

2025 Metro Junior Mets & Silvers Time Standards

GIRLS	9&U		10		11		12		GIRLS
	Silver	Jr Mets 25	Silver	Jr Mets 25	Silver	Jr Mets 25	Silver	Jr Mets 25	
50 Free	35.19	33.49	35.19	31.89	30.99	29.29	30.99	27.89	50 Free
100 Free	1:18.49	1:15.49	1:18.49	1:10.19	1:08.29	1:03.99	1:08.29	1:00.29	100 Free
200 Free	2:49.59	2:39.99	2:49.59	2:31.19	2:25.89	2:18.99	2:25.89	2:11.49	200 Free
500 Free	7:21.99	7:14.99	7:21.99	6:44.99	6:20.79	6:05.99	6:20.79	5:54.99	500 Free
1000 Free									1000 Free
50 Back	41.89	39.49	41.89	36.89	36.09	33.79	36.09	31.89	50 Back
100 Back	1:33.09	1:25.99	1:33.09	1:19.99	1:19.49	1:11.99	1:19.49	1:08.49	100 Back
200 Back					2:46.99	2:35.99	2:46.99	2:29.59	200 Back
50 Breast	47.79	45.89	47.79	42.69	40.59	38.69	40.59	36.59	50 Breast
100 Breast	1:46.19	1:39.99	1:46.19	1:33.79	1:28.69	1:23.49	1:28.69	1:19.49	100 Breast
200 Breast					3:11.19	2:59.99	3:11.19	2:52.69	200 Breast
50 Fly	42.39	38.49	42.39	36.49	34.59	32.09	34.59	30.29	50 Fly
100 Fly	1:37.99	1:32.99	1:37.99	1:26.99	1:19.39	1:14.29	1:19.39	1:08.99	100 Fly
200 Fly					2:49.39	2:45.99	2:49.39	2:39.59	200 Fly
100 IM	1:28.59	1:25.99	1:28.59	1:20.99	1:18.69	1:12.99	1:18.69	1:09.79	100 IM
200 IM	3:13.99	2:59.99	3:13.99	2:50.39	2:48.09	2:34.49	2:48.09	2:27.59	200 IM
400 IM					5:50.99	5:29.99	5:50.99	5:20.19	400 IM
BOYS	9&U		10		11		12		BOYS
	Silver	Jr Mets 25	Silver	Jr Mets 25	Silver	Jr Mets 25	Silver	Jr Mets 25	
50 Free	35.19	33.69	35.19	31.79	30.69	29.29	30.69	27.49	50 Free
100 Free	1:18.49	1:16.99	1:18.49	1:10.19	1:06.99	1:03.19	1:06.99	1:00.09	100 Free
200 Free	2:49.59	2:42.49	2:49.59	2:32.39	2:25.99	2:18.99	2:25.99	2:09.59	200 Free
500 Free	7:21.99	7:14.99	7:21.99	6:45.99	6:31.99	6:05.99	6:31.99	5:51.99	500 Free
1000 Free									1000 Free
50 Back	42.89	39.49	42.89	37.09	36.09	33.79	36.09	31.89	50 Back
100 Back	1:37.09	1:26.99	1:37.09	1:20.79	1:17.49	1:11.99	1:17.49	1:08.79	100 Back
200 Back					2:42.79	2:36.99	2:42.79	2:32.59	200 Back
50 Breast	48.59	46.49	48.59	43.09	40.29	38.99	40.29	36.49	50 Breast
100 Breast	1:48.39	1:39.99	1:48.39	1:34.19	1:26.49	1:24.59	1:26.49	1:18.79	100 Breast
200 Breast					3:03.49	2:59.99	3:03.49	2:53.59	200 Breast
50 Fly	43.89	38.49	43.89	36.49	34.69	32.49	34.69	30.89	50 Fly
100 Fly	1:37.99	1:34.99	1:37.99	1:27.19	1:17.59	1:13.49	1:17.59	1:09.99	100 Fly
200 Fly					2:45.39	2:45.99	2:45.39	2:39.59	200 Fly
100 IM	1:28.59	1:27.99	1:28.59	1:20.99	1:17.19	1:12.99	1:17.19	1:09.79	100 IM
200 IM	3:13.99	2:59.99	3:13.99	2:52.39	2:47.99	2:34.49	2:47.99	2:27.59	200 IM
400 IM					5:52.99	5:29.99	5:52.99	5:18.09	400 IM

2025 Metro Junior Mets & Silvers Time Standards

GIRLS	13		14		15-18			GIRLS
	Silver	Jr Mets 24	Silver	Jr Mets 24	Silver	AGTC Min	AGTC Max	
50 Free	28.79	26.69	28.79	26.09	28.59	26.29	24.80	50 Free
100 Free	1:03.09	57.69	1:03.09	56.39	1:01.09	56.99	53.10	100 Free
200 Free	2:16.99	2:05.19	2:16.99	2:02.79	2:10.59	2:02.49	1:55.00	200 Free
500 Free	5:50.59	5:32.99	5:50.59	5:26.99	5:39.99	5:29.99	5:08.80	500 Free
1000 Free		11:15.99		11:03.99		10:59.99	10:39.00	1000 Free
50 Back								50 Back
100 Back	1:12.69	1:05.19	1:12.69	1:03.99	1:10.09	1:04.49	59.30	100 Back
200 Back	2:36.29	2:19.49	2:36.29	2:17.09	2:29.29	2:19.99	2:08.90	200 Back
50 Breast								50 Breast
100 Breast	1:23.49	1:14.59	1:23.49	1:13.39	1:20.89	1:13.99	1:08.20	100 Breast
200 Breast	2:56.99	2:41.19	2:56.99	2:38.79	2:50.99	2:40.99	2:29.40	200 Breast
50 Fly								50 Fly
100 Fly	1:11.59	1:04.09	1:11.59	1:02.89	1:09.59	1:02.99	58.50	100 Fly
200 Fly	2:36.59	2:27.19	2:36.59	2:24.79	2:33.99	2:26.99	2:12.10	200 Fly
100 IM								100 IM
200 IM	2:41.49	2:21.19	2:41.49	2:18.79	2:29.99	2:18.99	2:10.70	200 IM
400 IM	5:25.99	5:02.39	5:25.99	4:57.59	5:23.29	4:59.99	4:38.40	400 IM
BOYS	13		14		15-18			BOYS
	Silver	Jr Mets 24	Silver	Jr Mets 24	Silver	AGTC Min	AGTC Max	
50 Free	26.79	25.39	26.79	24.39	25.19	23.69	22.40	50 Free
100 Free	59.59	55.09	59.59	52.19	54.19	51.49	48.50	100 Free
200 Free	2:14.19	1:59.99	2:14.19	1:54.79	1:57.99	1:52.49	1:46.30	200 Free
500 Free	5:50.99	5:21.79	5:50.99	5:11.89	5:17.99	5:07.99	4:47.40	500 Free
1000 Free		10:55.99		10:40.99		10:23.99	9:59.90	1000 Free
50 Back								50 Back
100 Back	1:08.29	1:02.19	1:08.29	1:00.29	1:03.89	58.79	54.50	100 Back
200 Back	2:27.09	2:15.89	2:27.09	2:11.89	2:16.89	2:08.99	1:58.60	200 Back
50 Breast								50 Breast
100 Breast	1:16.69	1:10.69	1:16.69	1:07.79	1:10.89	1:05.69	1:01.50	100 Breast
200 Breast	2:47.89	2:33.39	2:47.89	2:29.39	2:36.79	2:25.99	2:15.00	200 Breast
50 Fly								50 Fly
100 Fly	1:07.09	1:01.69	1:07.09	58.99	1:02.59	56.99	53.20	100 Fly
200 Fly	2:29.59	2:20.39	2:29.59	2:16.39	2:24.99	2:11.99	2:01.20	200 Fly
100 IM								100 IM
200 IM	2:31.09	2:14.79	2:31.09	2:09.79	2:27.79	2:06.99	1:59.40	200 IM
400 IM	5:09.79	4:47.09	5:09.79	4:39.79	4:45.89	4:35.99	4:15.10	400 IM