

NTSCH STANDARDS NTS Champs Long Course Meters

Female 10 & Under

NTCH	
50 Free	
100 Free	1:19.13
200 Free	2:51.58
400 Free	6:01.56
50 Back	
100 Back	1:30.01
200 Back	3:13.64
50 Breast	
100 Breast	1:41.37
200 Breast	3:37.40
50 Fly	
100 Fly	1:26.88
200 IM	3:16.04

Female 11-11

NTCH	
50 Free	
100 Free	1:19.13
200 Free	2:51.58
400 Free	6:01.56
50 Back	
100 Back	1:30.01
200 Back	3:13.64
50 Breast	
100 Breast	1:41.37
200 Breast	3:37.40
50 Fly	
100 Fly	1:26.88
200 IM	3:16.04

Female 12-12

NTCH	
50 Free	
100 Free	1:15.31
200 Free	2:43.30
400 Free	5:44.10
800 Free	
50 Back	
100 Back	1:25.76
200 Back	3:04.48
50 Breast	
100 Breast	1:36.57
200 Breast	3:27.11
50 Fly	
100 Fly	1:22.77
200 Fly	
200 IM	3:06.70
400 IM	

Female 13-13

NTCH	
50 Free	
100 Free	1:12.03

NTSCH STANDARDS NTS Champs Long Course Meters

200 Free	2:36.20
400 Free	5:29.14
800 Free	
50 Back	
100 Back	1:22.11
200 Back	2:56.63
50 Breast	
100 Breast	1:32.46
200 Breast	3:18.30
50 Fly	
100 Fly	1:19.25
200 Fly	
200 IM	2:58.70
400 IM	

Female 14-14

NTCH

50 Free	
100 Free	1:09.30
200 Free	2:30.28
400 Free	5:16.67
800 Free	
50 Back	
100 Back	1:19.07
200 Back	2:50.09
50 Breast	
100 Breast	1:29.04
200 Breast	3:10.96
50 Fly	
100 Fly	1:16.31
200 Fly	
200 IM	2:52.03
400 IM	

Female 15-15

NTCH

50 Free	
100 Free	1:07.12
200 Free	2:25.55
400 Free	5:06.70
800 Free	
50 Back	
100 Back	1:16.63
200 Back	2:44.86
50 Breast	
100 Breast	1:26.30
200 Breast	3:05.08
50 Fly	
100 Fly	1:13.96
200 Fly	
200 IM	2:46.70
400 IM	

Female 16-16

NTCH

50 Free	
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NTSCH STANDARDS NTS Champs Long Course Meters

100 Free	1:07.12
200 Free	2:25.55
400 Free	5:06.70
800 Free	
50 Back	
100 Back	1:16.63
200 Back	2:44.86
50 Breast	
100 Breast	1:26.30
200 Breast	3:05.08
50 Fly	
100 Fly	1:13.96
200 Fly	
200 IM	2:46.70
400 IM	

Female 17-17

NTCH

50 Free	
100 Free	1:07.12
200 Free	2:25.55
400 Free	5:06.70
800 Free	
50 Back	
100 Back	1:16.63
200 Back	2:44.86
50 Breast	
100 Breast	1:26.30
200 Breast	3:05.08
50 Fly	
100 Fly	1:13.96
200 Fly	
200 IM	2:46.70
400 IM	

Female 18-18

NTCH

50 Free	
100 Free	1:07.12
200 Free	2:25.55
400 Free	5:06.70
800 Free	
50 Back	
100 Back	1:16.63
200 Back	2:44.86
50 Breast	
100 Breast	1:26.30
200 Breast	3:05.08
50 Fly	
100 Fly	1:13.96
200 Fly	
200 IM	2:46.70
400 IM	

NTSCH STANDARDS NTS Champs Long Course Meters**Male 10 & Under**

	NTCH
50 Free	
100 Free	1:19.57
200 Free	2:55.74
400 Free	6:13.13
50 Back	
100 Back	1:30.30
200 Back	3:16.67
50 Breast	
100 Breast	1:40.09
200 Breast	3:38.68
50 Fly	
100 Fly	1:26.91
200 IM	3:18.28

Male 11-11

	NTCH
50 Free	
100 Free	1:19.57
200 Free	2:55.74
400 Free	6:13.13
50 Back	
100 Back	1:30.30
200 Back	3:16.67
50 Breast	
100 Breast	1:40.09
200 Breast	3:38.68
50 Fly	
100 Fly	1:26.91
200 IM	3:18.28

Male 12-12

	NTCH
50 Free	
100 Free	1:12.74
200 Free	2:40.65
400 Free	5:41.09
1500 Free	
50 Back	
100 Back	1:22.68
200 Back	3:00.08
50 Breast	
100 Breast	1:32.40
200 Breast	3:20.24
50 Fly	
100 Fly	1:19.58
200 Fly	
200 IM	3:01.45
400 IM	

Male 13-13

	NTCH
50 Free	
100 Free	1:08.83
200 Free	2:32.02

NTSCH STANDARDS NTS Champs Long Course Meters

400 Free	5:22.77
1500 Free	
50 Back	
100 Back	1:18.33
200 Back	2:50.40
50 Breast	
100 Breast	1:27.53
200 Breast	3:09.70
50 Fly	
100 Fly	1:15.39
200 Fly	
200 IM	2:51.84
400 IM	

Male 14-14

NTCH

50 Free	
100 Free	1:04.93
200 Free	2:23.40
400 Free	5:04.46
1500 Free	
50 Back	
100 Back	1:13.98
200 Back	2:41.13
50 Breast	
100 Breast	1:22.67
200 Breast	2:59.16
50 Fly	
100 Fly	1:11.20
200 Fly	
200 IM	2:42.22
400 IM	

Male 15-15

NTCH

50 Free	
100 Free	1:02.00
200 Free	2:16.93
400 Free	4:50.72
1500 Free	
50 Back	
100 Back	1:10.72
200 Back	2:34.02
50 Breast	
100 Breast	1:19.02
200 Breast	2:51.80
50 Fly	
100 Fly	1:08.06
200 Fly	
200 IM	2:35.01
400 IM	

Male 16-16

NTCH

50 Free	
100 Free	1:02.00

NTSCH STANDARDS NTS Champs Long Course Meters

200 Free	2:16.93
400 Free	4:50.72
1500 Free	
50 Back	
100 Back	1:10.72
200 Back	2:34.02
50 Breast	
100 Breast	1:19.02
200 Breast	2:51.80
50 Fly	
100 Fly	1:08.06
200 Fly	
200 IM	2:35.01
400 IM	

Male 17-17

NTCH

50 Free	
100 Free	1:02.00
200 Free	2:16.93
400 Free	4:50.72
1500 Free	
50 Back	
100 Back	1:10.72
200 Back	2:34.02
50 Breast	
100 Breast	1:19.02
200 Breast	2:51.80
50 Fly	
100 Fly	1:08.06
200 Fly	
200 IM	2:35.01
400 IM	

Male 18-18

NTCH

50 Free	
100 Free	1:02.00
200 Free	2:16.93
400 Free	4:50.72
1500 Free	
50 Back	
100 Back	1:10.72
200 Back	2:34.02
50 Breast	
100 Breast	1:19.02
200 Breast	2:51.80
50 Fly	
100 Fly	1:08.06
200 Fly	
200 IM	2:35.01
400 IM	