



2024 Iowa Swimming Championships Qualifying Times

			Event			
	Girls		10&U		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
40.99	39.99	36.19	50 Freestyle	35.39	39.09	40.59
1:31.19	1:28.39	1:19.99	100 Freestyle	1:18.79	1:26.99	1:30:19
3:20.99	3:15.99	2:57.19	200 Freestyle	2:47.99	3:05.69	3:12.09
6:51.09	6:38.59	7:34.89	400/500 Freestyle	7:26.99	6:31.19	6:44.49
50.39	47.79	43.19	50 Backstroke	43.59	48.29	50.79
1:45.99	1:40.19	1:30.69	100 Backstroke	1:29.29	1:39.09	1:43.09
57.29	55.69	50.39	50 Breaststroke	49.39	54.49	56.49
1:59.79	1:55.99	1:44.99	100 Breaststroke	1:41.69	1:52.59	1:55.99
50.29	49.29	44.59	50 Butterfly	43.09	47.69	48.89
1:52.99	1:49.49	1:39.09	100 Butterfly	1:37.09	1:48.29	1:50.79
	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	3:40.79
	Girls		11-12		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
34.39	33.49	30.19	50 Freestyle	29.69	32.79	34.09
1:15.09	1:12.59	1:05.69	100 Freestyle	1:05.89	1:12.89	1:15.49
2:45.99	2:42.29	2:26.19	200 Freestyle	2:23.49	2:39.79	2:44.89
5:49.69	5:41.99	6:30.59	400/500 Freestyle	6:27.49	5:39.09	5:48.69
12:26.69	12:01.69	13:44.69	800/1000 Freestyle	13:30.19	11:49.09	12:15.19
40.09	38.59	34.79	50 Backstroke	34.99	38.99	40.39
1:27.09	1:22.99	1:14.79	100 Backstroke	1:15.69	1:23.69	1:27.99
3:09.89	3:01.29	2:43.99	200 Backstroke	2:39.69	2:57.19	3:05.19
45.49	44.19	39.99	50 Breaststroke	39.49	43.69	45.19
1:40.89	1:36.59	1:27.19	100 Breaststroke	1:24.49	1:34.39	1:38.39
3:35.99	3:28.39	3:06.59	200 Breaststroke	3:00.19	3:19.99	3:28.69
38.29	37.69	33.89	50 Butterfly	34.19	37.79	38.59
1:28.49	1:26.49	1:17.59	100 Butterfly	1:16.09	1:24.49	1:26.29
3:10.19	3:05.39	2:47.19	200 Butterfly	2:40.79	3:01.19	3:06.19
	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	3:08.49
6:48.29	6:34.19	5:56.79	400 IM	5:46.39	6:22.79	6:39.19
	Girls		13-14		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
31.79	30.89	27.89	50 Freestyle	25.69	28.39	29.49
1:08.99	1:07.09	1:00.49	100 Freestyle	56.29	1:02.19	1:04.49
2:32.49	2:28.19	2:13.19	200 Freestyle	2:05.19	2:18.29	2:23.59
5:20.99	5:13.49	5:56.89	400/500 Freestyle	5:38.29	4:56.09	5:05.49
11:01.49	10:44.79	12:16.79	800/1000 Freestyle	11:55.29	10:26.09	10:48.09
21:05.69	20:20.99	20:28.09	1500/1650 Freestyle	19:55.39	19:48.49	20:37.89
1:20.39	1:16.19	1:08.49	100 Backstroke	1:05.19	1:12.49	1:16.39
2:51.79	2:45.09	2:28.99	200 Backstroke	2:22.39	2:38.09	2:45.89
1:31.19	1:27.49	1:18.59	100 Breaststroke	1:14.09	1:21.89	1:26.39
3:16.19	3:09.49	2:50.49	200 Breaststroke	2:40.89	2:59.49	3:07.19
1:17.39	1:15.89	1:08.19	100 Butterfly	1:04.89	1:11.89	1:14.09
2:59.19	2:54.49	2:36.89	200 Butterfly	2:26.89	2:42.49	2:47.99
200 IM Q Time	200 IM Q Time	200 IM Q Time	100 IM	200 IM Q Time	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	2:44.89
6:11.09	6:00.99	5:24.69	400 IM	5:10.99	5:43.99	5:57.69
	Women		Senior		Men	
LCM	SCM	SCY		SCY	SCM	LCM
30.29	29.49	26.39	50 Freestyle	23.59	26.49	27.09
1:05.79	1:03.89	57.19	100 Freestyle	51.79	57.79	59.89
2:23.19	2:19.09	2:05.39	200 Freestyle	1:54.59	2:07.39	2:12.09
5:04.09	4:57.49	5:39.89	400/500 Freestyle	5:14.39	4:36.59	4:43.19
10:35.39	10:22.09	11:50.79	800/1000 Freestyle	11:02.59	9:39.89	10:00.09
20:20.49	19:40.39	19:47.29	1500/1650 Freestyle	18:30.39	18:23.89	18:59.09
1:14.89	1:11.49	1:03.99	100 Backstroke	58.39	1:04.79	1:08.69
2:44.89	2:38.39	2:22.69	200 Backstroke	2:09.59	2:24.99	2:32.09
1:25.29	1:22.39	1:13.59	100 Breaststroke	1:05.59	1:13.49	1:16.99
3:12.79	3:05.69	2:46.19	200 Breaststroke	2:30.19	2:46.49	2:54.49
1:13.19	1:11.39	1:03.99	100 Butterfly	57.89	1:04.69	1:06.29
2:47.29	2:44.59	2:27.59	200 Butterfly	2:15.09	2:29.39	2:33.89
2:44.49	2:39.29	2:22.99	200 IM	2:10.09	2:24.69	2:31.39
5:49.69	5:38.69	5:04.99	400 IM	4:40.29	5:11.69	5:20.59



2024 Iowa Swimming Championships Bonus Time Standards

				Event			
		Girls			Boys		
	LCM	SCM	SCY	10&U	SCY	SCM	LCM
	44.09	42.99	38.89	50 Freestyle	38.09	41.99	43.59
	1:41.99	1:38.99	1:29.59	100 Freestyle	1:27.79	1:36.99	1:40.59
	3:45.79	3:40.09	3:18.99	200 Freestyle	3:06.69	3:26.29	3:33.49
	54.89	51.99	46.99	50 Backstroke	47.49	52.69	55.29
	1:59.19	1:52.69	1:41.99	100 Backstroke	1:39.79	1:50.69	1:55.09
	1:00.49	58.89	53.19	50 Breaststroke	52.09	57.59	59.69
	2:14.79	2:10.49	1:58.09	100 Breaststroke	1:53.39	2:05.59	2:09.39
	53.39	52.39	47.39	50 Butterfly	45.69	50.49	51.79
	2:09.99	2:05.99	1:53.99	100 Butterfly	1:51.39	2:04.19	2:07.09
		1:53.39	1:42.59	100 IM	1:38.79	1:49.79	
	4:09.39	4:01.49	3:38.49	200 IM	3:35.49	3:58.09	4:06.19
		Girls			Boys		
	LCM	SCM	SCY	11-12	SCY	SCM	LCM
	38.39	37.29	33.59	50 Freestyle	32.59	35.99	37.29
	1:24.09	1:21.29	1:13.59	100 Freestyle	1:10.99	1:18.49	1:21.29
	3:02.29	2:58.09	2:40.39	200 Freestyle	2:34.59	2:52.09	2:57.49
	43.99	42.39	38.09	50 Backstroke	37.89	42.19	43.69
	1:38.69	1:34.19	1:24.79	100 Backstroke	1:22.19	1:30.89	1:35.49
	3:24.49	3:15.19	2:56.59	200 Backstroke	2:51.99	3:10.79	3:19.49
	48.99	47.59	42.99	50 Breaststroke	42.89	47.39	48.99
	1:48.89	1:44.29	1:34.09	100 Breaststroke	1:31.39	1:42.29	1:46.59
	3:52.59	3:44.49	3:20.89	200 Breaststroke	3:14.09	3:35.39	3:44.69
	41.29	40.59	36.49	50 Butterfly	37.09	40.99	41.89
	1:36.19	1:33.99	1:24.39	100 Butterfly	1:22.89	1:32.09	1:33.99
	3:24.89	3:19.79	2:59.99	200 Butterfly	2:53.19	3:15.19	3:20.49
		1:33.19	1:24.09	100 IM	1:20.89	1:29.39	
	3:26.09	3:19.69	3:00.19	200 IM	2:57.29	3:16.19	3:23.79
		Girls			Boys		
	LCM	SCM	SCY	13-14	SCY	SCM	LCM
	37.09	36.09	32.59	50 Freestyle	29.89	33.19	34.39
	1:20.49	1:18.29	1:10.59	100 Freestyle	1:05.59	1:12.49	1:15.29
	2:54.29	2:49.29	2:32.09	200 Freestyle	2:22.99	2:37.99	2:44.09
	1:29.99	1:25.29	1:16.69	100 Backstroke	1:11.49	1:19.59	1:23.89
	3:12.39	3:04.89	2:46.79	200 Backstroke	2:36.29	2:53.59	3:02.09
	1:42.09	1:37.99	1:27.99	100 Breaststroke	1:21.29	1:29.89	1:34.89
	3:39.69	3:32.19	3:10.89	200 Breaststroke	2:56.59	3:17.09	3:25.49
	1:26.59	1:24.99	1:16.39	100 Butterfly	1:11.19	1:18.89	1:21.29
	3:12.99	3:07.89	2:48.99	200 Butterfly	2:38.19	2:54.99	3:00.89
200 IM Bonus Time	200 IM Bonus Time	200 IM Bonus Time		100 IM	200 IM Bonus Time	200 IM Bonus Time	200 IM Bonus Time
	3:15.79	3:09.49	2:49.79	200 IM	2:39.99	2:56.79	3:04.59
		Women			Senior		
	LCM	SCM	SCY		SCY	SCM	LCM
	33.79	32.89	29.49	50 Freestyle	26.39	29.59	30.19
	1:13.49	1:11.39	1:03.99	100 Freestyle	57.89	1:04.49	1:06.89
	2:38.29	2:33.79	2:18.69	200 Freestyle	2:06.79	2:20.89	2:26.09
	1:21.09	1:17.39	1:09.39	100 Backstroke	1:03.19	1:10.19	1:14.39
	2:54.99	2:48.39	2:31.39	200 Backstroke	2:17.49	2:33.79	2:41.39
	1:32.39	1:29.19	1:19.69	100 Breaststroke	1:11.09	1:19.59	1:23.49
	3:20.49	3:13.09	2:52.79	200 Breaststroke	2:36.19	2:53.09	3:01.39
	1:19.29	1:17.29	1:09.39	100 Butterfly	1:02.69	1:10.09	1:11.79
	2:53.99	2:51.09	2:33.49	200 Butterfly	2:20.49	2:35.39	2:39.99
	2:58.19	2:52.59	2:34.89	200 IM	2:20.89	2:36.69	2:43.99