

2024-2028 Saudi Age Group Swimming Time Standard													NQT	NCT	RQT		NQT	NCT	RQT			
		NQT	NCT	RQT		NQT	NCT	RQT											Boys			
7-8		Girls					Boys													Boys		
50	Free	47.03	48.28	51.53			45.83	47.03	50.21											29.49	30.69	31.84
100	Free	1:44.42	1:49.54	1:55.27			1:42.37	1:47.13	1:53.88											1:04.09	1:06.69	1:09.24
200	Free	3:50.02	4:01.85	4:13.68			3:45.34	3:56.35	4:08.35											2:20.59	2:26.19	2:31.84
50	Back	57.25	59.68	1:02.42			55.33	58.62	1:00.91											5:01.34	5:13.39	5:25.44
100	Back	2:03.31	2:09.10	2:16.89			1:57.82	2:02.45	2:08.57											35.18	36.72	37.09
50	Breast	1:03.85	1:06.91	1:09.97			1:01.59	1:04.05	1:07.82											1:09.49	1:13.09	1:15.94
100	Breast	2:09.17	2:15.35	2:20.66			2:03.31	2:09.63	2:16.32											2:32.59	2:38.69	2:50.69
50	Fly	59.30	1:02.89	1:04.80			59.01	1:01.52	1:04.13											38.63	41.02	41.70
100	Fly	2:19.30	2:26.22	2:33.30			2:18.90	2:25.42	2:32.48											1:19.44	1:22.59	1:25.79
100	IM	2:03.85	2:10.50	2:16.56			2:03.17	2:09.90	2:16.12											2:55.49	2:59.39	3:06.29
																				33.13	35.04	36.62
																				1:09.54	1:12.29	1:15.09
																				2:37.69	2:40.89	2:47.09
																				2:38.84	2:42.09	2:48.29
																				5:40.19	5:46.49	5:59.84
15-16		Girls					Boys													Boys		
50	Free	31.34	32.59	33.84																27.89	28.99	30.09
100	Free	1:07.79	1:10.49	1:13.24																1:01.24	1:03.69	1:06.09
200	Free	2:27.04	2:32.89	2:38.79																2:14.24	2:19.59	2:24.94
400	Free	5:13.29	5:25.79	5:38.34																4:47.84	4:59.39	5:10.89
50	Back	36.21	37.83	38.43																33.69	34.87	35.55
100	Back	1:14.74	1:16.69	1:19.64																1:07.64	1:09.29	1:11.94
200	Back	2:43.09	2:46.49	2:52.89																2:27.64	2:31.49	2:37.29
50	Breast	41.36	43.50	43.62																37.07	39.11	40.12
100	Breast	1:24.79	1:28.19	1:31.59																1:15.84	1:18.89	1:21.94
200	Breast	3:05.54	3:10.89	3:18.19																2:44.84	2:51.39	2:57.99
50	Fly	35.94	37.35	38.20																32.17	33.79	34.96
100	Fly	1:15.34	1:16.29	1:19.24																1:06.34	1:08.99	1:11.64
200	Fly	2:45.59	2:50.09	2:56.64																2:28.24	2:34.19	2:40.09
200	IM	2:43.94	2:50.49	2:57.04																2:28.94	2:34.89	2:40.84
400	IM	5:50.29	6:04.29	6:18.29																5:17.89	5:30.59	5:43.29
17-18		Girls					Boys													Boys		
50	Free	30.94	32.19	33.44																27.19	28.29	29.34
100	Free	1:07.19	1:09.89	1:12.54																59.54	1:01.89	1:04.29
200	Free	2:25.24	2:31.09	2:36.89																2:11.79	2:17.09	2:22.34
400	Free	5:09.79	5:22.19	5:34.54																4:43.74	4:55.09	5:06.44
50	Back	36.12	37.51	38.32																32.41	34.32	34.60
100	Back	1:12.39	1:15.29	1:18.19																1:04.34	1:06.89	1:09.49
200	Back	2:36.64	2:42.89	2:49.14																2:21.94	2:27.59	2:33.29
50	Breast	41.15	43.10	43.36																36.12	38.14	38.90
100	Breast	1:23.74	1:27.09	1:30.39																1:13.64	1:16.59	1:19.54
200	Breast	3:02.19	3:09.49	3:16.79																2:40.09	2:46.49	2:52.89
50	Fly	35.35	37.15	38.02																31.54	33.15	34.10
100	Fly	1:12.59	1:15.49	1:18.39																1:04.54	1:07.09	1:09.69
200	Fly	2:34.19	2:46.99	2:48.24																2:24.44	2:30.19	2:32.4
200	IM	2:34.89	2:47.79	2:49.42																2:25.44	2:31.29	2:34.0
400	IM	5:32.09	5:59.79	6:13.64																5:13.09	5:25.59	5:29.3
*Based upon the 2024-2028 National Age Group Motivational Times Standard published by USA Swimming																						