

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 | AGTC Min | AGTC Max | |
| 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 | 28.59 | 26.29 | 25.2 | 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 | 1:01.09 | 56.99 | 54.7 | 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 | 2:10.59 | 2:02.49 | 1:58.30 | 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 | 5:39.99 | 5:29.99 | 5:11.00 | 500 Free |
| 1000 Free | | | | | | | | | | 11:15.99 | | 11:03.99 | | 10:59.99 | 10:45.00 | 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 | 1:10.09 | 1:04.49 | 1:00.70 | 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 | 2:29.29 | 2:19.99 | 2:11.50 | 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 | 1:20.89 | 1:13.99 | 1:10.30 | 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 | 2:50.99 | 2:40.99 | 2:32.00 | 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 | 1:09.59 | 1:02.99 | 1:00.00 | 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 | 2:33.99 | 2:26.99 | 2:16.00 | 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 | 2:29.99 | 2:18.99 | 2:12.00 | 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 | 5:23.29 | 4:59.99 | 4:42.00 | 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 | AGTC Min | AGTC Max | |
| 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 | 25.19 | 23.69 | 22.8 | 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 | 54.19 | 51.49 | 49.5 | 100 Free |
| 200 Free | 2:49.59 | 2:37.19 | 2:49.59 | 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 | 1:57.99 | 1:52.49 | 1:48.70 | 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 | 5:17.99 | 5:07.99 | 4:53.00 | 500 Free |
| 1000 Free | | | | | | | | | | 10:55.99 | | 10:40.99 | | | 10:09.99 | 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 | 1:03.89 | 58.79 | 56 | 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 | 2:16.89 | 2:08.99 | 2:02.00 | 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 | 1:10.89 | 1:05.69 | 1:03.50 | 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 | 2:36.79 | 2:25.99 | 2:19.00 | 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 | 1:02.59 | 56.99 | 54.6 | 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 | 2:24.99 | 2:11.99 | 2:04.00 | 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 | 2:27.79 | 2:06.99 | 2:01.40 | 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 | 4:45.89 | 4:35.99 | 4:22.00 | 400 IM |

*Silver Champs age as of February 24, 2023. Age Group Champs / 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