

2025-2026 PNS Age Group Invitational Time Standards

Girls			10&U	Boys		
SCM	LCM	SCY	Event	SCY	LCM	SCM
43.09	43.69	42.29	50 Free	42.49	43.99	43.29
1:37.99	1:39.09	1:33.09	100 Free	1:33.29	1:38.99	1:38.19
3:16.19	3:19.09	3:05.19	200 Free	3:05.89	3:18.39	3:15.89
6:51.69	7:01.69	7:20.09	400/500 Free	7:20.09	7:01.69	6:51.69
50.29	51.29	48.99	50 Back	49.09	52.59	51.59
1:48.99	1:50.29	1:39.19	100 Back	1:41.19	1:51.09	1:49.19
57.79	58.99	51.89	50 Breast	53.49	58.89	57.79
2:00.09	2:01.89	1:50.89	100 Breast	1:52.69	2:03.89	2:01.99
51.29	52.69	48.09	50 Fly	48.59	52.29	51.59
1:47.09	1:48.29	1:38.19	100 Fly	1:38.19	1:54.39	1:53.39
1:47.89	N/A	1:40.19	100 IM	1:40.89	N/A	1:48.09
3:38.29	3:40.89	3:22.79	200 IM	3:25.99	3:49.69	3:46.89

Girls			11-12	Boys		
SCM	LCM	SCY	Event	SCY	LCM	SCM
35.89	36.49	34.19	50 Free	32.79	35.59	34.99
1:17.79	1:18.89	1:15.89	100 Free	1:15.69	1:19.99	1:18.69
2:52.29	2:54.19	2:40.59	200 Free	2:41.79	2:50.99	2:48.29
5:50.09	6:00.09	6:44.99	400/500 Free	6:44.99	6:00.09	5:50.09
42.99	43.99	40.49	50 Back	40.49	43.59	42.29
1:32.59	1:34.09	1:25.09	100 Back	1:24.99	1:32.99	1:31.09
3:11.89	3:13.39	2:54.39	200 Back	2:52.99	3:14.09	3:12.09
49.09	50.19	45.19	50 Breast	45.09	48.89	47.79
1:45.99	1:47.09	1:35.49	100 Breast	1:34.89	1:44.59	1:42.29
3:36.59	3:40.29	3:21.69	200 Breast	3:15.99	3:44.79	3:40.29
41.89	42.29	38.99	50 Fly	38.19	41.69	41.09
1:31.79	1:32.79	1:24.09	100 Fly	1:24.69	1:31.89	1:30.09
3:22.99	3:25.09	3:00.09	200 Fly	3:00.09	3:25.09	3:22.99
1:30.09	N/A	1:24.29	100 IM	1:24.79	N/A	1:30.39
3:12.89	3:14.69	2:54.79	200 IM	2:51.69	3:11.79	3:08.89
7:02.29	7:10.09	6:20.99	400 IM	6:20.99	7:10.09	7:02.29

Girls			13-14	Boys		
SCM	LCM	SCY	Event	SCY	LCM	SCM
32.89	33.29	30.19	50 Free	28.29	31.19	30.69
1:12.49	1:13.49	1:07.69	100 Free	1:02.59	1:08.49	1:07.09
2:36.99	2:38.59	2:24.09	200 Free	2:14.39	2:29.49	2:27.89
5:30.29	5:35.39	6:13.09	400/500 Free	5:56.79	5:19.09	5:14.99
39.39	40.39	35.69	50 Back	34.89	38.69	38.09
1:23.99	1:25.89	1:15.99	100 Back	1:10.99	1:20.79	1:19.29
2:51.49	2:55.49	2:38.39	200 Back	2:29.19	2:49.29	2:46.49
44.69	45.79	41.19	50 Breast	37.99	42.29	41.69
1:35.69	1:37.59	1:27.19	100 Breast	1:20.79	1:29.59	1:28.09
3:21.69	3:24.59	3:03.29	200 Breast	2:49.99	3:10.99	3:07.09
36.89	37.69	34.79	50 Fly	31.79	34.59	33.89
1:20.69	1:22.59	1:16.09	100 Fly	1:09.39	1:16.59	1:15.09
3:23.59	3:25.99	2:44.99	200 Fly	2:30.29	2:56.29	2:53.79
1:24.09	N/A	1:18.39	100 IM	1:13.29	N/A	1:19.59
2:56.19	2:59.69	2:41.09	200 IM	2:29.09	2:46.99	2:44.49
6:20.59	6:27.89	5:24.99	400 IM	5:10.59	6:00.09	5:54.09

Girls			15&O	Boys		
SCM	LCM	SCY	Event	SCY	LCM	SCM
30.19	31.09	27.49	50 Free	24.39	27.49	26.59
1:05.99	1:07.49	59.99	100 Free	53.69	1:00.29	58.89
2:26.19	2:28.59	2:11.29	200 Free	1:57.39	2:14.49	2:12.09
5:14.69	5:18.89	5:51.59	400/500 Free	5:23.69	4:49.09	4:45.59
36.79	37.89	32.19	50 Back	28.99	33.79	32.29
1:16.69	1:18.99	1:08.69	100 Back	1:01.49	1:11.59	1:09.29
2:47.09	2:49.19	2:25.99	200 Back	2:11.99	2:33.89	2:30.59
41.49	42.59	37.29	50 Breast	32.29	37.19	35.79
1:29.09	1:30.69	1:18.79	100 Breast	1:09.39	1:19.89	1:18.19
3:12.29	3:15.89	2:47.89	200 Breast	2:28.79	2:53.19	2:50.99
33.19	34.09	30.39	50 Fly	27.09	30.69	29.99
1:15.09	1:16.39	1:06.19	100 Fly	59.09	1:06.09	1:04.99
3:07.89	3:09.99	2:37.89	200 Fly	2:14.89	2:40.49	2:37.59
1:16.99	N/A	1:11.39	100 IM	1:04.19	N/A	1:09.99
2:43.89	2:46.99	2:26.49	200 IM	2:12.69	2:31.99	2:29.79
5:53.69	5:58.69	5:16.49	400 IM	4:50.99	5:31.39	5:26.29