

APPENDIX C

2023 ARPA SWIM MEET QUALIFYING TIMES

AGE GROUP & STROKE	BOYS		GIRLS	
	YARDS	METERS	YARDS	METERS
6 AND UNDER				
25 FREE	29.47	32.41	27.56	30.31
25 BACK	35.11	38.62	34.60	38.06
8 AND UNDER				
100 I.M.	2:20.74	2:34.81	2:18.10	2:31.91
25 BREAST	31.57	34.72	30.86	33.94
25 FREE	18.98	20.87	22.56	24.81
25 FLY	27.78	30.55	23.69	26.05
25 BACK	24.51	26.96	24.56	27.01
50 FREE	43.89	48.27	1:01.48	1:07.62
9 – 10				
100 I.M.	1:37.64	1:47.40	1:34.56	1:44.01
50 BREAST	51.85	57.03	49.14	54.05
50 FREE	37.76	41.53	37.56	41.31
50 FLY	55.44	1:00.97	42.58	46.83
50 BACK	45.22	49.74	46.60	51.26
100 FREE	1:38.70	1:48.57	1:20.29	1:28.31
11 – 12				
100 I.M.	1:26.01	1:34.61	1:19.50	1:27.45
50 BREAST	42.31	46.54	44.78	49.25
50 FREE	31.22	34.34	34.36	37.79
50 FLY	37.60	41.36	47.42	52.16
50 BACK	38.59	42.44	37.25	40.97
100 FREE	1:09.58	1:16.53	1:08.46	1:15.30
13 – 14				
100 I.M.	1:30.35	1:39.38	1:15.68	1:23.24
50 BREAST	38.01	41.81	39.29	43.21
50 FREE	26.46	29.10	28.60	31.46
50 FLY	34.16	37.57	33.45	36.79
50 BACK	35.01	38.51	33.40	36.74
100 FREE	1:01.99	1:08.18	1:02.87	1:09.15
15 thru 18				
100 I.M.	1:04.65	1:11.11	1:11.28	1:18.40
50 BREAST	32.07	35.27	37.11	40.82
50 FREE	24.20	26.62	28.48	31.32
50 FLY	27.53	30.28	30.83	33.91
50 BACK	39.41	43.35	36.72	40.39
100 FREE	56.65	1:02.31	1:00.91	1:07.00

Y = yard time (in seconds)
 T = difference in turns from yards to meters
 (Y * 1.1) + T = Meter Time

M = meters time (in seconds)
 T = difference in turns from meters to yards
 (M - T) divided by 1.1 = Yards Time