



SWAGR

**Southwest Age Group
Regionals**

**Clovis North High School
Aquatic Complex**

March 27 – 30, 2026

Swim Meet Landing Page: <https://www.gomotionapp.com/team/clov/page/csc-hosted-meets/swagr-committed-teams>

Team Reservation Form: <https://forms.gle/wvn7v2UxTQS5Hd3D8>

Equipment Rental Form: <https://forms.gle/ns5ndJx9eCzQdqvj6>

Team Information Form: <https://forms.gle/9zXd9pRo5uE67ztJA>

Important Dates:

- Team Reservation to SWAGR begins: December 1st
- Entries Can be submitted beginning: February 23rd
- Entry Deadline: March 16th
- Rental Request Deadline: March 8th

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Meet Information Contact: CoachKacy@gmail.com

Estimated Itinerary and Entry Rules

- Friday Gates Open at 3:45pm
- Please Do not walk on campus
- Pool access will be on the North Side of Facility from Access Road
- Friday Warm-ups: 4:00pm
- Friday Meet Start: 5:00pm
- Saturday – Monday Warm-ups: 7:15am – 8:45am
- All Relays will be swam during the prelim sessions
- Saturday – Monday Prelim Start: 9:00am
- Finals Warm-up and Start Time will be determined by the Meet Referee based on timelines.

ENTRIES: All entries must be submitted electronically. This meet will be limited to 900 Swimmers. Team entries may be sent in a Hy-Tek CL2 entry file to the following email address: CoachKacy@gmail.com. CCS Outreach swimmers who are entered in this meet will have their fees deducted by the Host Club. The Home Club or responsible individual of the Outreach swimmer is responsible for communicating with the Host Team of their roster and fees that need to be deducted. Names of the athletes who are receiving the Outreach incentive may be kept confidential at the discretion of the athletes' Home Club. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry.

Relays: Relays must be entered electronically and must be submitted by the entry deadline. Relay entries will not be accepted at the meet. Teams may enter a maximum of two (2) relays per event. Relays will follow the same scratch deadlines as the individual entries. **All relays will be swum in the morning preliminary sessions.** All relays will be scored and awarded by the following age categories: 10&Un, 12&Un, 14&Un. **Swimmers may not compete in more than one age group** per specific discipline and category: 200 medley, 400 medley, 200 freestyle, 400 freestyle.

Entry Limit: **Athletes may compete in up to three (3) individual events per day plus relays and may compete in no more than seven (7) individual events in total for the meet.**

Bonus Events: Only swimmers who have entered in at least one (1) individual event with a qualifying time may enter bonus events. Swimmers can enter up to four (4) bonus events in which they meet the qualifying bonus standard, up to 7 total individual events. ****Events 400y and longer MAY NOT be entered as a bonus event**** Bonus entries must be indicated as yards bonus (YB) or long course meters bonus (LB).

Entry Fees: \$8.00 per individual event. \$20.00 per relay for all age groups. \$30.00 Surcharge for Non-CCS athletes. \$20.00 surcharge for CCS athletes. ***No late entries will be accepted. No refunds.***

Entry fees paid by check should be mailed to:

**Clovis Swim Club
1690 David E Cook Way
Clovis, CA 93611**

Meet Format and Operations

Meet Referee: Doug Dingeldein

Meet Admin: TBD

Meet Directors: Scott Rodda and Josh Stork

Meet Format: Preliminaries and finals will be contested in all individual events except for the following which will be timed finals: 10&Under 500 free, 11-14 1000 and 1650 freestyles, and all relay events. Preliminaries will be swum with combined age groups (10&Un, 11-14). The top ten (10) qualifiers from each defined single age group (10&Un, 11, 12, 13, and 14) from the preliminary session will swim in a single, 10 lane, championship final in each event. All preliminary events will be **championship (circle) seeded fastest to slowest** with the exception of the 10&Under 500 free and the 11-14 1000 freestyle and 1650 freestyle events, which will be timed final and swum fastest to slowest, alternating girls and boys heats (dependent on pool course set up).

Check-In: **All swimmers are automatically checked into their events that are 400 yards and shorter for which they are registered. Events 500 and longer must positive Check In. The 1650 on Friday will not have a positive check in (Please See scratch deadlines below)** If a swimmer is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be seeded into the first THREE (3) events they are registered for that day and scratched out of any additional events for that day.

- Scratch Deadline for Friday's events is Thursday, March 26, 2026 at 8:00PM. (To scratch any of Friday's events email CoachKacy@gmail.com prior to the deadline).

- Scratch Deadline for Friday/Saturday/Sunday events is 5:00PM on the respective preceding day. Scratches are to be made at the Clerk of Course Desk prior to the deadline.

Distance: The 11-14 1650 free will be swum *fastest to slowest alternating girls' and boys'* heats (dependent on pool course set up) as the only event offered on Friday afternoon. The girls 11-14 1000 free will be swum *fastest to slowest at the end of preliminaries on Sunday*. The boys 11-14 1000 free will be swum *fastest to slowest at the end of preliminaries on Monday*. Athletes in the 1000 & 1650 freestyle events must provide a person to time and a person to count their laps. Lap counting devices will be available.

Warm-Up: GENERAL WARM-UP PERIOD - The first 30 minutes of warm-up will be for general warm-up in all lanes. There will be no diving allowed during general warm-up. A 3 point entry shall be used during warm up.

SPECIFIC WARM-UP PERIOD - The last 45 minutes of warm-up in each competition course will be allocated for specific warm-up in designated lanes. Meet Referee may choose to designate lanes for pace, one-way dive, and general warm-up lanes as they see fit.

All USA Swimming athletes must be under the supervision of a USA Swimming coach during warm-up, competition, and warm-down. Swimmers who do not have a USA Swimming registered coach at the swim meet should report to the Meet Director or Meet Referee for lane and coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When an unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Awards: Custom medals for 1st through 10th in Individual Events ~ 1st through 3rd in Relay Events.

Team awards for 1st through 5th places.

Scoring: Individual events: 11-9-8-7-6-5-4-3-2-1

Relay events: 22-18-16-14-12-10-8-6-4-2

Swim Meet and Facility Rules and Details

Location: Clovis North Aquatic Complex / Clovis North High School. 2770 E. International Ave., Fresno, CA 93730

Facility: Two 50 M x 25 yard pools. The main competition pool is all deep at 7 feet. The adjacent multipurpose pool will provide at least 10 x 25y lanes for continuous warm up and warm down. The competition pool has been certified according to articles 104.2.2 C (4) USAS rules and regulations.

The facility will be a closed deck. There will be areas on the deck that will be limited to Swimmers, Officials, Coaches, and Clovis Swim Club Volunteers Only. The restricted areas will include, but not limited to, The starting block area, coach's area, and warm-up pool area. The deck will open at designated times of the meet for distance events and specific relay events. More details will be on the Landing Page and sent out to coaches as the event gets closer.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Use of audio or visual recordings devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Propane heaters are prohibited. Deck changes are prohibited. For Athlete Protection, Central California Swimming prohibits the use of photography and audio or visual recording devices, including a cell phone, behind the starting blocks throughout the meet.

Closed Deck: The pool deck will be a closed deck. Swimmers, Coaches, and Volunteers will only be permitted in designated areas of the pool deck. Spectators will have an area to view the meet. Teams must submit coaches names and contact prior to the meet and show USA Swimming Card before entry. Officials must sign in before entry.

Membership &

Eligibility: Open to all swimmers who hold a 2026 USA Swimming "Premium" registration. Swimmers who hold a "Flex" membership must upgrade to the "Premium" registration to enter this LSC Championship meet. Swimmers must have USAS Premium Membership by Noon of Thursday, March 26, 2026 (36 hours prior to start of the meet). All coaches and officials must be able to show proof that USA Swimming membership requirements are met as of the dates of competition. Digital Member Card on USA Swimming App is acceptable. **This is a proof of time meet.**

Rules: Current USA Swimming and CCS Rules will govern the meet. Swimmers must compete in their age group. Age on the first day of the meet determines age throughout the competition. Submitted entry times must be equal to or faster than the listed time standards. **This is a proof of time meet.** There are short course yards, and long course meters time standards for this meet. Short course (conforming) entry times will be seeded first. Long course meters (non-conforming) times, will be seeded after all conforming entry times. Verification of entered times should be available upon request from the Meet Referee.

The Central California Swimming missed event policy is as follows: Swimmers who have not scratched from an individual event for preliminaries and are charged with a "no show" will be scratched from that event and their next preliminary or timed final individual event in the meet. Swimmers who are seeded into finals in an individual event and charged with a "no show" will be scratched from that event, any other individual finals events they are in that day, plus their first individual event on the next day. A swimmer who qualifies for finals and wishes to scratch his/her event must scratch or declare his/her intention to scratch within 30 minutes of the official announcement of the results for that event.

No deck entries will be allowed for any relay or individual events (all relays and individual events will be sent in the initial electronic entry process).

All USAS athlete members must be under the supervision of a USAS member coach during warm up, competition and warm-down. Any swimmer entered in the meet must be certified by a USA Swimming

member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. All swimmers will enter the pool with a 3-point entry during warm-up and warm-down. **Unattached/Unaccompanied Athletes:** Swimmers who do not have a USAS registered coach at the swim meet should report to the Meet Director or Meet Referee for assistance obtaining a lane and coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.

Proof that all coach and official membership requirements are met, as of the dates of competition, shall be presented upon request by the Meet Referee. Proof will be in the form of the USA Swimming Mobile app.

No technical suits shall be worn by any 12 & Under athlete member in competition at any sanctioned, approved, or observed CCS Meet. This includes any suit with bonded or taped seams regardless of its fabric or silhouette or any suit with woven fabric extending past the hips. (Note: Woven Fabric – A suit with woven fabric and sewn seams that does not extend below the hips is permitted. Knit fabric – A suit with knit fabric and sewn seams not extending below the knees is permitted). [CLICK HERE](#) for the USA Swimming FAQ page regarding technical suits and 12&Under athletes.

Officials and Timing

Officials:

All USAS/LSC Certified Officials are welcome to volunteer for this event. For an Assigned Position (Deck Referee, Starter or Chief Judge), please contact the Meet Referee for an Application or download an application from the Clovis Swim Club Home page SWAGR landing page (URL shared under "Information"). Applications for Stroke and Turn Officials would be appreciated but not mandatory.

Schedule of Official's Briefings: *Accepted applicants must attend mandatory Officials' briefings ~*

Official's Briefing for Prelims on Saturday, Sunday, and Monday begin at 8:00 AM (required for all officials).

Official's Briefing for Finals on Saturday, Sunday, and Monday will begin 1 hour before the scheduled start of Finals each evening. (Required for all officials).

Expected Officials' attire for the meet: white polo shirt, navy blue shorts, skirts, or long pants for all prelim sessions. White polo shirt and navy blue long pants or skirts for all final sessions. White tennis shoes are to be worn for all sessions.

Timing:

Clubs will be assigned lanes for timing of prelims and finals by March 24th, 2026. If a team is traveling as "Team Travel" without parents, Please contact Kacy Ota (coachkacy@gmail.com) prior to March 6th, 2026. A "Team Travel" Club may be assigned a maximum of one timing chair for a chaperone to fill if needed for the meet. Please plan accordingly.

Reservation Process, Equipment Rental, and Team Information Form

Team Reservation Form: <https://forms.gle/wvn7v2UxTQS5Hd3D8>

Equipment Rental Form: <https://forms.gle/ns5ndJx9eCzQdqvj6>

Team Information Form: <https://forms.gle/9zXd9pRo5uE67ztJA>

Team Reservations

Teams may reserve a number of swimmer spots into the swim meet. We will allow up to approximately 1000 swimmers into the swim meet. You may reserve spots by completing the Team Reservation Form (link is above). This process is to prevent going over our maximum swimmer count and not having to tell teams closer to the meet that their entries have been denied. To prevent teams just putting extremely high numbers and not fulfilling those spots, possibly preventing another team from entering there is a deposit that is required to hold these spots. Here is the Process for the deposit:

Reservation Deposit = The Swimmer Surcharge

(all other fees will be due after entries are submitted)

- December 1 - December 28: deposit must be paid by January 13.
- December 29 - January 25: deposit must be paid by February 10.
- January 26 - February 22: deposit must be paid by March 10.
- Any unpaid reservations by those dates will be cancelled. If the check is received after the deadline, then the reservation will be set if there are remaining swimmer spots.

Please Send Reservation Checks to:

Clovis Swim Club

1690 David E Cook Way

Clovis, CA 93611

Any reservation made on February 23 or beyond must be done by entry. Entry checks will be due to us by March 19th. You can arrange to pay for entries (or remainder of the fees) at the meet by completing the Team Information Form. If the pay on deck request or the check is not received by March 19th, the entries are subject to be removed from the meet.

Equipment Rentals

We will be offering equipment to rent for those teams that would rather not transport equipment to the meet. We will be offering a Bundle for the canopies and chairs individually. We will not pre-setup canopies for teams, but teams can pick-up the equipment from the pool deck and then secure a location. We ask that rented equipment be packed back up and put back inside the facility before departure.

- Canopy Bundle = \$175 per bundle
 - Canopy Bundle Includes: 1 x 10x10 canopy, 4 buckets, and 4 bungees
- Folding Chairs = \$5 per chair

Equipment Rental Requests can be made by filling out the Equipment Rental Form above.

Deadline for Rental Requests will be March 8th, 2026.

Team Information Form

Please Help us with communication by filling out the Team Information Form. (If you would like to pay for entry fees at the meet, you must indicate that on the Team Information Form, otherwise your entries will be removed if a payment for entries are not received by 72 Hours of the Meet Entry Deadline.)

2026 SWAGR Order of Events

Event #	Event Description	Event #
Girls	Friday March 27th, 2026	Boys
1	11-14 1650 Freestyle	2

	Saturday March 28th, 2026	
3	11-14 200 Freestyle	4
5	10 and under 200 Freestyle	6
7	11-14 400 IM	8
9	10 and under 100 IM	10
11	11-14 50 Butterfly	12
13	10 & Under 100 Butterfly	14
15	11-14 100 Backstroke	16
17	10 and under 100 Breaststroke	18
19	11-14 50 Breaststroke	20
21	10 and under 400 Medley Relay	22
23	12 and under 400 Medley Relay	24
25	14 & Under 400 Medley Relay	26
27	10 and under 500 Freestyle	28
29	11-14 500 Freestyle	30

	Sunday March 29th, 2026	
31	12 and under 200 Freestyle Relay	32
33	14 and under 200 Freestyle Relay	34
35	10 & Under 200 Freestyle Relay	36
37	11-14 50 Backstroke	38
39	10 and under 50 Backstroke	40
41	11-14 100 Breaststroke	42
43	10 and under 50 Breaststroke	44
45	11-14 200 Butterfly	46
47	10 and under 50 Freestyle	48
49	11-14 50 Freestyle	50
51	10 and under 200 Medley Relay	52
53	12 and under 200 Medley Relay	54
55	14 and under 200 Medley Relay	56
57	10 and under 500 Freestyle	58
59	11-14 500 Freestyle	60

Girls	Monday March 30th, 2026	Boys
61	11-14 100 Freestyle	62
63	10 and under 100 Freestyle	64
65	11-14 100 Butterfly	66
67	10 and under 50 Butterfly	68
69	11 – 14 200 IM	70
71	10 and under 200 IM	72
73	11-14 200 Backstroke	74
75	10 and under 100 Backstroke	76
77	11-14 200 Breaststroke	78
79	10 and under 400 Free Relay	80
81	14 and under 400 Free Relay	82
83	12 and under 400 Free Relay	84
85	11 – 14 1000 Freestyle	86

2026 SWAGR Time Standards

10 and under

Girls			Boys	
LCM	SCY	EVENT	SCY	LCM
35.19	30.89	50 Free	30.49	34.59
1:17.49	1:08.29	100 Free	1:07.19	1:16.89
2:50.09	2:30.99	200 Free	2:25.39	2:44.89
5:50.59	6:36.69	400/500 FR	6:26.79	5:44.59
41.79	36.49	50 Back	36.29	41.59
1:30.29	1:18.39	100 Back	1:16.29	1:27.69
46.19	40.89	50 Breast	40.29	46.29
1:41.49	1:29.09	100 Breast	1:27.69	1:40.19
39.69	35.09	50 Fly	34.69	39.19
1:31.09	1:20.99	100 Fly	1:19.89	1:30.59
X	1:18.89	100 IM	1:16.99	X
3:08.89	2:48.39	200 IM	2:46.19	3:08.29

Girls			Boys	
LCM	SCY	BONUS	SCY	LCM
36.29	31.89	50 Free	31.39	35.69
1:21.19	1:11.39	100 Free	1:10.19	1:20.39
2:58.39	2:36.39	200 Free	2:31.29	2:51.89
X	X	400/500 FR	X	X
43.49	37.99	50 Back	37.79	43.29
1:34.79	1:21.79	100 Back	1:20.09	1:31.69
48.09	41.99	50 Breast	41.89	48.19
1:46.49	1:32.39	100 Breast	1:30.19	1:44.69
41.49	36.69	50 Fly	36.19	40.89
1:36.79	1:25.29	100 Fly	1:24.79	1:36.09
X	1:21.39	100 IM	1:20.39	X
3:17.59	2:54.19	200 IM	2:53.69	3:16.89

2026 SWAGR Time Standards

11 Year Olds

Girls			Boys	
LCM	SCY	EVENT	SCY	LCM
33.59	29.69	50 Free	29.59	33.39
1:13.19	1:04.19	100 Free	1:03.09	1:12.19
2:38.79	2:18.89	200 Free	2:17.29	2:35.89
5:30.69	6:12.99	400/500 FR	6:07.59	5:29.09
11:32.89	12:55.79	800/1000 FR	12:51.09	12:50.09
22:08.59	21:58.39	1500/1650 FR	21:47.79	21:50.09
38.89	33.69	50 Back	33.79	39.19
1:25.09	1:13.09	100 Back	1:12.29	1:23.79
2:59.99	2:35.89	200 Back	2:34.09	2:56.29
43.19	37.79	50 Breast	37.99	43.89
1:34.39	1:22.09	100 Breast	1:21.69	1:34.89
3:23.19	2:56.99	200 Breast	2:55.29	3:25.19
36.29	32.19	50 Fly	32.69	36.99
1:21.99	1:12.59	100 Fly	1:11.99	1:22.19
3:00.29	2:41.39	200 Fly	2:38.29	3:00.69
X	1:13.79	100 IM	1:12.79	X
2:59.79	2:38.39	200 IM	2:37.09	2:59.39
6:27.29	5:38.49	400 IM	5:33.39	6:23.19

Girls			Boys	
LCM	SCY	BONUS	SCY	LCM
34.69	30.69	50 Free	30.59	34.49
1:16.39	1:06.99	100 Free	1:05.79	1:15.39
2:45.69	2:24.39	200 Free	2:23.69	2:42.69
X	X	400/500 FR	X	X
X	X	800/1000 FR	X	X
X	X	1500/1650 FR	X	X
40.29	34.79	50 Back	34.99	40.79
1:29.29	1:16.69	100 Back	1:15.79	1:27.89
3:07.79	2:42.29	200 Back	2:40.39	3:03.99
44.79	39.09	50 Breast	39.49	45.69
1:38.69	1:25.79	100 Breast	1:25.59	1:39.29
3:31.99	3:04.69	200 Breast	3:02.89	3:34.09
37.49	33.29	50 Fly	33.99	38.49
1:26.09	1:15.29	100 Fly	1:15.79	1:26.39
3:08.19	2:46.49	200 Fly	2:45.19	3:08.49
X	1:16.99	100 IM	1:15.99	X
3:07.59	2:44.09	200 IM	2:44.29	3:07.69
X	X	400 IM	X	X

2026 SWAGR Time Standards

12 Year Olds

Girls		EVENT	Boys	
LCM	SCY		SCY	LCM
32.29	28.49	50 Free	27.49	31.49
1:09.89	1:01.39	100 Free	59.29	1:07.49
2:30.99	2:14.19	200 Free	2:09.19	2:26.99
5:15.39	5:59.19	400/500 FR	5:47.49	5:08.49
11:03.99	12:21.49	800/1000 FR	12:05.79	10:54.19
21:13.19	20:38.19	1500/1650 FR	20:18.79	20:55.49
37.19	32.19	50 Back	31.89	36.79
1:19.39	1:09.59	100 Back	1:07.49	1:18.49
2:50.59	2:27.89	200 Back	2:23.99	2:46.59
40.69	36.19	50 Breast	35.49	40.39
1:29.69	1:18.69	100 Breast	1:15.89	1:27.69
3:12.69	2:49.19	200 Breast	2:42.99	3:08.89
34.59	30.89	50 Fly	30.49	34.39
1:17.99	1:08.89	100 Fly	1:07.09	1:16.39
2:51.79	2:30.59	200 Fly	2:26.29	2:46.39

Girls		BONUS	Boys	
LCM	SCY		SCY	LCM
33.39	29.39	50 Free	28.39	32.49
1:12.89	1:03.09	100 Free	1:01.89	1:10.49
2:37.59	2:18.29	200 Free	2:14.79	2:33.39
X	X	400/500 FR	X	X
X	X	800/1000 FR	X	X
X	X	1500/1650 FR	X	X
38.49	33.29	50 Back	33.09	38.19
1:23.29	1:12.69	100 Back	1:10.79	1:22.39
2:57.99	2:34.19	200 Back	2:30.29	2:53.89
42.09	37.49	50 Breast	36.89	41.99
1:33.79	1:21.69	100 Breast	1:19.49	1:31.79
3:21.09	2:56.59	200 Breast	2:50.09	3:17.09
35.79	31.99	50 Fly	31.69	35.89
1:21.89	1:12.49	100 Fly	1:10.59	1:20.39
2:59.29	2:36.39	200 Fly	2:32.69	2:53.59

2026 SWAGR Time Standards

13 Year Olds

Girls			Boys	
LCM	SCY	EVENT	SCY	LCM
31.89	27.99	50 Free	26.29	30.19
1:08.39	59.79	100 Free	56.69	1:04.89
2:27.69	2:09.59	200 Free	2:03.89	2:21.29
5:07.39	5:45.49	400/500 FR	5:31.59	4:58.49
10:38.39	11:59.39	800/1000 FR	11:28.49	10:17.49
20:20.49	19:56.69	1500/1650 FR	19:15.89	19:45.19
1:16.39	1:05.69	100 Back	1:02.89	1:13.09
2:43.59	2:22.49	200 Back	2:16.09	2:37.69
1:26.89	1:15.39	100 Breast	1:11.49	1:21.99
3:07.59	2:42.09	200 Breast	2:35.19	2:58.39
1:13.89	1:05.59	100 Fly	1:01.79	1:10.69
2:44.79	2:24.79	200 Fly	2:17.39	2:37.39
2:47.49	2:25.99	200 IM	2:18.59	2:40.19
5:53.19	5:08.69	400 IM	4:55.29	5:39.69

Girls			Boys	
LCM	SCY	BONUS	SCY	LCM
32.99	28.89	50 Free	27.09	31.19
1:11.39	1:02.39	100 Free	59.19	1:07.79
1:11.39	1:02.39	200 Free	2:09.29	2:27.39
X	X	400/500 FR	X	X
X	X	800/1000 FR	X	X
X	X	1500/1650 FR	X	X
1:19.69	1:08.49	100 Back	1:05.59	1:16.29
2:50.69	2:28.69	200 Back	2:21.99	2:44.59
1:30.69	1:18.69	100 Breast	1:14.59	1:25.59
3:15.69	2:50.19	200 Breast	2:41.99	3:06.09
1:17.19	1:08.49	100 Fly	1:04.49	1:13.79
2:51.89	2:31.09	200 Fly	2:23.29	2:44.29
2:54.79	2:32.29	200 IM	2:24.69	2:47.09
X	X	400 IM	X	X

2026 SWAGR Time Standards

14 Year Olds

Girls			Boys	
LCM	SCY	EVENT	SCY	LCM
31.19	27.29	50 Free	25.29	29.09
1:06.79	58.29	100 Free	54.49	1:02.69
2:24.39	2:06.49	200 Free	1:58.39	2:16.09
5:02.19	5:38.69	400/500 FR	5:19.99	4:49.29
10:20.99	11:39.89	800/1000 FR	11:03.89	10:02.99
19:48.09	19:30.79	1500/1650 FR	18:27.59	19:05.89
1:14.09	1:04.59	100 Back	1:00.49	1:10.79
2:39.89	2:18.39	200 Back	2:10.09	2:30.29
1:25.19	1:13.89	100 Breast	1:08.09	1:17.89
3:03.19	2:39.79	200 Breast	2:28.39	2:30.29
1:12.39	1:04.09	100 Fly	59.59	1:07.49
2:39.69	2:22.09	200 Fly	2:11.69	2:29.99
2:43.89	2:22.59	200 IM	2:13.09	2:33.69
5:45.39	5:03.09	400 IM	4:43.39	5:26.19

Girls			Boys	
LCM	SCY	BONUS	SCY	LCM
32.19	28.19	50 Free	26.09	30.09
1:09.69	1:01.29	100 Free	56.89	1:05.39
2:30.69	2:11.99	200 Free	2:03.59	2:22.09
X	X	400/500 FR	X	X
X	X	800/1000 FR	X	X
X	X	1500/1650 FR	X	X
1:17.29	1:07.39	100 Back	1:03.09	1:13.89
2:46.79	2:24.39	200 Back	2:15.79	2:36.79
1:28.89	1:17.09	100 Breast	1:11.09	1:21.29
3:11.19	2:46.79	200 Breast	2:34.79	3:00.09
1:15.49	1:06.89	100 Fly	1:02.19	1:10.39
2:50.99	2:28.79	200 Fly	2:17.49	2:36.59
2:50.99	2:28.79	200 IM	2:18.89	2:40.39
X	X	400 IM	X	X