

TS2026 STANDARDS NacAAA Long Course Meters**Female 7-8**

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free				48.52	53.25	
100 Free				1:46.00	1:56.35	
200 Free				3:51.61	4:14.20	
50 Back				55.31	1:00.70	
50 Breast				1:00.06	1:05.92	
50 Fly				50.08	54.97	

Female 9-10

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	34.79	37.16	40.24	43.79	48.52	
100 Free	1:16.01	1:21.18	1:27.91	1:35.66	1:46.00	
200 Free	2:46.08	3:00.77	3:12.07	3:29.01	3:51.61	
50 Back	40.47	43.17	45.87	49.91	55.31	
100 Back	1:26.17	1:31.92	1:37.66	1:46.28	1:57.77	
50 Breast	43.95	46.80	49.81	54.20	1:00.06	
100 Breast	1:36.19	1:42.61	1:49.02	1:58.64	2:11.47	
50 Fly	36.64	39.09	41.53	45.19	50.08	
100 Fly	1:23.22	1:28.77	1:34.32	1:42.63	1:53.73	
200 IM	3:09.18	3:21.80	3:34.40	3:53.32	4:18.55	

Female 11-12

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	32.43	34.79	37.16	40.24	43.79	
100 Free	1:10.80	1:16.01	1:21.18	1:27.91	1:35.66	
200 Free	2:34.78	2:46.08	2:57.38	3:12.07	3:29.01	
400 Free	5:23.95	5:47.60	6:11.24	6:41.98	7:17.45	
800 Free	11:04.16	11:52.64	12:41.12	13:44.00	14:56.86	
50 Back	36.96	39.66	42.36	45.87	49.91	
100 Back	1:18.71	1:24.45	1:30.20	1:37.66	1:46.28	
200 Back	2:48.99	3:01.32	3:13.66	3:29.69	3:48.20	
50 Breast	40.14	43.07	46.00	49.81	54.20	
100 Breast	1:27.86	1:34.27	1:40.68	1:49.02	1:58.64	
200 Breast	3:10.36	3:24.26	3:38.15	3:56.21	4:17.06	
50 Fly	33.47	35.91	38.35	41.53	45.19	
100 Fly	1:16.01	1:21.56	1:27.10	1:34.32	1:42.63	
200 Fly	2:46.88	2:59.06	3:11.24	3:27.08	3:45.35	
200 IM	2:52.78	3:05.40	3:18.01	3:34.40	3:53.32	
400 IM	6:04.91	6:31.55	6:58.18	7:32.81	8:12.77	

Female 13-14

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	30.06	32.43	34.79	37.16	40.24	
100 Free	1:05.67	1:10.80	1:16.01	1:21.18	1:27.91	
200 Free	2:23.49	2:34.78	2:46.08	2:57.38	3:12.07	
400 Free	5:00.30	5:23.95	5:47.60	6:11.24	6:41.98	
800 Free	10:15.68	11:04.16	11:52.64	12:41.12	13:44.14	
1500 Free	19:21.06	21:01.06	22:33.10	24:05.15	26:04.82	
50 Back	34.26	36.96	39.66	42.36	45.87	

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100 Back	1:12.96	1:18.71	1:24.45	1:30.20	1:37.66
200 Back	2:36.65	2:48.99	3:01.32	3:13.66	3:29.69
50 Breast	37.21	40.14	43.07	46.00	49.81
100 Breast	1:21.44	1:27.86	1:34.27	1:40.68	1:49.02
200 Breast	2:56.47	3:10.36	3:24.26	3:38.15	3:56.21
50 Fly	31.03	33.47	35.91	38.35	41.53
100 Fly	1:10.46	1:16.01	1:21.56	1:27.10	1:34.32
200 Fly	2:34.70	2:46.88	2:59.06	3:11.24	3:27.08
200 IM	2:40.17	2:52.78	3:05.40	3:18.01	3:34.40
400 IM	5:38.28	6:04.91	6:31.55	6:58.18	7:32.81

Female 15-16

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	28.40	30.06	32.43	34.79	37.16	
100 Free	1:02.05	1:05.67	1:10.80	1:16.01	1:21.18	
200 Free	2:15.58	2:23.49	2:34.78	2:46.08	2:57.38	
400 Free	4:43.75	5:00.30	5:23.95	5:47.60	6:11.24	
800 Free	9:41.75	10:15.68	11:04.16	11:52.64	12:41.12	
1500 Free	18:24.58	19:21.06	21:01.06	22:33.10	24:05.15	
50 Back	32.38	34.26	36.96	39.66	42.36	
100 Back	1:08.94	1:12.96	1:18.71	1:24.45	1:30.20	
200 Back	2:28.02	2:36.65	2:48.99	3:01.32	3:13.66	
50 Breast	35.16	37.21	40.14	43.07	46.00	
100 Breast	1:16.96	1:21.44	1:27.86	1:34.27	1:40.68	
200 Breast	2:46.74	2:56.47	3:10.36	3:24.26	3:38.15	
50 Fly	29.32	31.03	33.47	35.91	38.35	
100 Fly	1:06.58	1:10.46	1:16.01	1:21.56	1:27.10	
200 Fly	2:26.17	2:34.70	2:46.88	2:59.06	3:11.24	
200 IM	2:31.34	2:40.17	2:52.78	3:05.40	3:18.01	
400 IM	5:19.63	5:38.28	6:04.91	6:31.55	6:58.18	

Female 17-18

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	26.75	28.40	30.06	32.43	34.79	
100 Free	59.47	1:02.05	1:05.67	1:10.80	1:16.01	
200 Free	2:07.67	2:15.58	2:23.49	2:34.78	2:46.08	
400 Free	4:27.20	4:43.75	5:00.30	5:23.95	5:47.60	
800 Free	9:07.81	9:41.75	10:15.68	11:04.16	11:52.64	
1500 Free	17:20.14	18:24.58	19:21.06	21:01.06	22:33.10	
50 Back	30.49	32.38	34.26	36.96	39.66	
100 Back	1:04.92	1:08.94	1:12.96	1:18.71	1:24.45	
200 Back	2:19.38	2:28.02	2:36.65	2:48.99	3:01.32	
50 Breast	33.11	35.16	37.21	40.14	43.07	
100 Breast	1:12.47	1:16.96	1:21.44	1:27.86	1:34.27	
200 Breast	2:37.01	2:46.74	2:56.47	3:10.36	3:24.26	
50 Fly	27.60	29.32	31.03	33.47	35.91	
100 Fly	1:02.69	1:06.58	1:10.46	1:16.01	1:21.56	
200 Fly	2:17.65	2:26.17	2:34.70	2:46.88	2:59.06	
200 IM	2:22.52	2:31.34	2:40.17	2:52.78	3:05.40	
400 IM	5:00.99	5:19.63	5:38.28	6:04.91	6:31.55	

TS2026 STANDARDS NacAAA Long Course Meters**Female 17 & Over**

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	26.75	28.40	30.06	32.43	34.79	
100 Free	59.47	1:02.05	1:05.67	1:10.80	1:16.01	
200 Free	2:07.67	2:15.58	2:23.49	2:34.78	2:46.08	
400 Free	4:27.20	4:43.75	5:00.30	5:23.95	5:47.60	
800 Free	9:07.81	9:41.75	10:15.68	11:04.16	11:52.64	
1500 Free	17:20.14	18:24.58	19:29.00	21:01.06	22:33.10	
50 Back	30.49	32.38	34.26	36.96	39.66	
100 Back	1:04.92	1:08.94	1:12.96	1:18.71	1:24.45	
200 Back	2:19.38	2:28.02	2:36.65	2:48.99	3:01.32	
50 Breast	33.11	35.16	37.21	40.14	43.07	
100 Breast	1:12.47	1:16.96	1:21.44	1:27.86	1:34.27	
200 Breast	2:37.01	2:46.74	2:56.47	3:10.36	3:24.26	
50 Fly	27.60	29.32	31.03	33.47	35.91	
100 Fly	1:02.69	1:06.58	1:10.46	1:16.01	1:21.56	
200 Fly	2:17.65	2:26.17	2:34.70	2:46.88	2:59.06	
200 IM	2:22.52	2:31.34	2:40.17	2:52.78	3:05.40	
400 IM	5:00.99	5:19.63	5:38.28	6:04.91	6:31.55	

Female 19 & Over

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	26.75	28.40	30.06	32.43	34.79	
100 Free	59.47	1:02.05	1:05.67	1:10.80	1:16.01	
200 Free	2:07.67	2:15.58	2:23.49	2:34.78	2:46.08	
400 Free	4:27.20	4:43.75	5:00.30	5:23.95	5:47.60	
800 Free	9:07.81	9:41.75	10:15.68	11:04.16	11:52.64	
1500 Free	17:20.14	18:24.58	19:21.06	21:01.06	22:33.10	
50 Back	30.49	32.38	34.26	36.96	39.66	
100 Back	1:04.92	1:08.94	1:12.96	1:18.71	1:24.45	
200 Back	2:19.38	2:28.02	2:36.65	2:48.99	3:01.32	
50 Breast	33.11	35.16	37.21	40.14	43.07	
100 Breast	1:12.47	1:16.96	1:21.44	1:27.86	1:34.27	
200 Breast	2:37.01	2:46.74	2:56.47	3:10.36	3:24.26	
50 Fly	27.60	29.32	31.03	33.47	35.91	
100 Fly	1:02.69	1:06.58	1:10.46	1:16.01	1:21.56	
200 Fly	2:17.65	2:26.17	2:34.70	2:46.88	2:59.06	
200 IM	2:22.52	2:31.34	2:40.17	2:52.78	3:05.40	
400 IM	5:00.99	5:19.63	5:38.28	6:04.91	6:31.55	

Male 7-8

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free				42.86	47.04	
100 Free				1:36.16	1:45.55	
200 Free				3:29.10	3:49.50	
50 Back				48.79	53.55	
50 Breast				53.19	58.38	
50 Fly				45.65	50.11	

TS2026 STANDARDS NacAAA Long Course Meters**Male 9-10**

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	30.74	32.83	35.55	38.68	42.86	
100 Free	1:08.96	1:13.65	1:19.75	1:26.78	1:36.16	
200 Free	2:29.94	2:40.14	2:53.40	3:08.70	3:29.10	
50 Back	34.99	37.37	40.46	44.03	48.79	
100 Back	1:16.22	1:21.40	1:28.14	1:35.92	1:46.29	
50 Breast	38.15	40.74	44.11	48.01	53.19	
100 Breast	1:23.61	1:29.30	1:36.70	1:45.23	1:56.60	
50 Fly	32.74	34.96	37.86	41.20	45.65	
100 Fly	1:12.69	1:17.64	1:24.06	1:31.48	1:41.37	
200 IM	2:47.58	2:58.98	3:13.80	3:30.90	3:53.70	

Male 11-12

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	28.66	30.74	32.83	35.55	38.68	
100 Free	1:04.27	1:08.96	1:13.65	1:19.75	1:26.78	
200 Free	2:19.74	2:29.94	2:40.14	2:53.40	3:08.70	
400 Free	5:01.50	5:23.50	5:45.51	6:14.12	6:47.13	
800 Free	10:19.40	11:04.62	11:49.83	12:48.60	13:56.42	
50 Back	32.61	34.99	37.37	40.46	44.03	
100 Back	1:11.03	1:16.22	1:21.40	1:28.14	1:35.92	
200 Back	2:33.33	2:44.52	2:55.71	3:10.26	3:27.05	
50 Breast	35.55	38.15	40.74	44.11	48.01	
100 Breast	1:17.93	1:23.61	1:29.30	1:36.70	1:45.23	
200 Breast	2:52.78	3:05.40	3:18.01	3:34.40	3:53.32	
50 Fly	30.51	32.74	34.96	37.86	41.20	
100 Fly	1:07.75	1:12.69	1:17.64	1:24.06	1:31.48	
200 Fly	2:31.70	2:42.77	2:53.85	3:08.24	3:24.85	
200 IM	2:36.18	2:47.58	2:58.98	3:13.80	3:30.90	
400 IM	5:34.06	5:58.44	6:22.83	6:54.53	7:31.10	

Male 13-14

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	26.55	28.66	30.74	32.83	35.55	
100 Free	59.57	1:04.27	1:08.96	1:13.65	1:19.75	
200 Free	2:09.54	2:19.74	2:29.94	2:40.14	2:53.40	
400 Free	4:39.49	5:01.50	5:23.50	5:45.51	6:14.12	
800 Free	9:34.19	10:19.40	11:04.62	11:49.83	12:48.60	
1500 Free	18:00.06	19:27.17	21:20.39	22:47.50	24:40.73	
50 Back	30.23	32.61	34.99	37.37	40.46	
100 Back	1:05.85	1:11.03	1:16.22	1:21.40	1:28.14	
200 Back	2:22.14	2:33.33	2:44.52	2:55.71	3:10.26	
50 Breast	32.96	35.55	38.15	40.74	44.11	
100 Breast	1:12.24	1:17.93	1:23.61	1:29.30	1:36.70	
200 Breast	2:40.17	2:52.78	3:05.40	3:18.01	3:34.40	
50 Fly	28.28	30.51	32.74	34.96	37.86	
100 Fly	1:02.80	1:07.75	1:12.69	1:17.64	1:24.06	
200 Fly	2:20.63	2:31.70	2:42.77	2:53.85	3:08.24	
200 IM	2:24.78	2:36.18	2:47.58	2:58.98	3:13.80	
400 IM	5:09.68	5:34.06	5:58.44	6:22.83	6:54.53	

TS2026 STANDARDS NacAAA Long Course Meters**Male 15-16**

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	25.09	26.55	28.64	30.74	32.83	
100 Free	56.29	59.57	1:04.26	1:08.96	1:13.65	
200 Free	2:02.40	2:09.54	2:19.74	2:29.94	2:40.14	
400 Free	4:24.08	4:39.49	5:01.50	5:23.50	5:45.51	
800 Free	9:02.54	9:34.19	10:19.40	11:04.62	11:49.83	
1500 Free	17:25.22	18:26.19	19:53.30	21:20.40	22:47.50	
50 Back	28.56	30.23	32.61	34.99	37.37	
100 Back	1:02.22	1:05.85	1:11.03	1:16.22	1:21.40	
200 Back	2:14.30	2:22.14	2:33.33	2:44.52	2:55.71	
50 Breast	31.14	32.96	35.55	38.15	40.74	
100 Breast	1:08.26	1:12.24	1:17.93	1:23.61	1:29.30	
200 Breast	2:31.34	2:40.17	2:52.78	3:05.40	3:18.01	
50 Fly	26.72	28.28	30.51	32.74	34.96	
100 Fly	59.34	1:02.80	1:07.75	1:12.69	1:17.64	
200 Fly	2:12.88	2:20.63	2:31.70	2:42.77	2:53.85	
200 IM	2:16.80	2:24.78	2:36.18	2:47.58	2:58.98	
400 IM	4:52.61	5:09.68	5:34.06	5:58.44	6:22.83	

Male 17-18

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	23.63	25.09	26.55	28.66	30.74	
100 Free	53.01	56.29	59.57	1:04.27	1:08.96	
200 Free	1:55.26	2:02.40	2:09.54	2:19.74	2:29.94	
400 Free	4:08.68	4:24.08	4:39.49	5:01.50	5:23.50	
800 Free	8:30.90	9:02.54	9:34.19	10:19.40	11:04.62	
1500 Free	16:24.25	17:25.22	18:46.19	19:53.30	21:20.40	
50 Back	26.89	28.56	30.23	32.61	34.99	
100 Back	58.59	1:02.22	1:05.85	1:11.03	1:16.22	
200 Back	2:06.47	2:14.30	2:22.14	2:33.33	2:44.52	
50 Breast	29.32	31.14	32.96	35.55	38.15	
100 Breast	1:04.27	1:08.26	1:12.24	1:17.93	1:23.61	
200 Breast	2:22.52	2:31.34	2:40.17	2:52.78	3:05.40	
50 Fly	25.16	26.72	28.28	30.51	32.74	
100 Fly	55.88	59.34	1:02.80	1:07.75	1:12.69	
200 Fly	2:05.12	2:12.88	2:20.63	2:31.70	2:42.77	
200 IM	2:08.82	2:16.80	2:24.78	2:36.18	2:47.58	
400 IM	4:35.54	4:52.61	5:09.68	5:34.06	5:58.44	

Male 17 & Over

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	23.63	25.09	26.55	28.66	30.74	
100 Free	53.01	56.29	59.57	1:04.27	1:08.96	
200 Free	1:55.26	2:02.40	2:09.54	2:19.74	2:29.94	
400 Free	4:08.68	4:24.08	4:39.49	5:01.50	5:23.50	
800 Free	8:30.90	9:02.54	9:34.19	10:19.40	11:04.62	
1500 Free	15:58.12	16:59.09	18:26.19	19:53.29	21:20.39	
50 Back	26.89	28.56	30.23	32.61	34.99	
100 Back	58.59	1:02.22	1:05.85	1:11.03	1:16.22	
200 Back	2:06.47	2:14.30	2:22.14	2:33.33	2:44.52	
50 Breast	29.32	31.14	32.96	35.55	38.15	

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100 Breast	1:04.27	1:08.26	1:12.24	1:17.93	1:23.61
200 Breast	2:22.52	2:31.34	2:40.17	2:52.78	3:05.40
50 Fly	25.16	26.72	28.28	30.51	32.74
100 Fly	55.88	59.34	1:02.80	1:07.75	1:12.69
200 Fly	2:05.12	2:12.88	2:20.63	2:31.70	2:42.77
200 IM	2:08.82	2:16.80	2:24.78	2:36.18	2:47.58
400 IM	4:35.54	4:52.61	5:09.68	5:34.06	5:58.44

Male 19 & Over

	NAAA	N-AA	N-A	INT	PREP	NOV
50 Free	23.63	25.09	26.55	28.66	30.74	
100 Free	53.01	56.29	59.57	1:04.27	1:08.96	
200 Free	1:55.26	2:02.40	2:09.54	2:19.74	2:29.94	
400 Free	4:08.68	4:24.08	4:39.49	5:01.50	5:23.50	
800 Free	8:30.90	9:02.54	9:34.19	10:19.40	11:04.62	
1500 Free	16:24.25	17:25.22	18:46.19	19:53.30	21:20.40	
50 Back	26.89	28.56	30.23	32.61	34.99	
100 Back	58.59	1:02.22	1:05.85	1:11.03	1:16.22	
200 Back	2:06.47	2:14.30	2:22.14	2:33.33	2:44.52	
50 Breast	29.32	31.14	32.96	35.55	38.15	
100 Breast	1:04.27	1:08.26	1:12.24	1:17.93	1:23.61	
200 Breast	2:22.52	2:31.34	2:40.17	2:52.78	3:05.40	
50 Fly	25.16	26.72	28.28	30.51	32.74	
100 Fly	55.88	59.34	1:02.80	1:07.75	1:12.69	
200 Fly	2:05.12	2:12.88	2:20.63	2:31.70	2:42.77	
200 IM	2:08.82	2:16.80	2:24.78	2:36.18	2:47.58	
400 IM	4:35.54	4:52.61	5:09.68	5:34.06	5:58.44	
