:45.69	1:32.99	**100 Breast**	1:36.09	1:51.09
40.89	35.69	**50 Fly**	36.19	41.39
1:39.29	1:29.09	**100 Fly**	1:30.79	1:40.79
---	1:20.79	**100 IM**	1:22.59	---
3:17.29	2:54.69	**200 IM**	2:58.09	3:23.09

Girls			Boys	
LCM	Yards	11-12	Yards	LCM
31.49	27.69	**50 Free**	27.89	31.59
1:08.69	1:00.59	**100 Free**	1:00.19	1:08.19
2:30.29	2:12.79	**200 Free**	2:12.69	2:32.49
5:14.49	5:49.69	**500 Free**	5:49.49	5:13.49
37.49	32.59	**50 Back**	33.29	37.99
1:20.69	1:10.29	**100 Back**	1:11.49	1:22.19
2:53.39	2:31.39	**200 Back**	2:34.69	2:58.09
42.59	36.79	**50 Breast**	37.39	43.39
1:31.69	1:20.99	**100 Breast**	1:20.29	1:31.09
3:14.69	2:52.99	**200 Breast**	2:57.99	3:22.59
34.49	30.69	**50 Fly**	31.09	35.99
1:18.19	1:10.49	**100 Fly**	1:09.89	1:20.89
3:04.19	2:44.09	**200 Fly**	2:47.69	3:05.99
---	1:10.39	**100 IM**	1:10.59	---
2:52.79	2:31.29	**200 IM**	2:31.09	2:52.29
6:16.89	5:29.29	**400 IM**	5:19.79	6:08.69

Girls			Boys	
LCM	Yards	13-14	Yards	LCM
29.99	26.29	**50 Free**	24.59	27.99
1:04.59	56.69	**100 Free**	52.99	1:00.99
2:20.89	2:03.49	**200 Free**	1:56.79	2:14.99
4:57.39	5:29.69	**500 Free**	5:16.09	4:48.49
10:20.49	11:42.29	**1000 Free**	11:04.49	9:55.99
20:39.79	19:29.19	**1650 Free**	18:56.19	19:25.39
33.19	29.09	**50 Back**	27.29	31.19
1:13.99	1:04.59	**100 Back**	1:01.89	1:11.59
2:39.99	2:19.39	**200 Back**	2:13.99	2:37.59
37.79	33.49	**50 Breast**	30.19	34.19
1:27.09	1:14.69	**100 Breast**	1:09.59	1:22.29
3:04.19	2:40.79	**200 Breast**	2:31.19	2:57.29
31.49	28.29	**50 Fly**	26.29	29.29
1:12.29	1:03.49	**100 Fly**	59.79	1:08.69
2:52.59	2:23.59	**200 Fly**	2:16.49	2:35.89
2:40.69	2:19.59	**200 IM**	2:09.89	2:32.79
5:43.59	4:57.19	**400 IM**	4:41.99	5:30.19