

# 2025-2026 Niagara Championship Time Standards

Qualifying period 09/01/2024 to entry deadline

| Girls       |         | 10 & Under |            | Boys        |         |         |
|-------------|---------|------------|------------|-------------|---------|---------|
| LCM         | SCM     | SCY        | Event      | SCY         | SCM     | LCM     |
| 0:41.69     | 0:40.69 | 0:36.59    | 50 free    | 0:37.19     | 0:41.29 | 0:42.29 |
| 1:33.89     | 1:31.89 | 1:22.79    | 100 Free   | 1:24.49     | 1:33.79 | 1:35.79 |
| 3:27.89     | 3:23.89 | 3:03.69    | 200 Free   | 3:07.39     | 3:28.09 | 3:32.09 |
| Not Offered |         |            | 500 Free   | Not Offered |         |         |
| 0:48.79     | 0:47.79 | 0:42.99    | 50 Back    | 0:43.89     | 0:48.79 | 0:49.79 |
| 1:47.19     | 1:45.19 | 1:34.69    | 100 Back   | 1:38.29     | 1:49.19 | 1:51.19 |
| 0:55.49     | 0:54.49 | 0:49.09    | 50 Breast  | 0:51.19     | 0:56.89 | 0:57.89 |
| 2:02.29     | 2:00.29 | 1:48.29    | 100 Breast | 1:54.69     | 2:07.39 | 2:09.39 |
| 0:49.29     | 0:48.29 | 0:43.49    | 50 Fly     | 0:46.39     | 0:51.49 | 0:52.49 |
| 1:57.99     | 1:55.99 | 1:44.49    | 100 Fly    | 1:51.79     | 2:04.09 | 2:06.09 |
| NA          | 1:45.39 | 1:34.89    | 100 IM     | 1:38.39     | 1:49.29 | NA      |
| 3:48.39     | 3:44.39 | 3:22.09    | 200 IM     | 3:33.99     | 3:57.59 | 4:01.59 |

# 2025-2026 Niagara Championship Time Standards

Qualifying period 09/01/2024 to entry deadline

| Girls       |         |         | 11-12      | Boys        |         |         |
|-------------|---------|---------|------------|-------------|---------|---------|
| LCM         | SCM     | SCY     | Event      | SCY         | SCM     | LCM     |
| 0:34.39     | 0:33.39 | 0:30.09 | 50 free    | 0:30.79     | 0:34.19 | 0:35.19 |
| 1:15.69     | 1:13.69 | 1:06.39 | 100 Free   | 1:08.09     | 1:15.59 | 1:17.59 |
| 2:47.19     | 2:43.19 | 2:26.99 | 200 Free   | 2:29.99     | 2:46.49 | 2:50.49 |
| 6:02.79     | 5:56.39 | 6:33.69 | 500 Free   | 6:39.99     | 6:01.99 | 6:08.39 |
| Not Offered |         |         | 1000 Free  | Not Offered |         |         |
| 0:41.39     | 0:40.39 | 0:36.39 | 50 Back    | 0:37.19     | 0:41.29 | 0:42.29 |
| 1:26.79     | 1:24.79 | 1:16.39 | 100 Back   | 1:19.29     | 1:28.09 | 1:30.09 |
| 3:23.29     | 3:19.29 | 2:59.49 | 200 Back   | 2:52.89     | 3:11.99 | 3:15.99 |
| 0:45.99     | 0:44.99 | 0:40.49 | 50 Breast  | 0:41.99     | 0:46.69 | 0:47.69 |
| 1:39.69     | 1:37.69 | 1:27.99 | 100 Breast | 1:31.09     | 1:41.19 | 1:43.19 |
| 3:52.39     | 3:48.39 | 3:25.69 | 200 Breast | 3:16.39     | 3:37.99 | 3:41.99 |
| 0:39.29     | 0:38.29 | 0:34.49 | 50 Fly     | 0:35.29     | 0:39.19 | 0:40.19 |
| 1:30.79     | 1:28.79 | 1:19.99 | 100 Fly    | 1:24.99     | 1:34.39 | 1:36.39 |
| 3:27.59     | 3:23.59 | 3:03.39 | 200 Fly    | 2:56.59     | 3:16.09 | 3:20.09 |
| NA          | 1:25.69 | 1:17.19 | 100 IM     | 1:18.49     | 1:27.19 | NA      |
| 3:09.49     | 3:05.49 | 2:47.09 | 200 IM     | 2:50.99     | 3:09.79 | 3:13.79 |
| Not Offered |         |         | 400 IM     | Not Offered |         |         |

# 2025-2026 Niagara Championship Time Standards

Qualifying period 09/01/2024 to entry deadline

| Girls    |          | 13-14    |            |          | Boys     |          |
|----------|----------|----------|------------|----------|----------|----------|
| LCM      | SCM      | SCY      | Event      | SCY      | SCM      | LCM      |
| 0:31.69  | 0:30.69  | 0:27.59  | 50 free    | 0:26.19  | 0:29.09  | 0:30.09  |
| 1:08.49  | 1:06.49  | 0:59.89  | 100 Free   | 0:57.19  | 1:03.49  | 1:05.49  |
| 2:28.19  | 2:24.19  | 2:09.89  | 200 Free   | 2:04.89  | 2:18.69  | 2:22.69  |
| 5:18.39  | 5:11.99  | 5:44.99  | 500 Free   | 5:37.99  | 5:05.79  | 5:12.19  |
| 13:31.79 | 13:18.99 | 14:31.99 | 1000 Free  | 14:32.99 | 13:19.89 | 13:32.69 |
| 22:45.99 | 22:21.99 | 22:15.99 | 1650 Free  | 21:59.99 | 22:05.99 | 22:29.99 |
| 0:37.59  | 0:36.59  | 0:33.00  | 50 Back    | 0:31.00  | 0:34.39  | 0:35.39  |
| 1:18.09  | 1:16.09  | 1:08.49  | 100 Back   | 1:07.09  | 1:14.49  | 1:16.49  |
| 2:50.29  | 2:46.29  | 2:29.79  | 200 Back   | 2:26.29  | 2:42.39  | 2:46.39  |
| 0:42.09  | 0:41.09  | 0:37.00  | 50 Breast  | 0:33.00  | 0:36.59  | 0:37.59  |
| 1:29.59  | 1:27.59  | 1:18.89  | 100 Breast | 1:16.39  | 1:24.79  | 1:26.79  |
| 3:16.09  | 3:12.09  | 2:52.99  | 200 Breast | 2:49.19  | 3:07.89  | 3:11.89  |
| 0:36.49  | 0:35.49  | 0:32.00  | 50 Fly     | 0:30.00  | 0:33.29  | 0:34.29  |
| 1:17.49  | 1:15.49  | 1:07.99  | 100 Fly    | 1:06.29  | 1:13.59  | 1:15.59  |
| 3:06.09  | 3:02.09  | 2:43.99  | 200 Fly    | 2:41.19  | 2:58.99  | 3:02.99  |
| NA       | 1:17.79  | 1:10.09  | 100 IM     | 1:07.39  | 1:14.89  | NA       |
| 2:49.19  | 2:45.19  | 2:28.79  | 200 IM     | 2:24.99  | 2:40.99  | 2:44.99  |
| 6:05.09  | 5:57.09  | 5:21.69  | 400 IM     | 5:16.09  | 5:50.89  | 5:58.89  |

# 2025-2026 Niagara Championship Time Standards

Qualifying period 09/01/2024 to entry deadline

| Girls    |          | 15 & Over/Open |            |          | Boys     |          |
|----------|----------|----------------|------------|----------|----------|----------|
| LCM      | SCM      | SCY            | Event      | SCY      | SCM      | LCM      |
| 0:30.99  | 0:29.99  | 0:26.99        | 50 free    | 0:24.49  | 0:27.19  | 0:28.19  |
| 1:06.89  | 1:04.89  | 0:58.39        | 100 Free   | 0:53.59  | 0:59.49  | 1:01.49  |
| 2:27.89  | 2:23.89  | 2:09.59        | 200 Free   | 1:57.29  | 2:10.19  | 2:14.19  |
| 5:15.49  | 5:09.09  | 5:41.69        | 500 Free   | 5:19.29  | 4:49.19  | 4:55.59  |
| 11:13.49 | 11:00.69 | 12:08.89       | 1000 Free  | 11:41.39 | 10:36.29 | 10:49.09 |
| 20:43.19 | 20:19.19 | 20:13.19       | 1650 Free  | 19:38.99 | 19:44.99 | 20:08.99 |
| 0:34.19  | 0:32.19  | 0:28.99        | 50 Back    | 0:25.89  | 0:28.79  | 0:30.79  |
| 1:15.59  | 1:13.59  | 1:06.29        | 100 Back   | 1:05.79  | 1:13.09  | 1:15.09  |
| 2:48.89  | 2:44.89  | 2:28.49        | 200 Back   | 2:19.79  | 2:35.19  | 2:39.19  |
| 0:40.49  | 0:38.49  | 0:34.69        | 50 Breast  | 0:30.29  | 0:33.69  | 0:35.69  |
| 1:28.69  | 1:26.69  | 1:18.09        | 100 Breast | 1:10.89  | 1:18.69  | 1:20.69  |
| 3:12.09  | 3:08.09  | 2:49.39        | 200 Breast | 2:39.19  | 2:56.79  | 3:00.79  |
| 0:33.99  | 0:31.99  | 0:28.79        | 50 Fly     | 0:25.49  | 0:28.29  | 0:30.29  |
| 1:16.09  | 1:14.09  | 1:06.69        | 100 Fly    | 1:00.19  | 1:06.89  | 1:08.89  |
| 2:56.19  | 2:52.19  | 2:35.09        | 200 Fly    | 2:22.79  | 2:38.49  | 2:42.49  |
| NA       | 1:17.59  | 1:09.89        | 100 IM     | 1:05.29  | 1:12.49  | NA       |
| 2:45.99  | 2:41.99  | 2:25.89        | 200 IM     | 2:16.69  | 2:31.79  | 2:35.79  |
| 5:51.09  | 5:43.09  | 5:09.09        | 400 IM     | 4:50.69  | 5:22.69  | 5:30.69  |