

# 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 |