

METRO AGE GROUP STANDARDS

2022-2023 SHORT COURSE

GIRLS	9&U		10		11		12		13		14		15-18		GIRLS
	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	Team Chal	
50 Free	35.19	33.39	35.19	31.89	30.99	28.99	30.99	27.89	28.79	26.49	28.79	26.09			50 Free
100 Free	1:18.49	1:12.59	1:18.49	1:10.19	1:08.29	1:02.49	1:08.29	1:00.29	1:03.09	57.69	1:03.09	56.39			100 Free
200 Free	2:49.59	2:37.19	2:49.59	2:30.39	2:25.89	2:15.89	2:25.89	2:11.49	2:16.99	2:05.19	2:16.99	2:02.79			200 Free
500 Free	7:04.99	6:57.99	7:04.99	6:40.99	6:20.79	6:05.99	6:20.79	5:54.99	5:50.59	5:32.99	5:50.59	5:26.99			500 Free
1000 Free										11:15.99		11:03.99			1000 Free
50 Back	41.89	38.49	41.89	36.89	36.09	32.99	36.09	31.89							50 Back
100 Back	1:33.09	1:22.09	1:33.09	1:19.69	1:19.49	1:10.69	1:19.49	1:08.49	1:12.69	1:05.19	1:12.69	1:03.99			100 Back
200 Back					2:46.99	2:33.99	2:46.99	2:29.59	2:36.29	2:19.49	2:36.29	2:17.09			200 Back
50 Breast	47.79	44.29	47.79	42.69	40.59	37.69	40.59	36.59							50 Breast
100 Breast	1:46.19	1:34.59	1:46.19	1:32.19	1:28.69	1:20.99	1:28.69	1:18.79	1:23.49	1:14.59	1:23.49	1:13.39			100 Breast
200 Breast					3:11.19	2:57.99	3:11.19	2:53.59	2:56.99	2:41.19	2:56.99	2:38.79			200 Breast
50 Fly	42.39	36.99	42.39	35.79	34.59	31.69	34.59	30.29							50 Fly
100 Fly	1:37.99	1:28.19	1:37.99	1:25.19	1:19.39	1:11.49	1:19.39	1:08.59	1:11.59	1:04.09	1:11.59	1:02.89			100 Fly
200 Fly					2:49.39	2:43.99	2:49.39	2:39.59	2:36.59	2:27.19	2:36.59	2:24.79			200 Fly
100 IM	1:28.59	1:23.39	1:28.59	1:20.19	1:18.69	1:11.99	1:18.69	1:09.79							100 IM
200 IM	3:13.99	2:55.19	3:13.99	2:50.39	2:48.09	2:31.99	2:48.09	2:27.59	2:41.49	2:21.19	2:41.49	2:18.79			200 IM
400 IM					5:50.99	5:28.99	5:50.99	5:20.19	5:25.99	5:02.39	5:25.99	4:57.59			400 IM

BOYS	9&U		10		11		12		13		14		15-18		BOYS
	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	Team Chal	
50 Free	35.19	33.39	35.19	31.79	30.69	28.89	30.69	27.79	26.79	25.39	26.79	24.39			50 Free
100 Free	1:18.49	1:12.59	1:18.49	1:10.19	1:06.99	1:01.99	1:06.99	1:00.09	59.59	55.19	59.59	52.99			100 Free
200 Free	2:49.59	2:37.19	2:49.50	2:32.39	2:25.99	2:14.99	2:25.99	2:10.59	2:14.19	2:00.39	2:14.19	1:55.99			200 Free
500 Free	7:05.99	6:57.99	7:05.99	6:45.99	6:31.99	6:05.99	6:31.99	5:54.99	5:50.99	5:23.99	5:50.99	5:13.99			500 Free
1000 Free										10:55.99		10:40.99			1000 Free
50 Back	42.89	38.49	42.89	37.29	36.09	32.99	36.09	31.89							50 Back
100 Back	1:37.09	1:23.19	1:37.09	1:20.79	1:17.49	1:10.99	1:17.49	1:08.79	1:08.29	1:03.19	1:08.29	1:01.19			100 Back
200 Back					2:42.79	2:36.99	2:42.79	2:32.59	2:27.09	2:15.89	2:27.09	2:11.89			200 Back
50 Breast	48.59	44.29	48.59	43.09	40.29	37.59	40.29	36.49							50 Breast
100 Breast	1:48.39	1:36.59	1:48.39	1:34.19	1:26.49	1:20.99	1:26.49	1:18.79	1:16.69	1:10.69	1:16.69	1:08.69			100 Breast
200 Breast					3:03.49	2:57.99	3:03.49	2:53.59	2:47.89	2:33.39	2:47.89	2:29.39			200 Breast
50 Fly	43.89	36.99	43.89	35.79	34.69	31.99	34.69	30.89							50 Fly
100 Fly	1:37.99	1:28.19	1:37.99	1:25.79	1:17.59	1:12.69	1:17.59	1:10.49	1:07.09	1:01.69	1:07.09	59.49			100 Fly
200 Fly					2:45.39	2:43.99	2:45.39	2:39.59	2:29.59	2:20.39	2:29.59	2:16.39			200 Fly
100 IM	1:28.59	1:23.39	1:28.59	1:20.19	1:17.19	1:11.99	1:17.19	1:09.79							100 IM
200 IM	3:13.99	2:57.19	3:13.99	2:52.39	2:47.99	2:31.99	2:47.99	2:27.59	2:31.09	2:15.39	2:31.09	2:10.99			200 IM
400 IM					5:52.99	5:28.19	5:52.99	5:20.19	5:09.79	4:47.79	5:09.79	4:39.79			400 IM

*Silver Champs age as of February 24, 2023. Junior Olympics / 15-18 Team Challenge age as of March 10, 2023.

*Swimmers with a MRAG cut may not swim that event at Silver Champs. Swimmers slower than the Silver cut are eligible for Bronze Champs.

Eligibility period: from January 1, 2022 to the meet entry deadline