



2024-2025 Long Distance Champs

Qualification Times

Short Course Meters (25m Pool)



| SCM | | 100 Fly | 100 Back | 100 Breast | 200 Fly | 200 Back | 200 Breast | 200 Free | 400 Free | 800 Free | 1500 Free | 400 IM |
|-------|-------|---------|----------|------------|---------|----------|------------|----------|----------|----------|-----------|---------|
| 10&U | Girls | 2:11.03 | 1:57.20 | 2:15.71 | | | | 4:02.10 | 8:24.89 | 16:33.49 | | |
| | Boys | 2:09.16 | 1:55.12 | 2:10.61 | | | | 3:53.11 | 8:15.55 | 16:21.82 | | |
| 11 | Girls | 1:41.03 | 1:40.11 | 1:52.77 | | | | | 7:11.30 | 14:23.25 | 28:06.09 | 7:51.43 |
| | Boys | 1:41.75 | 1:40.31 | 1:52.57 | | | | | 6:57.41 | 14:08.70 | 27:52.05 | 7:51.97 |
| 12 | Girls | 1:35.87 | 1:36.07 | 1:46.68 | | | | | 6:48.09 | 13:43.82 | 25:59.55 | 7:25.71 |
| | Boys | 1:33.93 | 1:33.42 | 1:43.21 | | | | | 6:30.75 | 13:29.41 | 25:26.06 | 7:12.90 |
| 13 | Girls | | | | 3:21.44 | 3:17.59 | 3:46.29 | | | 13:04.05 | 24:52.08 | 7:13.32 |
| | Boys | | | | 3:09.58 | 3:07.81 | 3:30.80 | | | 12:33.26 | 23:51.76 | 6:46.53 |
| 14 | Girls | | | | 3:14.04 | 3:10.95 | 3:38.76 | | | 12:59.93 | 24:13.29 | 7:03.98 |
| | Boys | | | | 3:00.55 | 2:58.80 | 3:22.08 | | | 12:15.83 | 23:05.69 | 6:36.57 |
| 15-16 | Girls | | | | 3:09.82 | 3:06.83 | 3:34.13 | | | 12:41.97 | 23:52.17 | 6:54.84 |
| | Boys | | | | 2:52.31 | 2:50.56 | 3:11.98 | | | 11:50.31 | 22:19.41 | 6:21.77 |
| 17-19 | Girls | | | | 3:05.22 | 3:01.75 | 3:28.48 | | | 12:32.01 | 23:45.10 | 6:49.49 |
| | Boys | | | | 2:47.47 | 2:44.72 | 3:06.65 | | | 11:45.27 | 22:09.08 | 6:12.42 |



2024-2025 Long Distance Champs

Qualification Times



Long Course Meters (50m Pool)

| LCM | | 100 Fly | 100 Back | 100 Breast | 200 Fly | 200 Back | 200 Breast | 200 Free | 400 Free | 800 Free | 1500 Free | 400 IM |
|-------|-------|---------|----------|------------|---------|----------|------------|----------|----------|----------|-----------|---------|
| 10&U | Girls | 2:12.43 | 1:58.40 | 2:17.71 | | | | 4:05.30 | 8:31.29 | 16:46.29 | | |
| | Boys | 2:10.56 | 1:56.32 | 2:12.61 | | | | 3:56.31 | 8:21.95 | 16:34.62 | | |
| 11 | Girls | 1:42.43 | 1:41.31 | 1:54.77 | | | | | 7:17.70 | 14:36.05 | 28:30.09 | 7:57.83 |
| | Boys | 1:43.15 | 1:41.51 | 1:54.57 | | | | | 7:03.81 | 14:21.50 | 28:16.05 | 7:58.37 |
| 12 | Girls | 1:37.27 | 1:37.27 | 1:48.68 | | | | | 6:54.49 | 13:56.62 | 26:23.55 | 7:32.11 |
| | Boys | 1:35.33 | 1:34.62 | 1:45.21 | | | | | 6:37.15 | 13:42.21 | 25:50.06 | 7:19.30 |
| 13 | Girls | | | | 3:24.24 | 3:19.99 | 3:50.29 | | | 13:16.85 | 25:16.08 | 7:19.72 |
| | Boys | | | | 3:12.38 | 3:10.21 | 3:34.80 | | | 12:46.06 | 24:15.76 | 6:52.93 |
| 14 | Girls | | | | 3:16.84 | 3:13.35 | 3:42.76 | | | 13:12.73 | 24:37.29 | 7:10.38 |
| | Boys | | | | 3:03.35 | 3:01.20 | 3:26.08 | | | 12:28.63 | 23:29.69 | 6:42.97 |
| 15-16 | Girls | | | | 3:12.62 | 3:09.23 | 3:38.13 | | | 12:54.77 | 24:16.17 | 7:01.24 |
| | Boys | | | | 2:55.11 | 2:52.96 | 3:15.98 | | | 12:03.11 | 22:43.41 | 6:28.17 |
| 17-19 | Girls | | | | 3:08.02 | 3:04.15 | 3:32.48 | | | 12:44.81 | 24:09.10 | 6:55.89 |
| | Boys | | | | 2:50.27 | 2:47.12 | 3:10.65 | | | 11:58.07 | 22:33.08 | 6:18.82 |