

**2024-2025**  
**Gulf Age Group Championship**  
**Time Standards**

(Note: Revised May 2024)

\* Relay standards are not qualifying standards.  
Relays must achieve the relay standards in order to score.

| Girls   |          | 10&U              | Boys    |         |
|---------|----------|-------------------|---------|---------|
| LCM     | Yards    |                   | Yards   | LCM     |
| 35.59   | 31.89    | <b>50 Free</b>    | 31.89   | 36.59   |
| 1:18.09 | 1:10.29  | <b>100 Free</b>   | 1:10.09 | 1:20.29 |
| 2:54.09 | 2:36.49  | <b>200 Free</b>   | 2:35.29 | 2:57.49 |
| 6:08.69 | 6:49.89  | <b>500 Free</b>   | 6:46.99 | 6:05.09 |
| 43.09   | 37.79    | <b>50 Back</b>    | 37.79   | 44.39   |
| 1:31.49 | -1:21.59 | <b>100 Back</b>   | 1:23.09 | 1:34.29 |
| 49.79   | 43.79    | <b>50 Breast</b>  | 44.19   | 51.39   |
| 1:45.69 | 1:32.99  | <b>100 Breast</b> | 1:36.09 | 1:51.09 |
| 40.89   | 35.69    | <b>50 Fly</b>     | 36.19   | 41.39   |
| 1:39.29 | 1:29.09  | <b>100 Fly</b>    | 1:30.79 | 1:40.79 |
| ---     | 1:20.79  | <b>100 IM</b>     | 1:22.59 | ---     |
| 3:17.29 | 2:54.69  | <b>200 IM</b>     | 2:58.09 | 3:23.09 |

| Girls   |         | 11-12             | Boys     |          |
|---------|---------|-------------------|----------|----------|
| LCM     | Yards   |                   | Yards    | LCM      |
| 31.49   | 27.69   | <b>50 Free</b>    | 27.89    | -31.59   |
| 1:08.69 | 1:00.59 | <b>100 Free</b>   | -1:00.19 | -1:08.19 |
| 2:30.29 | 2:12.79 | <b>200 Free</b>   | 2:12.69  | 2:32.49  |
| 5:14.49 | 5:49.69 | <b>500 Free</b>   | 5:49.49  | 5:13.49  |
| 37.49   | 32.59   | <b>50 Back</b>    | -33.29   | -37.99   |
| 1:20.69 | 1:10.29 | <b>100 Back</b>   | -1:11.49 | 1:22.19  |
| 2:53.39 | 2:31.39 | <b>200 Back</b>   | 2:34.69  | 2:58.09  |
| 42.59   | 36.79   | <b>50 Breast</b>  | 37.39    | 43.39    |
| 1:31.69 | 1:20.99 | <b>100 Breast</b> | -1:20.29 | 1:31.09  |
| 3:14.69 | 2:52.99 | <b>200 Breast</b> | 2:57.99  | -3:22.59 |
| 34.49   | 30.69   | <b>50 Fly</b>     | 31.09    | -35.99   |
| 1:18.19 | 1:10.49 | <b>100 Fly</b>    | 1:09.89  | 1:20.89  |
| 3:04.19 | 2:44.09 | <b>200 Fly</b>    | 2:47.69  | 3:05.99  |
| ---     | 1:10.39 | <b>100 IM</b>     | 1:10.59  | ---      |
| 2:52.79 | 2:31.29 | <b>200 IM</b>     | 2:31.09  | 2:52.29  |
| 6:16.89 | 5:29.29 | <b>400 IM</b>     | 5:19.79  | 6:08.69  |

| Girls    |          | 13-14             | Boys     |          |
|----------|----------|-------------------|----------|----------|
| LCM      | Yards    |                   | Yards    | LCM      |
| 29.99    | 26.29    | <b>50 Free</b>    | -24.59   | -27.99   |
| 1:04.59  | 56.69    | <b>100 Free</b>   | -52.99   | -1:00.99 |
| 2:20.89  | 2:03.49  | <b>200 Free</b>   | -1:56.79 | 2:14.99  |
| 4:57.39  | 5:29.69  | <b>500 Free</b>   | 5:16.09  | 4:48.49  |
| 10:20.49 | 11:42.29 | <b>1000 Free</b>  | 11:04.49 | 9:55.99  |
| 20:39.79 | 19:29.19 | <b>1650 Free</b>  | 18:56.19 | 19:25.39 |
| 1:13.99  | 1:04.59  | <b>100 Back</b>   | 1:01.89  | -1:11.59 |
| 2:39.99  | 2:19.39  | <b>200 Back</b>   | 2:13.99  | 2:37.59  |
| -1:27.09 | 1:14.69  | <b>100 Breast</b> | 1:09.59  | 1:22.29  |
| 3:04.19  | 2:40.79  | <b>200 Breast</b> | 2:31.19  | 2:57.29  |
| 1:12.29  | 1:03.49  | <b>100 Fly</b>    | 59.79    | -1:08.69 |
| 2:52.59  | 2:23.59  | <b>200 Fly</b>    | 2:16.49  | 2:35.89  |
| 2:40.69  | 2:19.59  | <b>200 IM</b>     | -2:09.89 | 2:32.79  |
| 5:43.59  | 4:57.19  | <b>400 IM</b>     | 4:41.99  | 5:30.19  |

| Girls   |         | 12&U                    | Boys    |         |
|---------|---------|-------------------------|---------|---------|
| LCM     | Yards   |                         | Yards   | LCM     |
| 4:45.79 | 4:12.49 | <b>400 Free Relay *</b> | 4:19.19 | 4:49.49 |
| 5:32.09 | 4:53.79 | <b>400 Med Relay *</b>  | 4:56.09 | 5:36.79 |

| Girls   |         | 14&U                    | Boys    |         |
|---------|---------|-------------------------|---------|---------|
| LCM     | Yards   |                         | Yards   | LCM     |
| 4:28.69 | 3:55.89 | <b>400 Free Relay *</b> | 3:44.19 | 4:17.49 |
| 5:09.99 | 4:30.89 | <b>400 Med Relay *</b>  | 4:15.39 | 4:58.49 |