



2024 Iowa Swimming Championships Qualifying Times

				Event		
	Girls			10&U		Boys
LCM	SCM	SCY			SCY	SCM
40.99	39.99	36.19		50 Freestyle	35.39	39.09
1:31.19	1:28.39	1:19.99		100 Freestyle	1:18.79	1:26.99
3:20.99	3:15.99	2:57.19		200 Freestyle	2:47.99	3:05.69
6:51.09	6:38.59	7:34.89		400/500 Freestyle	7:26.99	6:31.19
50.39	47.79	43.19		50 Backstroke	43.59	48.29
1:45.99	1:40.19	1:30.69		100 Backstroke	1:29.29	1:39.09
57.29	55.69	50.39		50 Breaststroke	49.39	54.49
1:59.79	1:55.99	1:44.99		100 Breaststroke	1:41.69	1:52.59
50.29	49.29	44.59		50 Butterfly	43.09	47.69
1:52.99	1:49.49	1:39.09		100 Butterfly	1:37.09	1:48.29
	1:41.29	1:31.69		100 IM	1:28.89	1:38.79
3:43.19	3:36.19	3:15.59		200 IM	3:13.19	3:33.49
	Girls			11-12		Boys
LCM	SCM	SCY			SCY	SCM
34.39	33.49	30.19		50 Freestyle	29.69	32.79
1:15.09	1:12.59	1:05.69		100 Freestyle	1:05.89	1:12.89
2:45.99	2:42.29	2:26.19		200 Freestyle	2:23.49	2:39.79
5:49.69	5:41.99	6:30.59		400/500 Freestyle	6:27.49	5:39.09
12:26.69	12:01.69	13:44.69		800/1000 Freestyle	13:30.19	11:49.09
40.09	38.59	34.79		50 Backstroke	34.99	38.99
1:27.09	1:22.99	1:14.79		100 Backstroke	1:15.69	1:23.69
3:09.89	3:01.29	2:43.99		200 Backstroke	2:39.69	2:57.19
45.49	44.19	39.99		50 Breaststroke	39.49	43.69
1:40.89	1:36.59	1:27.19		100 Breaststroke	1:24.49	1:34.39
3:35.99	3:28.39	3:06.59		200 Breaststroke	3:00.19	3:19.99
38.29	37.69	33.89		50 Butterfly	34.19	37.79
1:28.49	1:26.49	1:17.59		100 Butterfly	1:16.09	1:24.49
3:10.19	3:05.39	2:47.19		200 Butterfly	2:40.79	3:01.19
	1:24.99	1:16.59		100 IM	1:14.99	1:22.89
3:11.39	3:05.39	2:47.29		200 IM	2:43.99	3:01.49
6:48.29	6:34.19	5:56.79		400 IM	5:46.39	6:22.79
	Girls			13-14		Boys
LCM	SCM	SCY			SCY	SCM
31.79	30.89	27.89		50 Freestyle	25.69	28.39
1:08.99	1:07.09	1:00.49		100 Freestyle	56.29	1:02.19
2:32.49	2:28.19	2:13.19		200 Freestyle	2:05.19	2:18.29
5:20.99	5:13.49	5:56.89		400/500 Freestyle	5:38.29	4:56.09
11:01.49	10:44.79	12:16.79		800/1000 Freestyle	11:55.29	10:26.09
21:05.69	20:20.99	20:28.09		1500/1650 Freestyle	19:55.39	19:48.49
1:20.39	1:16.19	1:08.49		100 Backstroke	1:05.19	1:12.49
2:51.79	2:45.09	2:28.99		200 Backstroke	2:22.39	2:38.09
1:31.19	1:27.49	1:18.59		100 Breaststroke	1:14.09	1:21.89
3:16.19	3:09.49	2:50.49		200 Breaststroke	2:40.89	2:59.49
1:17.39	1:15.89	1:08.19		100 Butterfly	1:04.89	1:11.89
2:59.19	2:54.49	2:36.89		200 Butterfly	2:26.89	2:42.49
200 IM Q Time	200 IM Q Time	200 IM Q Time		100 IM	200 IM Q Time	200 IM Q Time
2:51.29	2:45.79	2:28.59		200 IM	2:22.79	2:37.89
6:11.09	6:00.99	5:24.69		400 IM	5:10.99	5:43.99
	Women			Senior		Men
LCM	SCM	SCY			SCY	SCM
30.29	29.49	26.39		50 Freestyle	23.59	26.49
1:05.79	1:03.89	57.19		100 Freestyle	51.79	57.79
2:23.19	2:19.09	2:05.39		200 Freestyle	1:54.59	2:07.39
5:04.09	4:57.49	5:39.89		400/500 Freestyle	5:14.39	4:36.59
10:35.39	10:22.09	11:50.79		800/1000 Freestyle	11:02.59	9:39.89
20:20.49	19:40.39	19:47.29		1500/1650 Freestyle	18:30.39	18:23.89
1:14.89	1:11.49	1:03.99		100 Backstroke	58.39	1:04.79
2:44.89	2:38.39	2:22.69		200 Backstroke	2:09.59	2:24.99
1:25.29	1:22.39	1:13.59		100 Breaststroke	1:05.59	1:13.49
3:12.79	3:05.69	2:46.19		200 Breaststroke	2:30.19	2:46.49
1:13.19	1:11.39	1:03.99		100 Butterfly	57.89	1:04.69
2:47.29	2:44.59	2:27.59		200 Butterfly	2:15.09	2:29.39
2:44.49	2:39.29	2:22.99		200 IM	2:10.09	2:24.69
5:49.69	5:38.69	5:04.99		400 IM	4:40.29	5:11.69