

New England Swimming

2025-2026 SCY Championships Time Standards Progression

10 & Under

GIRLS			EVENT	BOYS		
BRONZE	SILVER	AGE GROUP		AGE GROUP	SILVER	BRONZE
50.99	36.59	32.49	50 FR	32.59	37.29	50.99
1:42.99	1:23.05	1:13.09	100 FR	1:13.59	1:23.59	1:43.99
3:25.99	3:03.99	2:42.69	200 FR	2:42.99	3:01.89	3:22.99
8:50.99	8:08.59	7:05.69	500 FR	7:04.69	8:08.79	8:50.99
56.99	43.79	38.79	50 BK	39.19	44.99	56.99
1:50.09	1:36.49	1:24.69	100 BK	1:25.59	1:36.89	1:52.99
1:01.99	50.19	44.89	50 BR	45.89	51.59	1:01.99
2:09.99	1:50.09	1:38.79	100 BR	1:39.99	1:51.29	2:09.99
58.99	44.29	38.59	50 FL	38.99	45.49	58.99
2:03.99	1:49.99	1:33.39	100 FL	1:33.59	1:50.29	2:03.99
1:57.99	1:35.59	1:25.09	100 IM	1:25.39	1:34.99	1:56.99
3:48.49	3:28.25	3:05.99	200 IM	3:08.69	3:28.25	3:45.49



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GIRLS				BOYS		
BRONZE	SILVER	AGE GROUP	EVENT	AGE GROUP	SILVER	BRONZE
37.99	31.59	28.39	50 FR	28.09	31.49	38.79
1:21.99	1:09.59	1:01.49	100 FR	1:01.19	1:07.99	1:23.79
2:51.99	2:30.99	2:14.39	200 FR	2:14.59	2:36.29	2:52.39
7:15.99	6:43.69	5:58.79	500 FR	6:01.59	6:37.49	7:20.99
14:59.09	13:45.59	12:27.69	1000 FR	12:27.69	13:36.99	14:39.59
24:59.99	23:19.99	21:27.59	1650 FR	21:27.59	23:05.99	24:29.89
45.99	36.79	32.89	50 BK	32.89	36.59	46.99
1:36.99	1:20.29	1:10.69	100 BK	1:10.39	1:19.29	1:37.99
3:06.99	2:51.29	2:33.79	200 BK	2:33.79	2:49.99	3:10.99
50.99	41.79	37.89	50 BR	37.89	41.89	51.99
1:47.99	1:29.99	1:22.09	100 BR	1:21.99	1:29.89	1:49.99
3:35.99	3:15.59	2:56.99	200 BR	3:01.39	3:18.69	3:39.99
46.99	35.79	31.49	50 FL	31.49	35.59	47.99
1:43.99	1:22.29	1:12.19	100 FL	1:12.09	1:20.99	1:43.99
3:19.99	2:55.59	2:47.49	200 FL	2:45.79	2:53.09	3:19.99
1:34.99	1:19.99	1:11.49	100 IM	1:11.49	1:18.59	1:35.99
3:18.99	2:51.79	2:32.99	200 IM	2:32.99	2:50.69	3:19.99
6:34.19	6:09.29	5:30.49	400 IM	5:30.49	6:06.29	6:27.99



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GIRLS				BOYS		
BRONZE	SILVER	AGE GROUP	EVENT	AGE GROUP	SILVER	BRONZE
31.39	28.79	26.19	50 FR	24.59	26.79	31.09
1:08.59	1:02.99	56.59	100 FR	53.59	57.99	1:10.69
2:28.89	2:14.99	2:02.29	200 FR	1:57.59	2:06.99	2:26.59
6:30.99	6:02.29	5:29.49	500 FR	5:16.69	5:45.59	6:27.39
14:01.99	12:29.99	11:27.19	1000 FR	10:59.99	12:02.99	13:21.19
23:23.49	21:22.69	19:16.89	1650 FR	18:45.99	20:42.79	22:18.89
38.79	34.39	29.79	50 BK	27.69	31.99	36.39
1:23.39	1:12.69	1:03.89	100 BK	1:01.09	1:07.59	1:22.99
2:49.99	2:36.29	2:18.29	200 BK	2:12.99	2:29.59	2:46.99
45.09	39.49	34.59	50 BR	31.69	37.29	41.29
1:34.99	1:22.99	1:14.19	100 BR	1:09.89	1:17.89	1:29.99
3:12.09	3:01.29	2:40.49	200 BR	2:34.49	2:50.29	3:03.79
38.29	33.59	29.39	50 FL	27.19	31.79	35.59
1:24.89	1:11.89	1:03.39	100 FL	1:00.79	1:07.59	1:23.79
2:49.29	2:47.49	2:26.19	200 FL	2:19.69	2:41.59	2:40.09
2:54.49	2:38.29	2:19.39	200 IM	2:13.19	2:29.99	2:50.19
6:10.59	5:41.99	4:57.49	400 IM	4:42.99	5:17.79	5:47.69



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GIRLS					BOYS			
BRONZE	SILVER	AGE GROUP	SENIORS	EVENT	SENIORS	AGE GROUP	SILVER	BRONZE
29.99	27.89	25.99	25.49	50 FR	22.89	23.09	25.59	27.99
1:05.79	58.89	54.99	54.69	100 FR	49.59	50.09	54.29	1:00.49
2:21.49	2:07.59	1:59.09	1:58.09	200 FR	1:48.49	1:49.59	1:58.99	2:15.99
6:08.29	5:43.89	5:19.99	5:18.09	500 FR	4:53.99	4:58.99	5:28.99	5:52.29
12:25.99	11:32.69	11:10.79	10:58.69	1000 FR	10:13.89	10:38.19	10:57.79	12:11.99
20:25.99	19:54.29	19:09.09	18:28.99	1650 FR	17:24.79	17:59.99	18:45.19	19:59.99
1:16.69	1:08.69	1:02.59	1:02.19	100 BK	56.89	58.29	1:05.19	1:13.59
2:35.79	2:27.59	2:14.49	2:12.59	200 BK	2:04.29	2:05.99	2:23.69	2:26.99
1:25.79	1:20.79	1:12.29	1:11.19	100 BR	1:03.79	1:05.49	1:15.09	1:17.89
3:05.79	2:56.49	2:36.19	2:32.79	200 BR	2:21.19	2:22.89	2:44.99	2:52.49
1:14.99	1:07.99	1:01.49	1:00.59	100 FL	54.79	55.89	1:02.89	1:12.09
2:40.99	2:37.69	2:19.79	2:17.89	200 FL	2:05.69	2:08.49	2:25.69	2:35.99
2:40.59	2:23.69	2:15.09	2:13.99	200 IM	2:01.59	2:03.09	2:15.99	2:31.79
5:36.99	5:27.19	4:50.99	4:46.59	400 IM	4:23.99	4:31.19	5:06.89	5:30.19

