

NCS Long Course
Championship Standards

10&Under Girls			10&Under Boys	
Yards	Meters		Meters	Yards
32.39	36.49	50FR	36.29	31.79
1:12.29	1:21.89	100FR	1:22.49	1:11.00
2:36.39	2:58.69	200FR	3:03.39	2:35.89
6:31.39	5:54.29	400FR	5:51.49	6:27.79
38.19	43.69	50BK	44.19	37.59
1:22.19	1:35.29	100BK	1:37.09	1:22.69
41.99	48.29	50BR	50.29	44.29
1:33.39	1:47.09	100BR	1:55.39	1:37.29
37.29	42.09	50FLY	43.09	37.59
1:26.69	1:38.69	100FLY	1:51.29	1:32.49
2:55.99	3:20.59	200IM	3:22.29	2:56.79
11-12 Girls			11-12 Boys	
Yards	Meters		Meters	Yards
29.09	32.89	50FR	32.99	28.59
1:01.29	1:12.09	100FR	1:11.59	1:02.89
2:15.99	2:34.99	200FR	2:35.69	2:16.59
6:05.49	5:28.69	500/400FR	5:29.19	6:04.69
34.29	39.19	50BK	38.79	33.69
1:13.39	1:24.59	100BK	1:23.59	1:12.29
2:30.59	2:53.19	200BK	2:52.79	2:27.39
37.99	42.09	50BR	43.09	37.59
1:22.19	1:33.79	100BR	1:33.59	1:21.09
2:50.29	3:15.19	200BR	3:12.79	2:45.79
32.49	36.49	50FLY	36.59	32.39
1:13.59	1:22.89	100FLY	1:22.09	1:12.19
2:33.09	2:54.99	200FLY	2:53.29	2:31.69
2:34.39	2:55.39	200IM	2:58.09	2:35.89
5:23.99	6:11.39	400IM	6:08.29	5:18.09
13-14 Girls			13-14 Boys	
Yards	Meters		Meters	Yards
27.09	30.99	50FR	29.39	25.49
58.89	1:07.39	100FR	1:03.89	55.59
2:07.79	2:25.29	200FR	2:18.49	2:00.09
5:37.29	5:02.99	500/400FR	4:52.89	5:25.29
11:37.29	10:20.99	1000/800FR	10:04.99	11:12.29
19:21.69	19:48.09	1650/1500FR	19:22.59	18:40.79
1:05.89	1:16.79	100BK	1:13.99	1:03.59
2:21.19	2:44.29	200BK	2:38.69	2:16.59
1:14.79	1:25.39	100BR	1:21.79	1:10.79
2:40.99	3:03.99	200BR	2:58.59	2:32.99
1:05.29	1:14.09	100FLY	1:11.09	1:02.19
2:22.39	2:42.39	200FLY	2:38.19	2:16.29
2:23.89	2:44.09	200IM	2:35.99	2:15.89
5:06.29	5:47.19	400IM	5:31.79	4:49.79
Senior Women			Senior Men	
Yards	Meters		Meters	Yards
26.59	30.49	50FR	27.69	23.99
57.99	1:05.99	100FR	1:00.29	51.99
2:05.19	2:21.79	200FR	2:10.99	1:54.09
5:32.99	4:58.39	500/400FR	4:39.99	5:10.59
11:25.99	10:15.19	1000/800FR	9:39.39	10:44.19
19:08.99	19:37.19	1650/1500FR	18:34.49	18:00.99
1:04.89	1:14.99	100BK	1:08.69	58.79
2:19.79	2:40.29	200BK	2:27.89	2:07.09
1:13.19	1:24.09	100BR	1:17.19	1:06.29
2:37.79	3:00.59	200BR	2:46.99	2:23.89
1:04.09	1:12.69	100FLY	1:06.19	57.99
2:20.49	2:37.79	200FLY	2:25.89	2:08.79
2:21.59	2:40.49	200IM	2:28.69	2:08.29
5:00.99	5:41.69	400IM	5:16.19	4:37.09