



## 2023-2024 Short Distance Champs Qualifying Times - Short Course Meters (25 m pool)

Girls	8 & Under	Boys
51.59	50 Free	50.39
2:03.74	100 Free	2:01.24
1:02.91	50 Back	1:03.75
1:10.67	50 Breast	1:09.11
1:07.06	50 Fly	1:04.63
2:14.93	100 IM	2:10.65
4:52.20	200 IM	4:48.09

Girls	9	Boys
46.00	50 Free	45.77
1:49.88	100 Free	1:47.66
57.19	50 Back	57.96
1:04.78	50 Breast	1:03.35
58.15	50 Fly	56.04
2:03.60	100 IM	2:00.77
4:25.64	200 IM	4:21.90

Girls	10	Boys
42.13	50 Free	41.15
1:38.00	100 Free	1:36.02
50.95	50 Back	51.64
57.71	50 Breast	56.44
51.87	50 Fly	49.99
1:51.27	100 IM	1:48.99
3:58.68	200 IM	3:55.71

Girls	11	Boys
38.59	50 Free	38.39
1:28.61	100 Free	1:26.51
3:17.85	200 Free	3:16.87
46.42	50 Back	46.55
52.57	50 Breast	53.13
46.30	50 Fly	46.96
1:40.04	100 IM	1:39.49
3:38.56	200 IM	3:39.12

Girls	12	Boys
36.54	50 Free	35.63
1:19.66	100 Free	1:18.49
2:57.69	200 Free	2:54.51
42.07	50 Back	42.29
48.07	50 Breast	47.86
41.91	50 Fly	42.22
1:32.36	100 IM	1:30.28
3:23.58	200 IM	3:20.11

Girls	13	Boys
35.78	50 Free	33.46
1:18.29	100 Free	1:13.78
2:52.59	200 Free	2:43.49
6:02.03	400 Free	5:52.28
1:27.41	100 Back	1:23.29
1:40.09	100 Breast	1:33.59
1:30.57	100 Fly	1:25.37
3:12.15	200 IM	3:01.85

Girls	14	Boys
34.65	50 Free	31.86
1:16.14	100 Free	1:11.04
2:47.60	200 Free	2:37.69
5:54.91	400 Free	5:41.07
1:24.07	100 Back	1:21.28
1:36.62	100 Breast	1:30.09
1:26.89	100 Fly	1:22.15
3:05.90	200 IM	2:56.79

Girls	15-16	Boys
33.97	50 Free	30.61
1:14.58	100 Free	1:07.41
2:42.28	200 Free	2:31.79
5:47.18	400 Free	5:35.87
1:21.72	100 Back	1:16.35
1:35.13	100 Breast	1:26.65
1:24.96	100 Fly	1:18.51
3:00.22	200 IM	2:47.10

Girls	17-19	Boys
33.75	50 Free	29.96
1:13.78	100 Free	1:06.43
2:40.91	200 Free	2:28.79
5:45.80	400 Free	5:16.89
1:21.47	100 Back	1:13.19
1:34.89	100 Breast	1:23.89
1:23.63	100 Fly	1:14.97
2:59.33	200 IM	2:45.89



## 2023-2024 Short Distance Champs Qualifying Times - Long Course Meters (50 m pool)

Girls	8 & Under	Boys
52.39	50 Free	51.19
2:05.34	100 Free	2:02.84
1:03.51	50 Back	1:04.35
1:11.67	50 Breast	1:10.11
1:07.76	50 Fly	1:05.33
n/a	100 IM	n/a
4:55.40	200 IM	4:51.29

Girls	9	Boys
46.80	50 Free	46.57
1:51.48	100 Free	1:49.26
57.79	50 Back	58.56
1:05.78	50 Breast	1:04.35
58.85	50 Fly	56.74
n/a	100 IM	n/a
4:28.84	200 IM	4:25.10

Girls	10	Boys
42.93	50 Free	41.95
1:39.60	100 Free	1:37.62
51.55	50 Back	52.24
58.71	50 Breast	57.44
52.57	50 Fly	50.69
n/a	100 IM	n/a
4:01.88	200 IM	3:58.91

Girls	11	Boys
39.39	50 Free	39.19
1:30.21	100 Free	1:28.11
3:21.05	200 Free	3:20.07
47.02	50 Back	47.15
53.57	50 Breast	54.13
47.00	50 Fly	47.66
n/a	100 IM	n/a
3:41.76	200 IM	3:42.32

Girls	12	Boys
37.34	50 Free	36.43
1:21.26	100 Free	1:20.09
3:00.89	200 Free	2:57.71
42.67	50 Back	42.89
49.07	50 Breast	48.86
42.61	50 Fly	42.92
n/a	100 IM	n/a
3:26.78	200 IM	3:23.31

Girls	13	Boys
36.58	50 Free	34.26
1:19.89	100 Free	1:15.38
2:55.79	200 Free	2:46.69
6:08.43	400 Free	5:58.68
1:28.61	100 Back	1:24.49
1:42.09	100 Breast	1:35.59
1:31.97	100 Fly	1:26.77
3:15.35	200 IM	3:05.05

Girls	14	Boys
35.45	50 Free	32.66
1:17.74	100 Free	1:12.64
2:50.80	200 Free	2:40.89
6:01.31	400 Free	5:47.47
1:25.27	100 Back	1:22.48
1:38.62	100 Breast	1:32.09
1:28.29	100 Fly	1:23.55
3:09.10	200 IM	2:59.99

Girls	15-16	Boys
34.77	50 Free	31.41
1:16.18	100 Free	1:09.01
2:45.48	200 Free	2:34.99
5:53.58	400 Free	5:42.27
1:22.92	100 Back	1:17.55
1:37.13	100 Breast	1:28.65
1:26.36	100 Fly	1:19.91
3:03.42	200 IM	2:50.30

Girls	17-19	Boys
34.55	50 Free	30.76
1:15.38	100 Free	1:08.03
2:44.11	200 Free	2:31.99
5:52.20	400 Free	5:23.29
1:22.67	100 Back	1:14.39
1:36.89	100 Breast	1:25.89
1:25.03	100 Fly	1:16.37
3:02.53	200 IM	2:49.09



## 2023-2024 Long Distance Champs Qualifying Times - Short Course Meters (25 m pool)

Girls	10 & Under	Boys
4:02.10	200 Free	3:53.11
8:24.89	400 Free	8:15.55
16:33.49	800 Free	16:21.82
1:57.20	100 Back	1:55.12
2:15.71	100 Breast	2:10.61
2:11.03	100 Fly	2:09.16

Entry limit at LDC:  
maximum of 5 individual events  
(+ 2 relays)

Girls	11	Boys
7:11.30	400 Free	6:57.41
14:23.25	800 Free	14:08.70
28:06.09	1500 Free	27:52.05
1:40.11	100 Back	1:40.31
1:52.77	100 Breast	1:52.57
1:41.03	100 Fly	1:41.75
7:51.43	400 IM	7:51.97

Girls	12	Boys
6:48.09	400 Free	6:30.75
13:43.82	800 Free	13:29.41
25:59.55	1500 Free	25:26.06
1:36.07	100 Back	1:33.42
1:46.68	100 Breast	1:43.21
1:35.87	100 Fly	1:33.93
7:25.71	400 IM	7:12.90

Girls	13	Boys
13:04.05	800 Free	12:33.26
24:52.08	1500 Free	23:51.76
3:17.59	200 Back	3:07.81
3:46.29	200 Breast	3:30.80
3:21.44	200 Fly	3:09.58
7:13.32	400 IM	6:46.53

Girls	14	Boys
12:59.93	800 Free	12:15.83
24:13.29	1500 Free	23:05.69
3:10.95	200 Back	2:58.80
3:38.76	200 Breast	3:22.08
3:14.04	200 Fly	3:00.55
7:03.98	400 IM	6:36.57

Girls	15-16	Boys
12:41.97	800 Free	11:50.31
23:52.17	1500 Free	22:19.41
3:06.83	200 Back	2:50.56
3:34.13	200 Breast	3:11.98
3:09.82	200 Fly	2:52.31
6:54.84	400 IM	6:21.77

Girls	17-19	Boys
12:32.01	800 Free	11:45.27
23:45.10	1500 Free	22:09.08
3:01.75	200 Back	2:44.72
3:28.48	200 Breast	3:06.65
3:05.22	200 Fly	2:47.47
6:49.49	400 IM	6:12.42



## 2023-2024 Long Distance Champs Qualifying Times - Long Course Meters (50 m pool)

Girls	10 & Under	Boys
<b>4:05.30</b>	200 Free	<b>3:56.31</b>
<b>8:31.29</b>	400 Free	<b>8:21.95</b>
<b>16:46.29</b>	800 Free	<b>16:34.62</b>
<b>1:58.40</b>	100 Back	<b>1:56.32</b>
<b>2:17.71</b>	100 Breast	<b>2:12.61</b>
<b>2:12.43</b>	100 Fly	<b>2:10.56</b>

Entry limit at LDC:  
maximum of 5 individual events  
(+ 2 relays)

Girls	11	Boys
<b>7:17.70</b>	400 Free	<b>7:03.81</b>
<b>14:36.05</b>	800 Free	<b>14:21.50</b>
<b>28:30.09</b>	1500 Free	<b>28:16.05</b>
<b>1:41.31</b>	100 Back	<b>1:41.51</b>
<b>1:54.77</b>	100 Breast	<b>1:54.57</b>
<b>1:42.43</b>	100 Fly	<b>1:43.15</b>
<b>7:57.83</b>	400 IM	<b>7:58.37</b>

Girls	12	Boys
<b>6:54.49</b>	400 Free	<b>6:37.15</b>
<b>13:56.62</b>	800 Free	<b>13:42.21</b>
<b>26:23.55</b>	1500 Free	<b>25:50.06</b>
<b>1:37.27</b>	100 Back	<b>1:34.62</b>
<b>1:48.68</b>	100 Breast	<b>1:45.21</b>
<b>1:37.27</b>	100 Fly	<b>1:35.33</b>
<b>7:32.11</b>	400 IM	<b>7:19.30</b>

Girls	13	Boys
<b>13:16.85</b>	800 Free	<b>12:46.06</b>
<b>25:16.08</b>	1500 Free	<b>24:15.76</b>
<b>3:19.99</b>	200 Back	<b>3:10.21</b>
<b>3:50.29</b>	200 Breast	<b>3:34.80</b>
<b>3:24.24</b>	200 Fly	<b>3:12.38</b>
<b>7:19.72</b>	400 IM	<b>6:52.93</b>

Girls	14	Boys
<b>13:12.73</b>	800 Free	<b>12:28.63</b>
<b>24:37.29</b>	1500 Free	<b>23:29.69</b>
<b>3:13.35</b>	200 Back	<b>3:01.20</b>
<b>3:42.76</b>	200 Breast	<b>3:26.08</b>
<b>3:16.84</b>	200 Fly	<b>3:03.35</b>
<b>7:10.38</b>	400 IM	<b>6:42.97</b>

Girls	15-16	Boys
<b>12:54.77</b>	800 Free	<b>12:03.11</b>
<b>24:16.17</b>	1500 Free	<b>22:43.41</b>
<b>3:09.23</b>	200 Back	<b>2:52.96</b>
<b>3:38.13</b>	200 Breast	<b>3:15.98</b>
<b>3:12.62</b>	200 Fly	<b>2:55.11</b>
<b>7:01.24</b>	400 IM	<b>6:28.17</b>

Girls	17-19	Boys
<b>12:44.81</b>	800 Free	<b>11:58.07</b>
<b>24:09.10</b>	1500 Free	<b>22:33.08</b>
<b>3:04.15</b>	200 Back	<b>2:47.12</b>
<b>3:32.48</b>	200 Breast	<b>3:10.65</b>
<b>3:08.02</b>	200 Fly	<b>2:50.27</b>
<b>6:55.89</b>	400 IM	<b>6:18.82</b>