



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

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

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

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

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

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

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

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

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