



**2026 North Carolina Swimming**  
**14&U Long Course AG Championships Time Standards**  
 July 16-19; 2026 – GAC, Greensboro, NC  
 Qualifying Period: January 1, 2025-July 16, 2026

EVENT		FEMALE			MALE		
		10&U	11-12	13-14	10&U	11-12	13-14
50 Free	LCM	35.09-*	30.89	29.09	35.09-*	30.79	27.59
	SCY	31.49	27.19	25.29	31.49	26.99	23.99
100 Free	LCM	1:19.99	1:07.69	1:03.29	1:19.99-*	1:07.79	59.89
	SCY	1:10.29	58.79	55.19	1:10.29	58.49	51.89
200 Free	LCM	2:53.39-*	2:27.99	2:19.49	2:51.99-*	2:27.69	2:12.19
	SCY	2:32.99	2:09.59	1:59.99	2:32.29	2:08.79	1:54.99
400 Free	LCM	5:54.29	5:17.29	4:55.39	5:51.49	5:20.39	4:38.49
500 Free	SCY	6:27.49	5:48.29	5:23.09	6:24.29	5:49.19	4:59.19
800 Free	LCM	X	X	10:10.19	X	X	9:43.29
1000 Free	SCY	X	X	11:20.19	X	X	10:43.79
1500 Free	LCM	X	X	19:27.49	X	X	18:34.19
1650 Free	SCY	X	X	18:52.89	X	X	17:55.89
50 Back	LCM	41.99-*	36.19	X	42.09-*	35.39	X
	SCY	36.09	31.29	X	37.19	30.89	X
100 Back	LCM	1:31.09-*	1:17.19	1:11.99	1:31.09-*	1:18.69	1:08.69
	SCY	1:20.09	1:07.19	1:02.69	1:20.99	1:07.89	59.29
200 Back	LCM	X	2:51.39	2:35.69	X	2:51.09	2:28.79
	SCY	X	2:27.59	2:14.49	X	2:24.39	2:08.79
50 Breast	LCM	48.29	41.19	X	48.79	42.09	X
	SCY	41.49	35.39	X	42.79	36.29	X
100 Breast	LCM	1:46.09-*	1:30.09	1:24.49	1:47.09-*	1:31.69	1:19.49
	SCY	1:31.89	1:17.29	1:12.59	1:33.59	1:19.09	1:08.89
200 Breast	LCM	X	3:13.19	3:02.09	X	3:09.69	2:52.59
	SCY	X	2:46.89	2:36.69	X	2:42.49	2:28.49
50 Fly	LCM	40.09-*	33.39	X	40.99-*	34.09	X
	SCY	36.29	29.69	X	36.69	30.19	X
100 Fly	LCM	1:37.09-*	1:17.09	1:11.59	1:37.19-*	1:18.19	1:07.09
	SCY	1:26.09	1:08.09	1:02.19	1:26.09	1:09.19	58.99
200 Fly	LCM	X	2:53.19	2:40.79	X	2:51.49	2:35.99
	SCY	X	2:30.09	2:19.89	X	2:28.69	2:13.49
100 IM	LCM	X	X	X	X	X	X
	SCY	X	X	X	X	X	X
200 IM	LCM	3:17.69-*	2:45.49	2:36.79	3:17.89-*	2:47.49	2:28.39
	SCY	2:54.19	2:25.29	2:16.29	2:54.19	2:26.39	2:08.79
400 IM	LCM	X	6:07.69	5:37.19	X	6:04.59	5:16.09
	SCY	X	5:17.49	4:47.49	X	5:17.19	4:34.69

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