



## 2026 Iowa Swimming Championships Qualifying Times

|            |              |            | Event                  |            |             |            |
|------------|--------------|------------|------------------------|------------|-------------|------------|
|            | <b>Girls</b> |            | <b><u>10&amp;U</u></b> |            | <b>Boys</b> |            |
| <b>LCM</b> | <b>SCM</b>   | <b>SCY</b> |                        | <b>SCY</b> | <b>SCM</b>  | <b>LCM</b> |
| 40.39      | 39.29        | 35.59      | 50 Freestyle           | 34.59      | 38.19       | 39.79      |
| 1:31.69    | 1:28.39      | 1:19.89    | 100 Freestyle          | 1:18.89    | 1:27.19     | 1:30.59    |
| 3:22.59    | 3:16.49      | 2:57.89    | 200 Freestyle          | 2:50.59    | 3:08.49     | 3:14.99    |
| 6:55.89    | 6:41.29      | 7:38.69    | 400/500 Freestyle      | 7:33.79    | 6:37.09     | 6:52.49    |
| 48.99      | 47.09        | 42.69      | 50 Backstroke          | 42.89      | 47.39       | 49.29      |
| 1:46.49    | 1:42.29      | 1:32.59    | 100 Backstroke         | 1:30.09    | 1:39.59     | 1:44.49    |
| 57.19      | 55.49        | 50.19      | 50 Breaststroke        | 49.19      | 54.39       | 56.09      |
| 2:01.99    | 1:56.39      | 1:45.29    | 100 Breaststroke       | 1:42.29    | 1:53.09     | 1:59.19    |
| 49.69      | 48.79        | 44.19      | 50 Butterfly           | 42.59      | 47.09       | 47.89      |
| 1:53.29    | 1:49.99      | 1:39.49    | 100 Butterfly          | 1:38.99    | 1:49.29     | 1:52.89    |
|            | 1:41.49      | 1:31.89    | 100 IM                 | 1:29.69    | 1:39.09     |            |
| 3:45.59    | 3:36.39      | 3:15.89    | 200 IM                 | 3:15.99    | 3:36.59     | 3:43.69    |
|            | <b>Girls</b> |            | <b><u>11-12</u></b>    |            | <b>Boys</b> |            |
| <b>LCM</b> | <b>SCM</b>   | <b>SCY</b> |                        | <b>SCY</b> | <b>SCM</b>  | <b>LCM</b> |
| 34.29      | 33.39        | 30.19      | 50 Freestyle           | 29.89      | 33.09       | 34.19      |
| 1:15.69    | 1:12.99      | 1:06.09    | 100 Freestyle          | 1:05.19    | 1:11.89     | 1:14.79    |
| 2:46.49    | 2:40.39      | 2:25.09    | 200 Freestyle          | 2:22.09    | 2:37.09     | 2:43.19    |

|            |              |            |                     |            |             |            |
|------------|--------------|------------|---------------------|------------|-------------|------------|
| 5:50.79    | 5:41.39      | 6:30.09    | 400/500 Freestyle   | 6:22.49    | 5:34.69     | 5:47.09    |
| 12:28.29   | 11:59.39     | 13:42.09   | 800/1000 Freestyle  | 13:40.39   | 11:57.89    | 12:22.99   |
| 39.99      | 38.29        | 34.59      | 50 Backstroke       | 34.89      | 38.49       | 40.29      |
| 1:27.79    | 1:23.49      | 1:15.59    | 100 Backstroke      | 1:14.09    | 1:21.89     | 1:27.69    |
| 3:09.59    | 3:00.69      | 2:43.49    | 200 Backstroke      | 2:40.49    | 2:57.39     | 3:08.49    |
| 45.39      | 44.39        | 40.09      | 50 Breaststroke     | 40.09      | 44.29       | 45.89      |
| 1:40.19    | 1:36.79      | 1:27.59    | 100 Breaststroke    | 1:25.49    | 1:34.49     | 1:39.59    |
| 3:35.69    | 3:27.09      | 3:07.39    | 200 Breaststroke    | 3:02.39    | 3:21.59     | 3:31.59    |
| 38.09      | 37.09        | 33.69      | 50 Butterfly        | 34.19      | 37.69       | 38.69      |
| 1:28.59    | 1:25.29      | 1:17.19    | 100 Butterfly       | 1:16.09    | 1:24.09     | 1:27.29    |
| 3:15.99    | 3:08.19      | 2:50.29    | 200 Butterfly       | 2:43.99    | 3:01.19     | 3:10.19    |
|            | 1:25.79      | 1:17.59    | 100 IM              | 1:15.89    | 1:23.89     |            |
| 3:11.89    | 3:05.09      | 2:47.49    | 200 IM              | 2:45.79    | 3:03.19     | 3:08.99    |
| 6:56.79    | 6:41.89      | 6:03.69    | 400 IM              | 5:50.09    | 6:26.89     | 6:46.59    |
|            | <b>Girls</b> |            | <b><u>13-14</u></b> |            | <b>Boys</b> |            |
| <b>LCM</b> | <b>SCM</b>   | <b>SCY</b> |                     | <b>SCY</b> | <b>SCM</b>  | <b>LCM</b> |
| 31.79      | 30.69        | 27.79      | 50 Freestyle        | 25.59      | 28.29       | 29.39      |
| 1:09.29    | 1:06.99      | 1:00.59    | 100 Freestyle       | 55.69      | 1:01.49     | 1:04.39    |
| 2:31.89    | 2:27.09      | 2:13.09    | 200 Freestyle       | 2:04.79    | 2:17.79     | 2:23.59    |
| 5:18.79    | 5:12.49      | 5:57.09    | 400/500 Freestyle   | 5:37.49    | 4:55.39     | 5:04.89    |
| 11:02.99   | 10:44.99     | 12:17.09   | 800/1000 Freestyle  | 11:52.49   | 10:23.49    | 10:43.49   |
| 21:11.79   | 20:24.99     | 20:32.29   | 1500/1650 Freestyle | 19:59.09   | 19:51.89    | 20:36.29   |

|            |              |            |                      |            |             |            |
|------------|--------------|------------|----------------------|------------|-------------|------------|
| 38.49      | 36.49        | 32.99      | 50 Backstroke        | 31.19      | 34.49       | 36.59      |
| 1:20.09    | 1:15.89      | 1:08.69    | 100 Backstroke       | 1:04.99    | 1:11.69     | 1:16.19    |
| 2:52.59    | 2:44.19      | 2:28.59    | 200 Backstroke       | 2:20.99    | 2:35.69     | 2:45.59    |
| 42.99      | 41.19        | 37.19      | 50 Breaststroke      | 34.49      | 38.09       | 40.19      |
| 1:31.39    | 1:27.49      | 1:19.19    | 100 Breaststroke     | 1:13.39    | 1:21.09     | 1:25.49    |
| 3:16.79    | 3:08.49      | 2:50.59    | 200 Breaststroke     | 2:40.89    | 2:57.69     | 3:06.49    |
| 36.69      | 35.69        | 32.29      | 50 Butterfly         | 30.19      | 33.39       | 34.39      |
| 1:17.89    | 1:15.79      | 1:08.59    | 100 Butterfly        | 1:04.29    | 1:10.99     | 1:13.19    |
| 3:01.69    | 2:55.69      | 2:38.99    | 200 Butterfly        | 2:25.59    | 2:40.89     | 2:46.79    |
| 2:52.59    | 2:46.09      | 2:30.29    | 200 IM               | 2:21.09    | 2:35.89     | 2:43.29    |
| 6:13.29    | 6:00.89      | 5:26.59    | 400 IM               | 5:07.59    | 5:39.89     | 5:55.89    |
|            | <b>Girls</b> |            | <b><u>Senior</u></b> |            | <b>Boys</b> |            |
| <b>LCM</b> | <b>SCM</b>   | <b>SCY</b> |                      | <b>SCY</b> | <b>SCM</b>  | <b>LCM</b> |
| 29.99      | 29.19        | 26.39      | 50 Freestyle         | 23.49      | 25.99       | 27.29      |
| 1:05.09    | 1:03.09      | 57.09      | 100 Freestyle        | 51.59      | 56.99       | 59.69      |
| 2:22.09    | 2:18.29      | 2:05.09    | 200 Freestyle        | 1:54.19    | 2:06.19     | 2:11.49    |
| 5:01.39    | 4:57.69      | 5:40.19    | 400/500 Freestyle    | 5:12.59    | 4:33.49     | 4:43.39    |
| 10:32.39   | 10:24.69     | 11:53.99   | 800/1000 Freestyle   | 11:01.59   | 9:38.89     | 9:54.79    |
| 20:11.59   | 19:49.29     | 19:56.49   | 1500/1650 Freestyle  | 18:22.79   | 18:16.19    | 18:58.49   |
| 35.79      | 33.99        | 30.79      | 50 Backstroke        | 27.79      | 30.79       | 32.69      |
| 1:14.49    | 1:10.79      | 1:04.09    | 100 Backstroke       | 57.89      | 1:03.99     | 1:07.99    |
| 2:43.49    | 2:36.89      | 2:21.99    | 200 Backstroke       | 2:09.29    | 2:22.79     | 2:30.79    |
| 39.79      | 38.29        | 34.69      | 50 Breaststroke      | 30.99      | 34.29       | 36.09      |

|         |         |         |                  |         |         |         |
|---------|---------|---------|------------------|---------|---------|---------|
| 1:24.49 | 1:21.39 | 1:13.69 | 100 Breaststroke | 1:05.89 | 1:12.79 | 1:16.69 |
| 3:09.69 | 3:03.59 | 2:46.09 | 200 Breaststroke | 2:29.19 | 2:44.89 | 2:53.69 |
| 33.99   | 33.09   | 29.99   | 50 Butterfly     | 27.09   | 29.99   | 30.99   |
| 1:12.29 | 1:10.39 | 1:03.79 | 100 Butterfly    | 57.59   | 1:03.69 | 1:05.79 |
| 2:47.69 | 2:43.59 | 2:28.09 | 200 Butterfly    | 2:14.19 | 2:28.29 | 2:33.39 |
| 2:43.89 | 2:37.39 | 2:22.39 | 200 IM           | 2:09.39 | 2:22.99 | 2:30.99 |
| 5:46.89 | 5:36.29 | 5:04.29 | 400 IM           | 4:36.19 | 5:05.19 | 5:21.19 |