

2024-2025 Niagara Championship Time Standards

Qualifying period 09/01/2023 to entry deadline

Girls		10 & Under		Boys		
LCM	SCM	SCY	Event	SCY	SCM	LCM
0:41.69	0:40.69	0:36.59	50 free	0:37.19	0:41.29	0:42.29
1:33.89	1:31.89	1:22.79	100 Free	1:24.49	1:33.79	1:35.79
3:27.89	3:23.89	3:03.69	200 Free	3:07.39	3:28.09	3:32.09
Not Offered			500 Free	Not Offered		
0:48.79	0:47.79	0:42.99	50 Back	0:43.89	0:48.79	0:49.79
1:47.19	1:45.19	1:34.69	100 Back	1:38.29	1:49.19	1:51.19
0:55.49	0:54.49	0:49.09	50 Breast	0:51.19	0:56.89	0:57.89
2:02.29	2:00.29	1:48.29	100 Breast	1:54.69	2:07.39	2:09.39
0:49.29	0:48.29	0:43.49	50 Fly	0:46.39	0:51.49	0:52.49
1:57.99	1:55.99	1:44.49	100 Fly	1:51.79	2:04.09	2:06.09
NA	1:45.39	1:34.89	100 IM	1:38.39	1:49.29	NA
3:48.39	3:44.39	3:22.09	200 IM	3:33.99	3:57.59	4:01.59

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Update 6/4/2025 to adjust 200 Back, 200 Breast, 200 Fly

Girls		11-12		Boys		
LCM	SCM	SCY	Event	SCY	SCM	LCM
0:34.39	0:33.39	0:30.09	50 free	0:30.79	0:34.19	0:35.19
1:15.69	1:13.69	1:06.39	100 Free	1:08.09	1:15.59	1:17.59
2:47.19	2:43.19	2:26.99	200 Free	2:29.99	2:46.49	2:50.49
5:52.79	5:46.39	6:23.69	500 Free	6:29.99	5:51.99	5:58.39
Not Offered			1000 Free	Not Offered		
0:41.39	0:40.39	0:36.39	50 Back	0:37.19	0:41.29	0:42.29
1:26.79	1:24.79	1:16.39	100 Back	1:19.29	1:28.09	1:30.09
3:23.29	3:19.29	2:59.49	200 Back	2:52.89	3:11.99	3:15.99
0:45.99	0:44.99	0:40.49	50 Breast	0:41.99	0:46.69	0:47.69
1:39.69	1:37.69	1:27.99	100 Breast	1:31.09	1:41.19	1:43.19
3:52.39	3:48.39	3:25.69	200 Breast	3:16.39	3:37.99	3:41.99
0:39.29	0:38.29	0:34.49	50 Fly	0:35.29	0:39.19	0:40.19
1:30.79	1:28.79	1:19.99	100 Fly	1:24.99	1:34.39	1:36.39
3:27.59	3:23.59	3:03.39	200 Fly	2:56.59	3:16.09	3:20.09
NA	1:25.69	1:17.19	100 IM	1:18.49	1:27.19	NA
3:09.49	3:05.49	2:47.09	200 IM	2:50.99	3:09.79	3:13.79
Not Offered			400 IM	Not Offered		

2024-2025 Niagara Championship Time Standards

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Update 1/12/2025 to add 50 Back, 50 Breast, 50 Fly

Girls		13-14			Boys	
LCM	SCM	SCY	Event	SCY	SCM	LCM
0:31.69	0:30.69	0:27.59	50 free	0:26.19	0:29.09	0:30.09
1:08.49	1:06.49	0:59.89	100 Free	0:57.19	1:03.49	1:05.49
2:28.19	2:24.19	2:09.89	200 Free	2:04.89	2:18.69	2:22.69
5:18.39	5:11.99	5:44.99	500 Free	5:37.99	5:05.79	5:12.19
11:31.79	11:18.99	12:31.99	1000 Free	12:32.99	11:19.89	11:32.69
20:45.99	20:21.99	20:15.99	1650 Free	19:59.99	20:05.99	20:29.99
0:37.59	0:36.59	0:33.00	50 Back	0:31.00	0:34.39	0:35.39
1:18.09	1:16.09	1:08.49	100 Back	1:07.09	1:14.49	1:16.49
2:50.29	2:46.29	2:29.79	200 Back	2:26.29	2:42.39	2:46.39
0:42.09	0:41.09	0:37.00	50 Breast	0:33.00	0:36.59	0:37.59
1:29.59	1:27.59	1:18.89	100 Breast	1:16.39	1:24.79	1:26.79
3:16.09	3:12.09	2:52.99	200 Breast	2:49.19	3:07.89	3:11.89
0:36.49	0:35.49	0:32.00	50 Fly	0:30.00	0:33.29	0:34.29
1:17.49	1:15.49	1:07.99	100 Fly	1:06.29	1:13.59	1:15.59
3:06.09	3:02.09	2:43.99	200 Fly	2:41.19	2:58.99	3:02.99
NA	1:17.79	1:10.09	100 IM	1:07.39	1:14.89	NA
2:49.19	2:45.19	2:28.79	200 IM	2:24.99	2:40.99	2:44.99
6:05.09	5:57.09	5:21.69	400 IM	5:16.09	5:50.89	5:58.89

2024-2025 Niagara Championship Time Standards

Qualifying period 09/01/2023 to entry deadline

Update 6/4/2025 to add 50 Back, 50 Breast, 50 Fly

Girls 15 & Over/Open Boys						
LCM	SCM	SCY	Event	SCY	SCM	LCM
0:30.99	0:29.99	0:26.99	50 free	0:24.49	0:27.19	0:28.19
1:06.89	1:04.89	0:58.39	100 Free	0:53.59	0:59.49	1:01.49
2:27.89	2:23.89	2:09.59	200 Free	1:57.29	2:10.19	2:14.19
5:15.49	5:09.09	5:41.69	500 Free	5:19.29	4:49.19	4:55.59
10:53.49	10:40.69	11:48.89	1000 Free	11:21.39	10:16.29	10:29.09
20:13.19	19:49.19	19:43.19	1650 Free	19:08.99	19:14.99	19:38.99
0:34.19	0:32.19	0:28.99	50 Back	0:25.89	0:28.79	0:30.79
1:15.59	1:13.59	1:06.29	100 Back	1:05.79	1:13.09	1:15.09
2:48.89	2:44.89	2:28.49	200 Back	2:19.79	2:35.19	2:39.19
0:40.49	0:38.49	0:34.69	50 Breast	0:30.29	0:33.69	0:35.69
1:28.69	1:26.69	1:18.09	100 Breast	1:10.89	1:18.69	1:20.69
3:12.09	3:08.09	2:49.39	200 Breast	2:39.19	2:56.79	3:00.79
0:33.99	0:31.99	0:28.79	50 Fly	0:25.49	0:28.29	0:30.29
1:16.09	1:14.09	1:06.69	100 Fly	1:00.19	1:06.89	1:08.89
2:56.19	2:52.19	2:35.09	200 Fly	2:22.79	2:38.49	2:42.49
NA	1:17.59	1:09.89	100 IM	1:05.29	1:12.49	NA
2:45.99	2:41.99	2:25.89	200 IM	2:16.69	2:31.79	2:35.79
5:51.09	5:43.09	5:09.09	400 IM	4:50.69	5:22.69	5:30.69