



## 2019-2020 Iowa Swimming Silver Qualifying Times - LCM

	10 & U Girls	10 & U Boys	11-12 Girls	11-12 Boys	13-14 Girls	13-14 Boys	Senior Girls	Senior Boys
50 Free	00:44.59	00:45.59	00:37.19	00:38.99	00:33.89	00:32.49	00:33.79	00:30.39
100 Free	01:40.49	01:42.79	01:21.59	01:22.49	01:13.39	01:11.89	01:13.39	01:06.59
200 Free	03:43.79	03:39.59	02:59.29	03:03.49	02:40.39	02:36.19	02:36.39	02:27.99
400 Free	08:13.39	08:05.59	06:22.79	06:39.99	05:44.29	05:38.59	05:38.09	05:14.79
800 Free			14:10.39	14:05.49	11:52.79	11:39.29	11:38.99	11:00.49
1500 Free			27:30.79	26:56.39	23:11.29	22:08.49	22:22.59	20:53.09
50 Back	00:54.19	00:55.49	00:45.09	00:46.29				
100 Back	01:57.99	02:02.59	01:33.99	01:39.09	01:25.39	01:26.19	01:23.59	01:15.79
200 Back			03:27.99	03:34.49	03:05.39	03:06.69	03:03.59	02:50.79
50 Breast	01:03.99	01:03.99	00:51.09	00:52.29				
100 Breast	02:21.29	02:21.29	01:52.39	01:53.29	01:39.29	01:35.19	01:33.99	01:24.69
200 Breast			04:03.29	03:59.99	03:36.89	03:30.79	03:32.49	03:13.09
50 Fly	00:53.39	00:55.19	00:41.69	00:44.49				
100 Fly	02:15.59	02:13.69	01:38.09	01:39.29	01:24.59	01:23.09	01:20.79	01:12.99
200 Fly			03:38.79	03:35.89	03:17.49	03:06.19	03:04.99	02:49.69
200 IM	04:20.09	04:24.99	03:26.49	03:37.69	03:07.19	03:02.39	03:01.29	02:46.59
400 IM	00:00.00	00:00.00	07:49.39	07:39.39	06:49.79	06:41.19	06:24.69	05:52.69

Revised 10/4/2019

Bonus Events:	Any swimmer who qualifies for the meet will be allow to compete in bonus events in					
Events Qualified	1	2	3	4	5	6 or more
# of Bonus Swims	5	4	3	2	1	0

Swimmers entering bonus events under this rule shall be seeded at the slowest non-conforming qualifying time for the event, and those events should be indicated as Bonus swims in the entry file.