

| GIRLS | | | 2016-2018 Event | BOYS | | |
|----------|----------|----------|-----------------------------|----------|----------|----------|
| LCM | SCM | SCY | 8 & U | SCY | SCM | LCM |
| 19.64 | 19.26 | 17.35 | 8 & U 25 Freestyle | 17.75 | 19.70 | 20.10 |
| 46.02 | 45.12 | 40.65 | 8 & U 50 Freestyle | 41.55 | 46.12 | 47.04 |
| 23.90 | 23.43 | 21.11 | 8 & U 25 Butterfly | 20.95 | 23.25 | 23.72 |
| 24.34 | 23.87 | 21.50 | 8 & U 25 Backstroke | 21.99 | 24.41 | 24.90 |
| 28.04 | 27.49 | 24.77 | 8 & U 25 Breaststroke | 25.05 | 27.81 | 28.36 |
| 2:03.96 | 2:01.53 | 1:49.49 | 8 & U 100 Individual Medley | 1:56.47 | 2:09.48 | 2:11.87 |
| LCM | SCM | SCY | 9-10 | SCY | SCM | LCM |
| 37.11 | 36.39 | 32.78 | 9-10 50 Freestyle | 33:39 | 37.06 | 37.80 |
| 1:24.93 | 1:23.26 | 1:15:01 | 9-10 100 Freestyle | 1:16:65 | 1:25.08 | 1:26.78 |
| 43.70 | 42.85 | 38:60 | 9-10 50 Butterfly | 39.34 | 43.67 | 44.54 |
| 1:58.53 | 1:56.21 | 1:44.69 | 9-10 100 Butterfly | 1:45:50 | 1:57.11 | 1:59.45 |
| 43.76 | 42.90 | 38:65 | 9-10 50 Backstroke | 39.48 | 43.82 | 44.70 |
| 1:37.36 | 1:35.45 | 1:25:99 | 9-10 100 Backstroke | 1:27:92 | 1:37.59 | 1:39.54 |
| 49.87 | 48.90 | 44:05 | 9-10 50 Breaststroke | 45:80 | 50.84 | 51.85 |
| 1:50.30 | 1:48.14 | 1:37:42 | 9-10 100 Breaststroke | 1:42:80 | 1:54.11 | 1:56.39 |
| 1:35.80 | 1:33.92 | 1:24:61 | 9-10 100 Individual Medley | 1:29:35 | 1:39.18 | 1:41.16 |
| LCM | SCM | SCY | 11-12 | SCY | SCM | LCM |
| 32.75 | 32.11 | 28:93 | 11-12 50 Freestyle | 29.35 | 32.58 | 33.23 |
| 1:13.03 | 1:11.60 | 1:04:50 | 11-12 100 Freestyle | 1:05.90 | 1:13.15 | 1:14.61 |
| 2:41.87 | 3:38.70 | 2:22:97 | 11-12 200 Freestyle | 2:26:51 | 2:42.63 | 2:45.88 |
| 37.33 | 36.60 | 32:97 | 11-12 50 Butterfly | 34.10 | 37.85 | 38.61 |
| 1:31.14 | 1:29.36 | 1:20.50 | 11-12 100 Butterfly | 1:20.52 | 1:29.38 | 1:31.16 |
| 39.29 | 38.52 | 34.70 | 11-12 50 Backstroke | 35:68 | 39.60 | 40.40 |
| 1:26.09 | 1:24.40 | 1:16.04 | 11-12 100 Backstroke | 1:17:36 | 1:25.87 | 1:27.59 |
| 43.24 | 42.69 | 38:19 | 11-12 50 Breaststroke | 39.41 | 43.75 | 44.62 |
| 1:37.48 | 1:35.57 | 1:26.10 | 11-12 100 Breaststroke | 1:31.05 | 1:41.07 | 1:43.09 |
| 3:06.76 | 3:03.09 | 2:44:95 | 11-12 200 Individual Medley | 2:48:30 | 3:06.81 | 3:10.55 |
| LCM | SCM | SCY | 13-14 | SCY | SCM | LCM |
| 31.07 | 30.46 | 27.44 | 13-14 50 Freestyle | 26.25 | 29.14 | 29.72 |
| 1:08.92 | 1:07.57 | 1:00.87 | 13-14 100 Freestyle | 56.99 | 1:03.26 | 1:04.52 |
| 2:30.55 | 2:27.60 | 2:12.97 | 13-14 200 Freestyle | 2:08.40 | 2:22.52 | 2:25.37 |
| 7:06.60 | 6:58.24 | 6:16.79 | 13-14 500 Freestyle | 5:50.99 | 6:29.60 | 6:37.39 |
| 12:27.25 | = 800 M | 14:14.00 | 13-14 1000 Freestyle | 13:45.00 | 800 M = | 12:01.87 |
| 22:46.88 | = 1500 M | 22:50.99 | 13-14 1650 Freestyle | 22:05.00 | 1500 M = | 22:01.03 |
| 1:19.37 | 1:17.81 | 1:10.10 | 13-14 100 Butterfly | 1:06.90 | 1:14.26 | 1:15.74 |
| 3:13.55 | 3:09.75 | 2:50.95 | 13-14 200 Butterfly | 2:40.95 | 2:58.65 | 3:02.23 |
| 1:19.27 | 1:17.71 | 1:10.01 | 13-14 100 Backstroke | 1:08.10 | 1:15.59 | 1:17.10 |
| 2:58.94 | 2:55.44 | 2:38.05 | 13-14 200 Backstroke | 2:32.85 | 2:49.66 | 2:53.06 |
| 1:31.65 | 1:29.85 | 1:20.95 | 13-14 100 Breaststroke | 1:16.99 | 1:25.46 | 1:27.17 |
| 3:23.78 | 3:19.79 | 2:59.99 | 13-14 200 Breaststroke | 2:49.50 | 3:08.15 | 3:11.91 |
| 2:51.02 | 2:47.67 | 2:31.05 | 13-14 200 Individual Medley | 2:25.50 | 2:41.50 | 2:44.74 |
| 6:31.73 | 6:24.05 | 5:45.99 | 13-14 400 Individual Medley | 5:34:99 | 6:11.84 | 6:19.28 |

| LCM | SCM | SCY | 15 & Over | SCY | SCM | LCM |
|----------|----------|----------|-----------------------------|----------|----------|----------|
| 30.63 | 30.03 | 27.05 | 15-18 50 Freestyle | 23.70 | 26.31 | 26.83 |
| 1:06.81 | 1:05.50 | 59.01 | 15-18 100 Freestyle | 51.99 | 57.71 | 58.86 |
| 2:30.24 | 2:27.30 | 2:12.70 | 15-18 200 Freestyle | 1:58.99 | 2:12.08 | 2:14.72 |
| 6:53.24 | 6:45.14 | 6:04.99 | 15-18 500 Freestyle | 5:37.01 | 6:14.08 | 6:21.56 |
| 12:09.79 | = 800 M | 13:54.04 | 15-18 1000 Freestyle | 12:30:00 | 800 M = | 10:56.25 |
| 22:03.03 | = 1500 M | 22:07.01 | 15-18 1650 Freestyle | 21:47.01 | 1500 M = | 21:43.09 |
| 1:18.69 | 1:17.15 | 1:09.50 | 15-18 100 Butterfly | 1:03.98 | 1:11.02 | 1:12.44 |
| 3:22.65 | 3:18.68 | 2:58.99 | 15-18 200 Butterfly | 2:20.99 | 2:36.50 | 2:39.63 |
| 1:15.91 | 1:14.43 | 1:07.05 | 15-18 100 Backstroke | 1:02.50 | 1:09.38 | 1:10.76 |
| 2:54.92 | 2:51.50 | 2:34.50 | 15-18 200 Backstroke | 2:25.01 | 2:40.96 | 2:44.18 |
| 1:32.27 | 1:30.47 | 1:21.50 | 15-18 100 Breaststroke | 1:09.50 | 1:17.15 | 1:18.69 |
| 3:22.65 | 3:18.68 | 2:58.99 | 15-18 200 Breaststroke | 2:41.50 | 2:59.27 | 3:02.85 |
| 2:48.98 | 2:45.67 | 2:29.25 | 15-18 200 Individual Medley | 2:16.39 | 2:31.39 | 2:34.42 |
| 6:16.68 | 6:09.30 | 5:32.70 | 15-18 400 Individual Medley | 4:59.99 | 5:32.99 | 5:39.65 |

YDS to SCM SCM to LCM

1.11 1.02

0.875 400/500 800/1000

0.997 1650/1500