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| REGIONAL STANDARDS | L/C | | | | | | |
| FEMALE | 10 & U | 11 | 12 | 13 | 14 | 15 | 16 & O |
| 50 FR | 39.03 | 36.12 | 34.24 | 33.14 | 32.12 | 31.53 | 31.11 |
| 100 FR | 0.1:26.39 | 01:19.09 | 0.1:14.94 | 0.1:12.12 | 0.1:09.97 | 0.1:08.30 | 0.1:07.50 |
| 200 FR | 0.3:10.25 | 0.2:52.78 | 0.2:42.78 | 0.2:36.39 | 0.2:31.26 | 0.2:29.29 | 0.2:26.49 |
| 400 FR | 0.6:38.13 | 0.6:11.53 | 0.5:46.97 | 0.5:36.60 | 0.5:19.93 | 0.5:15.97 | 0.5:10.83 |
| 800 FR | | 0.12:41.89 | 0.11:45.73 | 0.11:25.20 | 0.11:07.48 | 0.10:50.46 | 0.10:41.15 |
| 1500 FR | | | | 0.21:32.50 | 0.21:14.01 | 0.20:43.84 | 0.20:35.43 |
| 50 BK | 46.28 | 43.2 | 40.2 | 39.11 | 37.22 | 36.91 | 36.00 |
| 100 BK | 0.1:38.70 | 0.1:31.00 | 0.1:25.44 | 0.1:22.34 | 0.1:18.64 | 0.1:17.02 | 0.1:15.87 |
| 200 BK | 0.3:33.88 | 0.3:14.62 | 0.3:03.04 | 0.2:57.94 | 0.2:48.07 | 0.2:44.24 | 0.2:42.00 |
| 50 BR | 53.93 | 48.53 | 45.01 | 44.01 | 43.18 | 42.65 | 41.50 |
| 100 BR | 0.1:52.39 | 0.1:45.08 | 0.1:39.10 | 0.1:33.94 | 0.1:31.81 | 0.1:29.15 | 0.1:28.67 |
| 200 BR | | 0.3:44.93 | 0.3:31.67 | 0.3:23.35 | 0.3:14.27 | 0.3:14.00 | 0.3:11.22 |
| 50 FLY | 45.02 | 41.02 | 39.85 | 37.24 | 34.49 | 34.00 | 33.50 |
| 100 FLY | 0.1:44.22 | 0.1:34.47 | 0.1:27.65 | 0.1:23.44 | 0.1:20.04 | 0.1:18.87 | 0.1:16.00 |
| 200 FLY | | 0.3:37.19 | 0.3:19.51 | 0.3:10.09 | 0.2:57.53 | 0.2:56.27 | 0.2:52.76 |
| 200 IM | 0.3:37.06 | 0.3:18.93 | 0.3:07.20 | 0.2:59.52 | 0.2:51.38 | 0.2:49.64 | 0.2:47.19 |
| 400 IM | | 0.6:59.50 | 06:33.85 | 0.6:22.60 | 0.6:05.90 | 0.5:55.70 | 0.5:50.44 |
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| MALE | 10 & U | 11 | 12 | 13 | 14 | 15 | 16 & O |
| 50 FR | 39.43 | 36.27 | 33.53 | 31.49 | 30.17 | 29.45 | 28.21 |
| 100 FR | 0.1:28.21 | 0.1:20.46 | 0.1:13.68 | 0.1:09.07 | 0.1:05.61 | 0.1:04.17 | 0.1:02.34 |
| 200 FR | 0.3:15.58 | 0.2:56.90 | 0.2:41.22 | 0.2:31.97 | 0.2:25.58 | 0.2:20.21 | 0.2:16.08 |
| 400 FR | 0.6:49.07 | 0.6:19.09 | 0.5:48.09 | 0.5:30.99 | 0.5:07.78 | 0.5:01.49 | 0.4:51.55 |
| 800 FR | | 0.13:14.15 | 0.11:54.58 | 0.11:17.47 | 0.10:45.42 | 0.10:30.72 | 0.10:13.04 |
| 1500 FR | | | | 0.21:33.56 | 0.20:38.18 | 0.20:01.09 | 0.19:35.37 |
| 50 BK | 47.99 | 46.29 | 42.28 | 39.99 | 36.97 | 36.50 | 35.75 |
| 100 BK | 0.1:41.46 | 0.1:32.07 | 0.1:26.55 | 0.1:19.57 | 0.1:15.30 | 0.1:14.02 | 0.1:10.50 |
| 200 BK | 0.3:43.77 | 0.3:18.53 | 0.3:04.09 | 0.2:53.51 | 0.2:44.47 | 0.2:39.48 | 0.2:34.04 |
| 50 BR | 54.99 | 50.04 | 48.82 | 43.69 | 42.76 | 41.86 | 38.99 |
| 100 BR | 0.1:56.54 | 0.1:47.63 | 0.1:38.15 | 0.1:32.28 | 0.1:26.10 | 0.1:25.16 | 0.1:21.08 |
| 200 BR | | 0.3:54.88 | 0.3:31.67 | 0.3:18.94 | 0.3:06.69 | 0.3:03.75 | 0.2:56.14 |
| 50 FLY | 48.47 | 43.15 | 40.15 | 38.37 | 36.86 | 33.08 | 32.50 |
| 100 FLY | 0.1:49.51 | 0.1:37.36 | 0.1:27.10 | 0.1:20.12 | 0.1:15.14 | 0.1:12.06 | 0.1:10.21 |
| 200 FLY | | 0.4:02.61 | 0.3:22.82 | 0.3:07.88 | 0.2:51.71 | 0.2:46.52 | 0.2:35.61 |
| 200 IM | 0.3:40.42 | 0.3:20.35 | 0.3:06.89 | 0.2:54.47 | 0.2:44.93 | 0.2:40.55 | 0.2:34.81 |
| 400 IM | | 0.7:26.39 | 0.6:41.55 | 0.6:14.75 | 0.5:52.38 | 0.5:45.40 | 0.5:40.80 |