

2023 IOWA SWIMMING CHAMPIONSHIP QUALIFYING STANDARDS (updated [insert date approved])

LCM	SCM	SCY	EVENT	LCM	SCM	SCY
Girls			10 & UNDER	Boys		
41.99	39.99	37.09	50 Freestyle	41.59	40.09	36.29
1:31.19	1:28.39	1:19.99	100 Freestyle	1:30.19	1:26.99	1:18.79
3:20.99	3:15.99	2:57.19	200 Freestyle	3:12.09	3:05.69	2:47.99
6:51.09	6:38.59	7:34.89	400/500 Freestyle	6:44.49	6:31.19	7:26.99
51.89	49.19	44.49	50 Backstroke	52.29	49.79	44.89
1:45.99	1:40.19	1:30.69	100 Backstroke	1:43.09	1:39.09	1:29.29
57.29	55.69	50.39	50 Breaststroke	56.49	54.49	49.39
1:59.79	1:55.99	1:44.99	100 Breaststroke	1:55.99	1:52.59	1:41.69
50.29	49.29	44.59	50 Butterfly	48.89	47.69	43.09
1:52.99	1:49.49	1:39.09	100 Butterfly	1:50.79	1:48.29	1:37.09
-	1:41.29	1:31.69	100 I.M.	-	1:38.79	1:28.89
3:43.19	3:36.19	3:15.59	200 I.M.	3:40.79	3:33.49	3:13.19
Girls			11 - 12	Boys		
34.29	33.39	29.99	50 Freestyle	34.69	33.39	29.99
1:15.09	1:12.59	1:05.69	100 Freestyle	1:15.49	1:12.89	1:05.89
2:42.69	2:38.99	2:23.29	200 Freestyle	2:44.89	2:39.79	2:23.49
5:42.79	5:35.29	6:22.89	400/500 Freestyle	5:40.79	5:39.09	6:27.49
11:57.99	11:33.99	13:12.99	800/1000 Freestyle	12:15.19	11:49.09	13:30.19
40.79	39.29	34.99	50 Backstroke	40.39	38.99	34.99
1:30.99	1:26.69	1:16.09	100 Backstroke	1:27.99	1:23.69	1:15.69
3:09.89	3:01.29	2:43.99	200 Backstroke	3:05.19	2:57.19	2:39.69
45.49	44.19	39.99	50 Breaststroke	45.19	43.69	39.49
1:40.89	1:36.59	1:27.19	100 Breaststroke	1:38.39	1:34.39	1:24.49
3:35.99	3:28.39	3:06.59	200 Breaststroke	3:28.69	3:19.99	3:00.19
38.29	37.69	33.89	50 Butterfly	38.59	37.79	34.19
1:28.49	1:26.49	1:17.59	100 Butterfly	1:26.29	1:24.49	1:16.09
3:10.19	3:05.59	2:47.19	200 Butterfly	3:06.19	3:01.19	2:40.79
-	1:26.59	1:18.09	100 I.M.	-	1:22.89	1:14.99
3:11.39	3:05.39	2:47.29	200 I.M.	3:08.49	3:01.49	2:43.99
6:48.29	6:34.19	5:56.79	400 I.M.	6:39.19	6:22.79	5:46.39
Girls			13 - 14	Boys		
31.79	30.89	27.89	50 Freestyle	29.49	28.69	25.99
1:08.99	1:07.09	1:00.49	100 Freestyle	1:05.29	1:02.29	56.39
2:29.39	2:25.09	2:10.39	200 Freestyle	2:21.99	2:16.69	2:03.89
5:14.39	5:07.09	5:49.59	400/500 Freestyle	5:07.79	4:52.49	5:33.89
10:47.99	10:37.49	12:07.59	800/1000 Freestyle	10:42.09	10:11.39	11:37.09
21:04.79	20:17.39	20:24.39	1500/1650 Freestyle	20:19.79	19:44.09	19:50.79
1:20.39	1:16.19	1:08.49	100 Backstroke	1:17.89	1:13.89	1:06.39
2:51.79	2:45.09	2:28.99	200 Backstroke	2:49.09	2:41.19	2:25.09
1:31.19	1:27.49	1:18.59	100 Breaststroke	1:28.09	1:23.49	1:15.49
3:17.09	3:09.49	2:50.49	200 Breaststroke	3:10.79	3:02.99	2:43.99
1:17.39	1:15.89	1:08.19	100 Butterfly	1:15.49	1:13.29	1:06.09
2:59.19	2:54.49	2:36.89	200 Butterfly	2:47.99	2:42.49	2:26.89
2:50.09	2:44.39	2:27.49	200 I.M.	2:43.79	2:36.09	2:21.69
6:12.49	6:00.99	5:24.69	400 I.M.	6:04.69	5:50.69	5:17.09
Girls			SENIOR	Boys		
30.69	29.29	26.39	50 Freestyle	27.59	26.29	23.69
1:06.69	1:03.69	57.39	100 Freestyle	1:00.49	57.59	51.89
2:22.09	2:16.59	2:03.09	200 Freestyle	2:14.49	2:06.39	1:53.99
5:05.29	4:57.69	5:39.99	400/500 Freestyle	4:42.49	4:36.49	5:15.99
10:27.89	10:15.09	11:42.99	800/1000 Freestyle	9:54.89	9:34.89	10:56.99
20:11.99	19:29.39	19:35.99	1500/1650 Freestyle	18:59.09	18:23.89	18:30.39
1:15.99	1:10.89	1:04.49	100 Backstroke	1:08.89	1:04.79	58.59
2:46.89	2:37.09	2:22.29	200 Backstroke	2:35.19	2:27.39	2:13.89
1:25.39	1:22.39	1:14.49	100 Breaststroke	1:16.99	1:13.49	1:06.49
3:13.09	3:04.89	2:47.99	200 Breaststroke	2:55.49	2:45.79	2:30.59
1:13.39	1:10.89	1:04.09	100 Butterfly	1:05.49	1:03.89	57.89
2:48.09	2:43.99	2:28.99	200 Butterfly	2:34.19	2:28.79	2:15.19
2:44.79	2:37.19	2:22.09	200 I.M.	2:31.39	2:24.69	2:10.89
5:49.69	5:38.69	5:06.49	400 I.M.	5:20.59	5:11.69	4:42.09