

**2024-2025  
Gulf Age Group Championship  
Time Standards**

(Note: Revised May 2024)

\* Relay standards are not qualifying standards.  
Relays must achieve the relay standards in order to score.

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

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

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

Girls		12&U	Boys	
LCM	Yards		Yards	LCM
4:45.79	4:12.49	<b>400 Free Relay *</b>	4:19.19	4:49.49
5:32.09	4:53.79	<b>400 Med Relay *</b>	4:56.09	5:36.79

Girls		14&U	Boys	
LCM	Yards		Yards	LCM
4:28.69	3:55.89	<b>400 Free Relay *</b>	3:44.19	4:17.49
5:09.99	4:30.89	<b>400 Med Relay *</b>	4:15.39	4:58.49