

Iowa YMCA Swimming Qualification Times

(VALID THROUGH THE 2024/2026 SEASON)

GIRLS TIME STANDARD	8 & UNDER	BOYS TIME STANDARD
2025 Q	EVENT	2025 Q
18.75	25Y Freestyle	18.75
43.00	50Y Freestyle	43.00
22.75	25Y Backstroke	22.75
50.00	50Y Backstroke	51.00
26.50	25Y Breaststroke	27.25
58.50	50Y Breaststroke	1:01.50
23.25	25Y Butterfly	24.25
1:54.00	100Y Individual Medley	1:55.00
1:40.00	100Y Medley Relay	1:51.00
1:30.00	100Y Freestyle Relay	1:30.00
GIRLS TIME STANDARD	9 - 10 YEARS	BOYS TIME STANDARD
2025 Q	EVENT	2025 Q
35.00	50Y Freestyle	35.00
1:20.00	100Y Freestyle	1:18.75
2:55.00	200Y Freestyle	2:55.00
41.00	50Y Backstroke	42.00
1:31.00	100Y Backstroke	1:35.00
46.50	50Y Breaststroke	47.50
1:42.00	100Y Breaststroke	1:45.00
40.50	50Y Butterfly	43.50
1:30.00	100Y Individual Medley	1:30.00
2:47.00	200Y Medley Relay	2:52.00
2:30.00	200Y Freestyle Relay	2:34.50
GIRLS TIME STANDARD	11 - 12 YEARS	BOYS TIME STANDARD
2025 Q	EVENT	2025 Q
30.50	50Y Freestyle	30.75
1:07.00	100Y Freestyle	1:10.00
2:28.00	200Y Freestyle	2:32.00
6:41.00	500Y Freestyle	6:36.50
36.25	50Y Backstroke	37.50
1:18.50	100Y Backstroke	1:20.00
2:50.00	200 Backstroke	2:50.00
39.75	50Y Breaststroke	41.75
1:28.00	100Y Breaststroke	1:33.00
3:11.25	200Y Breaststroke	3:13.00
34.50	50Y Butterfly	37.50
1:21.00	100Y Butterfly	1:20.00
2:58.00	200Y Butterfly	2:50.00
1:17.00	100Y Individual Medley	1:19.00
2:49.50	200Y Individual Medley	2:50.50
5:48.00	400Y Individual Medley	5:54:00
2:26.00	200Y Medley Relay	2:36.00
2:10.00	200Y Freestyle Relay	2:16.00

GIRLS TIME STANDARD	13 - 14 YEARS	BOYS TIME STANDARD
2025 Q	EVENT	2025 Q
28.50	50Y Freestyle	27.00
1:04.00	100Y Freestyle	0:59.50
1:13.50	100Y Backstroke	1:11.75
1:25.00	100Y Breaststroke	1:20.00
2:20.00	200Y Freestyle	2:16.00
2:19.00	200Y Medley Relay	2:28.00
2:03.00	200Y Freestyle Relay	2:03.00
GIRLS TIME STANDARD	15 - 21 YEARS	BOYS TIME STANDARD
2025 Q	EVENT	2025 Q
28.50	50Y Freestyle	27.00
1:03.00	100Y Freestyle	1:00.00
1:13.00	100Y Backstroke	1:13.00
1:24.00	100Y Breaststroke	1:19.00
2:19.00	200Y Freestyle	2:10.00
2:18.00	200Y Medley Relay	2:25.00
2:02.00	200Y Freestyle Relay	2:02.00
GIRLS TIME STANDARD	13 -21 YEARS	BOYS TIME STANDARD
2025 Q	EVENT	2025 Q
32.00	50Y Backstroke	30.00
2:39.00	200Y Backstroke	2:40.00
37.00	50Y Breaststroke	36.00
3:01.00	200Y Breaststroke	2:59.00
31.00	50Y Butterfly	29.00
1:13.00	100Y Butterfly	1:11.00
2:41.00	200Y Butterfly	2:41.00
2:38.00	200Y Individual Medley	2:39.00
5:44.50	400Y Individual Medley	5:51.00
4:20.00	(12-21) 400Y Freestyle Relay	4:12.00
6:20.00	500Y Freestyle	6:20.00