

QUALIFYING LONG COURSE STANDARDS- CARIFTA 2026

		GIRLS			BOYS			GIRLS			BOYS			GIRLS			BOYS	
		11-12			11-12			13-14			13-14			15-17			15-17	
		A Time	B Time		A Time	B Time		A Time	B Time		A Time	B Time		A Time	B Time		A Time	B Time
50 FREESTYLE		00:29.59	00:30.29		00:28.47	00:29.00		00:28.21	00:28.57		00:25.75	00:26.27		00:27.34	00:27.74		00:24.10	00:24.49
100 FREESTYLE		01:05.56	01:07.28		01:02.88	01:03.99		01:02.51	01:03.82		00:56.44	00:57.25		01:00.03	01:01.50		00:52.90	00:53.55
200 FREESTYLE		02:24.64	02:31.23		02:20.02	02:23.22		02:17.78	02:20.24		02:06.99	02:09.12		02:14.43	02:16.91		01:58.34	01:59.32
400 FREESTYLE		05:14.94	05:26.87		04:58.22	05:06.11		04:56.41	04:58.77		04:32.89	04:36.18		04:49.22	04:52.16		04:20.65	04:24.19
800 FREESTYLE								10:18.87	10:31.10		09:40.99	09:58.17		10:01.47	10:13.31		09:10.49	09:14.58
1500 FREESTYLE								19:38.88	20:09.40		18:42.45	18:54.91		19:36.80	19:57.17		17:11.85	17:28.62
50 BACKSTROKE		00:34.55	00:36.94		00:33.20	00:34.17		00:32.53	00:33.13		00:30.09	00:31.08		00:31.59	00:32.41		00:28.12	00:28.32
100 BACKSTROKE		01:18.92	01:21.38		01:14.71	01:17.23		01:12.12	01:14.21		01:05.00	01:06.77		01:09.03	01:11.94		01:01.82	01:02.95
200 BACKSTROKE		02:53.12	02:55.34		02:43.30	02:47.97		02:39.50	02:44.66		02:27.21	02:30.90		02:34.94	02:40.35		02:20.01	02:24.62
50 BREASTSTROKE		00:38.75	00:40.21		00:38.56	00:41.03		00:37.30	00:38.15		00:33.43	00:34.64		00:35.58	00:36.57		00:30.92	00:31.26
100 BREASTSTROKE		01:28.07	01:32.14		01:27.94	01:43.50		01:23.63	01:26.54		01:15.02	01:16.51		01:21.45	01:23.04		01:08.51	01:10.06
200 BREAST		03:12.96	03:18.54		03:10.38	03:18.46		03:02.47	03:08.31		02:43.98	02:47.81		02:55.47	03:07.41		02:32.37	02:36.93
50 BUTTERFLY		00:32.78	00:33.30		00:31.95	00:33.13		00:30.42	00:30.83		00:27.56	00:27.77		00:29.48	00:30.00		00:25.89	00:26.31
100 BUTTERFLY		01:17.09	01:18.96		01:12.43	01:18.09		01:09.86	01:11.38		01:01.72	01:03.06		01:06.84	01:08.93		00:56.97	00:57.60
200 BUTTERFLY		03:14.23	03:17.61		03:05.31	03:08.22		02:52.62	03:00.79		02:26.84	02:34.28		02:41.16	02:43.33		02:15.73	02:20.85
200 I MEDLEY		02:52.82	02:58.24		02:42.33	02:45.61		02:40.19	02:43.79		02:27.10	02:30.97		02:36.59	02:40.19		02:16.91	02:20.95
400 I MEDLEY		06:33.48	06:33.99		06:06.13	06:06.47		05:47.86	05:57.94		05:17.24	05:27.57		05:53.24	05:57.30		04:58.67	05:04.58