

Pentathlon Time Standards

Eligibility Criteria for 2025

The time standards for the Pentathlon Swim Meet are designed to strike a balance between inclusivity and competitive excellence. To qualify, each swimmer's combined time across all five individual strokes must not exceed the maximum cumulative time listed for their age group.

Time Standards by Age Group

Girls Age Group

Girls Age Group	Max. Cumulative Time
8 & Under	6:25.00
9-10	5:25.00
11-12	5:40.00
13-14	5:20.00
15-18	5:05.00

Boys Age Group

Boys Age Group	Max. Cumulative Time
8 & Under	6:25.00
9-10	5:25.00
11-12	5:40.00
13-14	5:20.00
15-18	4:50.00

Note: In accordance with NWAL rules, time trial results may be submitted for consideration if an official time has not yet been established.