



## 2024 SOUTHEASTERN SWIMMING WINTER CHAMPIONSHIP QUALIFYING TIMES

*Qualifying times must have been achieved since  
September 1, 2022*

GIRLS			BOYS		<b>10 &amp; U N D E R</b>	GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
36.79	32.49	50 Free	33.09	37.49	37.59	33.19	50 Free	33.79	38.29	
1:21.79	1:12.29	100 Free	1:13.59	1:23.19	1:23.49	1:13.79	100 Free	1:15.09	1:24.89	
2:59.29	2:40.09	200 Free	2:41.49	3:02.39	3:04.39	2:43.29	200 Free	2:44.79	3:06.09	
6:05.19	6:49.19	500 Free	6:54.69	6:10.09	N/A	N/A	500 Free	N/A	N/A	
42.19	38.29	50 Back	39.19	44.09	43.99	39.09	50 Back	39.99	44.99	
1:32.99	1:22.69	100 Back	1:24.49	1:34.89	1:34.79	1:24.39	100 Back	1:26.19	1:36.79	
49.69	43.89	50 Breast	45.29	51.19	50.69	44.79	50 Breast	46.29	52.29	
1:48.59	1:36.09	100 Brst	1:40.29	1:53.29	1:50.79	1:38.09	100 Brst	1:42.39	1:55.59	
42.19	37.39	50 Fly	38.39	43.29	43.09	38.19	50 Fly	39.19	44.19	
1:37.99	1:28.89	100 Fly	1:32.99	1:44.59	1:41.99	1:30.69	100 Fly	1:34.89	1:46.69	
N/A	1:22.99	100 IM	1:23.89	N/A	N/A	1:24.69	100 IM	1:25.59	N/A	
3:25.19	3:01.99	200 IM	3:04.59	3:28.09	3:29.29	3:05.69	200 IM	3:08.29	3:32.19	

*Events 400 yards and longer are not allowed for bonus swims*

GIRLS			BOYS		<b>11 &amp; 12</b>	GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
32.29	28.39	50 Free	28.19	32.09	32.89	28.99	50 Free	28.79	32.69	
1:09.89	1:01.59	100 Free	1:02.19	1:10.59	1:11.39	1:02.89	100 Free	1:03.49	1:11.99	
2:32.09	2:14.19	200 Free	2:17.79	2:36.09	2:35.09	2:16.89	200 Free	2:20.59	2:39.19	
5:11.59	5:49.19	500 Free	5:58.99	5:20.39	N/A	N/A	500 Free	N/A	N/A	
36.99	32.79	50 Back	33.79	38.09	37.69	33.49	50 Back	34.49	38.79	
1:20.09	1:11.09	100 Back	1:13.39	1:22.59	1:21.69	1:12.59	100 Back	1:14.89	1:24.29	
41.79	36.79	50 Breast	38.59	43.79	42.79	37.59	50 Breast	39.39	44.69	
1:31.79	1:20.89	100 Brst	1:24.39	1:35.59	1:33.59	1:22.59	100 Brst	1:26.09	1:37.49	
35.29	31.19	50 Fly	31.99	36.19	36.09	31.89	50 Fly	32.69	36.99	
1:19.79	1:10.69	100 Fly	1:12.89	1:22.29	1:21.49	1:12.19	100 Fly	1:14.39	1:23.99	
N/A	1:10.59	100 IM	1:12.89	N/A	N/A	1:12.09	100 IM	1:14.39	N/A	
2:51.89	2:31.99	200 IM	2:37.09	2:57.49	2:55.29	2:35.09	200 IM	2:40.29	3:01.09	

*Events 400 yards and longer are not allowed for bonus swims*

GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM
29.79	26.19	50 Free	24.29	27.69
1:04.79	56.99	100 Free	53.39	1:00.79
2:20.19	2:03.49	200 Free	1:58.49	2:14.69
4:56.89	5:32.69	500 Free	5:18.39	4:44.09
10:15.79	11:29.99	1000 Free	11:29.79	10:15.59
20:25.49	20:01.49	1650 Free	19:29.49	19:52.79
(100 QT)	(100 QT)	50 Back	(100QT)	(100 QT)
1:12.59	1:04.39	100 Back	1:02.09	1:10.09
2:37.79	2:19.99	200 Back	2:16.69	2:34.09
(100 QT)	(100 QT)	50 Breast	(100 QT)	(100 QT)
1:24.39	1:14.29	100 Brst	1:09.49	1:19.09
3:02.39	2:40.79	200 Brst	2:33.99	2:54.89
(100 QT)	(100QT)	50 Fly	(100 QT)	(100 QT)
1:11.59	1:03.29	100 Fly	1:00.49	1:08.49
2:49.29	2:29.99	200 Fly	2:22.49	2:40.89
2:38.89	2:20.29	200 IM	2:15.89	2:33.99
5:42.69	5:02.99	400 IM	4:48.59	5:26.69

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GIRLS			BOYS	
LCM	SCY	BONUS	SCY	LCM
30.49	26.79	50 Free	24.79	28.29
1:06.19	58.19	100 Free	54.49	1:01.99
2:21.39	2:05.99	200 Free	2:00.89	2:17.39
N/A	N/A	500 Free	N/A	N/A
N/A	N/A	1000 Free	N/A	N/A
N/A	N/A	1650 Free	N/A	N/A
(100 BT)	(100 BT)	50 Back	(100 BT)	(100 BT)
1:14.09	1:05.69	100 Back	1:03.39	1:11.49
2:40.89	2:22.79	200 Back	2:19.49	2:37.19
(100 BT)	(100 BT)	50 Breast	(100 BT)	(100 BT)
1:26.09	1:15.79	100 Brst	1:10.89	1:20.69
3:06.09	2:44.09	200 Brst	2:37.09	2:58.29
(100 BT)	(100 BT)	50 Fly	(100 BT)	(100 BT)
1:13.09	1:04.59	100 Fly	1:01.79	1:09.99
2:52.59	2:32.99	200 Fly	2:25.39	2:44.09
2:41.69	2:23.19	200 IM	2:18.69	2:37.09
N/A	N/A	400 IM	N/A	N/A

Events 400 yards and longer are not allowed for bonus swims

13-14 50 Back, 50 Breast, and 50 Fly shall use the corresponding 100 yard/meter event time standards (qualifying and bonus)

GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM
28.79	25.29	50 Free	22.49	25.69
1:02.89	55.29	100 Free	49.29	56.29
2:14.79	1:58.59	200 Free	1:48.19	2:03.29
4:43.09	5:17.19	500 Free	4:52.49	4:20.99
9:58.59	11:10.79	1000 Free	10:37.29	9:28.69
19:23.59	19:00.79	1650 Free	17:37.39	17:58.49
(100 QT)	(100 QT)	50 Back	(100QT)	(100QT)
1:08.89	1:00.99	100 Back	55.49	1:02.79
2:29.39	2:12.49	200 Back	2:02.29	2:18.09
(100 QT)	(100 QT)	50 Breast	(100 QT)	(100 QT)
1:20.09	1:10.39	100 Brst	1:02.29	1:11.09
2:52.49	2:31.79	200 Brst	2:15.79	2:34.69
(100 QT)	(100QT)	50 Fly	(100 QT)	(100 QT)
1:08.49	1:00.49	100 Fly	53.99	1:01.29
2:32.89	2:15.29	200 Fly	2:02.39	2:18.59
2:32.29	2:14.39	200 IM	2:01.79	2:18.39
5:24.59	4:46.69	400 IM	4:20.69	4:55.69

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GIRLS			BOYS	
LCM	SCY	BONUS	SCY	LCM
29.49	25.89	50 Free	22.99	26.29
1:04.29	56.49	100 Free	50.29	57.39
2:17.49	2:00.99	200 Free	1:50.39	2:05.69
N/A	N/A	500 Free	N/A	N/A
N/A	N/A	1000 Free	N/A	N/A
N/A	N/A	1650 Free	N/A	N/A
(100BT)	(100 BT)	50 Back	(100 BT)	(100 BT)
1:10.29	1:02.29	100 Back	56.69	1:04.09
2:32.39	2:15.19	200 Back	2:04.79	2:20.89
(100BT)	(100 BT)	50 Breast	(100 BT)	(100 BT)
1:21.49	1:11.69	100 Brst	1:03.59	1:12.49
2:55.89	2:34.89	200 Brst	2:18.59	2:37.79
(100BT)	(100 BT)	50 Fly	(100 BT)	(100 BT)
1:09.99	1:01.79	100 Fly	55.09	1:02.49
2:35.99	2:18.09	200 Fly	2:04.89	2:21.39
2:35.29	2:17.09	200 IM	2:04.29	2:21.09
N/A	N/A	400 IM	N/A	N/A

Events 400 yards and longer are not allowed for bonus swims

Senior 50 Back, 50 Breast, and 50 Fly shall use the corresponding 100 yard/meter event time standards (qualifying and bonus)