

Arizona Swimming
Age Group Regional Qualifying Time Standards
2025-2026

	Short Course Yards	Long Course Meters	Short Course Meters
WOMEN 10-U			
50 Free	39.09	46.99	46.19
100 Free	1:33.39	1:49.59	1:47.29
200 Free	3:30.19	3:46.29	3:42.89
400/500 Free	8:56.09	7:25.89	7:19.19
50 Back	49.09	59.09	57.99
100 Back	1:48.19	2:06.39	2:02.19
50 Breast	55.19	1:06.89	1:04.99
100 Breast	2:04.69	2:21.59	2:19.49
50 Fly	48.49	58.29	55.89
100 Fly	2:01.29	2:04.19	2:08.79
100 IM	1:48.59	x	2:04.29
200 IM	3:51.39	4:12.29	4:05.59

	Short Course Yards	Long Course Meters	Short Course Meters
WOMEN 11-12			
50 Free	34.09	38.19	37.69
100 Free	1:13.59	1:25.49	1:22.79
200 Free	2:46.09	3:11.29	3:04.09
400/500 Free	7:22.19	6:23.39	6:19.39
800/1000 Free	15:14.69	13:29.59	13:17.89
1500/1650 Free	25:31.49	25:54.89	25:11.99
50 Back	38.79	46.99	44.79
100 Back	1:27.19	1:42.19	1:37.79
200 Back	3:03.09	3:13.99	3:15.79
50 Breast	43.69	51.99	50.79
100 Breast	1:37.69	1:54.59	1:50.69
200 Breast	3:31.99	3:43.79	3:48.69
50 Fly	37.29	43.59	41.59
100 Fly	1:27.19	1:40.89	1:37.59
200 Fly	3:07.89	3:31.19	3:28.39
100 IM	1:26.19	x	1:35.59
200 IM	3:07.99	3:33.19	3:26.89
400 IM	6:40.09	7:16.29	7:04.69

	Short Course Yards	Long Course Meters	Short Course Meters
WOMEN 13-14			
50 Free	32.89	37.39	36.59
100 Free	1:11.39	1:20.89	1:19.29
200 Free	2:33.89	2:54.09	2:50.89
400/500 Free	6:51.79	6:07.59	6:01.19
800/1000 Free	14:08.89	12:37.69	12:24.89
1500/1650 Free	23:34.19	24:02.49	23:38.49
50 Back	36.09	36.09	40.09
100 Back	1:18.29	1:28.19	1:26.99
200 Back	2:48.39	3:09.39	3:06.99
50 Breast	41.39	46.49	45.99
100 Breast	1:29.79	1:41.69	1:39.69
200 Breast	3:13.99	3:39.39	3:35.39
50 Fly	34.59	39.09	38.49
100 Fly	1:17.69	1:27.69	1:26.29
200 Fly	2:52.39	3:13.99	3:11.19
200 IM	2:53.19	3:14.89	3:12.09
400 IM	6:08.49	6:43.39	6:32.09

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MEN 10-U			
50 Free	38.49	46.69	45.79
100 Free	1:32.89	1:49.49	1:47.89
200 Free	3:18.49	3:43.29	3:42.59
400/500 Free	8:47.89	7:00.89	6:53.89
50 Back	49.09	59.49	57.59
100 Back	1:46.49	2:04.49	2:05.69
50 Breast	54.79	1:07.19	1:06.09
100 Breast	1:59.37	2:21.99	2:21.59
50 Fly	47.19	59.19	55.99
100 Fly	1:59.79	2:06.49	2:03.39
100 IM	1:45.39	x	2:04.69
200 IM	3:49.79	4:04.39	4:03.59

	Short Course Yards	Long Course Meters	Short Course Meters
MEN 11-12			
50 Free	33.09	37.89	36.49
100 Free	1:12.89	1:24.79	1:24.19
200 Free	2:40.29	3:03.49	3:00.29
400/500 Free	7:15.69	6:23.19	6:16.49
800/1000 Free	15:00.09	12:21.49	12:12.99
1500/1650 Free	25:28.29	23:50.59	23:25.89
50 Back	38.99	47.19	45.99
100 Back	1:25.79	1:42.79	1:35.29
200 Back	2:57.09	3:13.89	3:16.59
50 Breast	43.79	53.19	51.39
100 Breast	1:35.49	1:56.89	1:45.99
200 Breast	3:23.69	3:41.49	3:46.09
50 Fly	38.09	44.49	43.79
100 Fly	1:27.09	1:39.79	1:38.39
200 Fly	3:03.39	3:54.79	3:23.49
100 IM	1:24.09	x	1:33.29
200 IM	3:06.39	3:28.89	3:25.39
400 IM	6:27.69	6:52.89	6:46.39

	Short Course Yards	Long Course Meters	Short Course Meters
MEN 13-14			
50 Free	30.39	34.59	33.79
100 Free	1:06.29	1:15.19	1:13.59
200 Free	2:24.49	2:43.59	2:40.39
400/500 Free	6:29.49	5:47.69	5:41.29
800/1000 Free	13:25.19	11:58.69	11:45.89
1500/1650 Free	22:28.29	22:55.29	22:31.29
50 Back	34.89	39.29	38.69
100 Back	1:13.59	1:22.89	1:21.69
200 Back	2:38.39	2:58.29	2:55.89
50 Breast	38.49	43.69	42.79
100 Breast	1:22.59	1:33.69	1:31.69
200 Breast	3:00.49	3:24.39	3:20.39
50 Fly	32.59	36.89	36.19
100 Fly	1:12.19	1:21.59	1:20.19
200 Fly	2:40.39	3:00.69	2:57.89
200 IM	2:41.89	3:02.89	2:59.69
400 IM	5:44.99	6:29.39	6:22.99

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