



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