

2025-2028 Long Distance Champs

Qualification Times

Short Course Meters (25m Pool)

SCM		100 Back	100 Breast	100 Fly	200 Back	200 Breast	200 Fly	400 Free	800 Free	1500 Free	200 IM	400 IM
8 & U	Girls	1:59.22	2:15.58	2:10.13				7:44.50	16:02.95		4:47.66	
	Boys	1:54.31	2:10.72	2:07.21				7:32.94	15:57.12		4:42.24	
9	Girls	1:57.01	2:13.07	2:07.72				7:35.90	15:44.07		4:21.51	
	Boys	1:52.19	2:08.30	2:04.86				7:24.55	15:38.36		4:16.58	
10	Girls	1:50.39	2:05.54	2:00.49				7:10.09	15:25.56		3:53.49	
	Boys	1:45.84	2:01.04	1:57.79				6:59.39	15:19.96		3:49.09	
11	Girls	1:40.19	1:50.79	1:40.29				6:37.29	13:46.39	26:35.29		7:35.39
	Boys	1:39.19	1:50.79	1:39.99				6:30.49	13:41.39	26:22.59		7:23.69
12	Girls	1:35.69	1:46.59	1:35.09				6:22.69	13:09.89	24:58.39		7:13.49
	Boys	1:30.79	1:42.29	1:31.59				6:07.49	12:53.09	24:19.79		6:56.99
13	Girls				3:08.89	3:36.49	3:14.79		12:46.39	24:07.99		6:53.39
	Boys				2:59.19	3:22.19	3:02.59		12:01.79	22:59.09		6:29.89
14	Girls				3:05.49	3:31.09	3:09.39		12:25.59	23:36.69		6:44.59
	Boys				2:51.49	3:13.69	2:53.29		11:41.29	22:15.29		6:13.19
15-16	Girls				3:02.19	3:27.89	3:05.89		12:14.89	23:32.39		6:40.89
	Boys				2:47.69	3:09.49	2:50.09		11:25.69	21:39.79		6:06.39
17-19	Girls				2:58.59	3:26.39	3:02.39		12:07.09	23:07.39		6:31.29
	Boys				2:41.39	3:01.49	2:44.39		11:13.19	21:17.49		5:55.79

2025-2028 Long Distance Champs

Qualification Times

Long Course Meters (50m Pool)

SCM		100 Back	100 Breast	100 Fly	200 Back	200 Breast	200 Fly	400 Free	800 Free	1500 Free	200 IM	400 IM
8 & U	Girls	2:04.50	2:22.24	2:14.54				8:01.25	16:51.76		4:59.01	
	Boys	1:59.45	2:16.32	2:10.92				7:50.95	16:26.61		4:52.01	
9	Girls	2:02.19	2:19.60	2:12.05				7:52.34	16:31.92		4:31.82	
	Boys	1:57.24	2:13.79	2:08.50				7:42.23	16:07.27		4:25.47	
10	Girls	1:55.28	2:11.70	2:04.58				7:25.61	16:12.47		4:02.70	
	Boys	1:50.60	2:06.22	2:01.23				7:16.07	15:48.30		3:57.02	
11	Girls	1:45.79	1:55.89	1:43.39				6:48.69	14:28.29	27:57.39		7:55.89
	Boys	1:44.69	1:57.19	1:43.49				6:41.79	14:06.69	27:24.39		7:46.59
12	Girls	1:40.59	1:50.39	1:38.39				6:32.89	13:42.39	26:13.99		7:28.89
	Boys	1:37.19	1:47.79	1:35.09				6:21.19	13:22.49	25:51.79		7:17.89
13	Girls				3:19.79	3:45.79	3:21.29		13:05.99	25:08.99		7:09.89
	Boys				3:09.79	3:33.39	3:08.89		12:31.29	23:58.89		6:46.69
14	Girls				3:13.99	3:40.79	3:16.79		12:46.09	24:32.59		6:58.49
	Boys				3:01.99	3:23.89	3:00.09		12:04.89	23:11.39		6:31.39
15-16	Girls				3:09.89	3:36.79	3:10.89		12:27.79	23:51.99		6:53.99
	Boys				2:56.19	3:19.89	2:55.69		11:44.59	22:38.89		6:24.19
17-19	Girls				3:08.69	3:33.09	3:06.49		12:21.29	23:33.89		6:44.79
	Boys				2:51.59	3:12.19	2:49.59		11:29.19	22:02.49		6:12.19