



2026 North Carolina Swimming
14&U Short Course AG Championship Time Standards
February 26 - March 1, 2026– TAC, Cary, NC
Qualifying Period: Sept 1, 2024-Feb 23, 2026

EVENT		FEMALE			MALE		
AGE GROUPS		10&U	11-12	13-14	10&U	11-12	13-14
50 Fr	SCY	31.89	27.49	25.89-*	31.79	27.59	24.39
	LCM	35.99	31.29	29.59-*	36.29	31.49	28.09
100 Fr	SCY	1:10.49	59.69	55.99-*	1:11.19	59.99	53.19
	LCM	1:20.09	1:08.99	1:04.49-*	1:20.99	1:08.99	1:01.59
200 Fr	SCY	2:34.19	2:09.79+*	2:00.19	2:33.79	2:10.99	1:54.09
	LCM	2:56.49	2:29.19+*	2:18.39	2:54.29	2:28.89	2:12.59
500 Fr	SCY	6:27.49	5:48.99+*	5:23.49	6:24.29	5:49.89+*	5:12.89
400 Fr	LCM	5:51.69	5:16.39+*	4:52.59	5:46.79	5:15.69+*	4:43.69
1000 Fr	SCY	X	X	11:22.49	X	X	10:55.89
800 Fr	LCM	X	X	10:09.39	X	X	9:49.89
1650 Fr	SCY	X	X	19:17.29	X	X	18:41.19
1500 Fr	LCM	X	X	19:44.49	X	X	18:56.39
50 Bk	SCY	37.09	31.89	X	37.29	32.39	X
	LCM	43.19	37.39	X	43.19	37.79	X
100 Bk	SCY	1:20.89	1:08.99	1:03.79-*	1:21.39	1:09.79	1:00.39-*
	LCM	1:33.49	1:19.29	1:14.89-*	1:33.79	1:21.29	1:11.59-*
200 Bk	SCY	X	2:23.99	2:15.99	X	2:24.39	2:10.19
	LCM	X	2:44.69	2:38.99	X	2:48.19	2:32.69
50 Br	SCY	42.49	36.39	X	42.79-*	37.49	X
	LCM	48.79	41.09	X	48.79-*	43.09	X
100 Br	SCY	1:33.59-*	1:19.19	1:13.19-*	1:33.59-*	1:21.39	1:10.49-*
	LCM	1:48.39+*	1:32.69	1:24.19-*	1:48.39-*	1:33.19	1:21.69-*
200 Br	SCY	X	2:47.49	2:37.69	X	2:44.09	2:32.59
	LCM	X	3:10.29	3:00.39	X	3:08.29	2:57.49
50 Fly	SCY	35.59	30.39	X	36.69	30.79-*	X
	LCM	41.29	34.79	X	41.39	35.49-*	X
100 Fly	SCY	1:25.99	1:09.19	1:03.19-*	1:26.09-*	1:10.99	1:00.29-*
	LCM	1:38.69	1:19.99	1:12.99-*	1:37.99-*	1:21.29	1:09.59-*
200 Fly	SCY	X	2:28.39	2:22.49	X	2:28.69	2:17.09
	LCM	X	2:54.39	2:41.09	X	2:51.29	2:35.09
100 IM	SCY	1:20.69	1:09.29	X	1:21.49	1:09.89	X
	LCM	X	X	X	X	X	X
200 IM	SCY	2:52.79	2:26.79+*	2:16.89	2:55.49-*	2:27.39	2:10.59
	LCM	3:20.19	2:47.69+*	2:38.19	3:22.09+*	2:49.89	2:30.59
400 IM	SCY	X	5:09.49	4:50.29	X	5:11.89	4:40.09
	LCM	X	5:45.69	5:33.19	X	5:58.59	5:23.79

The chart above shows the 2025 NCS Winter Short Course 14&Under Age Group Championship Qualifying Time Standards proposed by the NCS Age Group Committee for adoption at the 2024 NCS House of Delegates Meeting on October 6, 2024. All times proposed for changing are marked with an (*) asterisk. A minus designation indicates that the time is proposed to get faster and a plus (+) mark indicates that the qualifying time has slowed down.