



2024 SOUTHEASTERN SWIMMING SUMMER CHAMPIONSHIP QUALIFYING TIMES

*Qualifying times must have been achieved since
September 1, 2022*

GIRLS			BOYS		10 & U N D E R	GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
37.09	32.49	50 Free	33.09	37.49		37.89	33.19	50 Free	33.79	38.29
1:22.39	1:12.29	100 Free	1:13.59	1:24.49		1:24.09	1:13.39	100 Free	1:15.09	1:26.19
2:57.09	2:40.09	200 Free	2:41.49	3:00.09		3:00.69	2:43.29	200 Free	2:44.79	3:03.69
6:05.99	6:49.19	400 Free	6:54.69	6:32.29		N/A	N/A	400 Free	N/A	N/A
44.39	38.29	50 Back	39.19	46.19		45.29	39.09	50 Back	39.99	47.19
1:34.89	1:22.69	100 Back	1:24.49	1:40.19		1:36.79	1:24.39	100 Back	1:26.19	1:42.19
51.29	43.89	50 Breast	45.29	53.89		52.39	44.79	50 Breast	46.19	54.99
1:51.29	1:36.09	100 Brst	1:40.29	1:57.19		1:53.59	1:38.09	100 Brst	1:42.29	1:59.59
43.89	37.39	50 Fly	38.39	45.79		44.79	38.19	50 Fly	39.19	46.79
1:45.69	1:28.89	100 Fly	1:32.99	1:49.99		1:47.89	1:30.69	100 Fly	1:34.89	1:52.19
3:16.09	3:01.99	200 IM	3:04.59	3:30.59	3:20.09	3:05.69	200 IM	3:08.29	3:34.89	

Events 400 meters and longer are not allowed for bonus swims

GIRLS			BOYS		11 & 12	GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
31.39	28.39	50 Free	28.19	32.59		32.09	28.99	50 Free	28.79	33.29
1:10.49	1:01.59	100 Free	1:02.19	1:12.89		1:11.99	1:02.89	100 Free	1:03.49	1:14.39
2:31.29	2:14.19	200 Free	2:17.79	2:36.19		2:34.39	2:16.89	200 Free	2:20.59	2:39.39
5:15.39	5:49.19	400 Free	5:58.99	5:24.49		N/A	N/A	400 Free	N/A	N/A
37.89	32.79	50 Back	33.79	38.99		38.69	33.49	50 Back	34.49	39.79
1:20.99	1:11.09	100 Back	1:13.39	1:26.29		1:22.69	1:12.59	100 Back	1:14.89	1:28.09
43.59	36.79	50 Breast	38.59	46.19		44.49	37.59	50 Breast	39.39	47.19
1:36.29	1:20.89	100 Brst	1:24.39	1:40.29		1:38.29	1:22.59	100 Brst	1:26.09	1:42.29
35.09	31.19	50 Fly	31.99	37.29		35.79	31.89	50 Fly	32.69	38.09
1:22.79	1:10.69	100 Fly	1:12.89	1:27.49		1:24.49	1:12.19	100 Fly	1:14.39	1:29.29
2:54.39	2:31.99	200 IM	2:37.09	3:00.09	2:57.89	2:35.09	200 IM	2:40.29	3:03.69	

Events 400 meters and longer are not allowed for bonus swims

GIRLS			BOYS		13 & 14	GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
29.69	26.39	50 Free	24.79	27.89		30.29	26.99	50 Free	25.29	28.49
1:04.19	57.19	100 Free	54.29	1:00.59		1:05.49	58.39	100 Free	55.39	1:01.89
2:18.59	2:02.39	200 Free	1:57.69	2:13.59		2:21.39	2:04.89	200 Free	2:00.09	2:16.29
4:52.19	5:28.39	400 Free	5:20.09	4:45.59		N/A	N/A	400 Free	N/A	N/A
10:05.79	11:21.99	800 Free	10:47.79	9:46.59		N/A	N/A	800 Free	N/A	N/A
19:32.99	19:13.39	1500 Free	18:19.99	18:49.99		N/A	N/A	1500 Free	N/A	N/A
(100 QT)	(100 QT)	50 Back	(100QT)	(100 QT)		(100 BT)	(100 BT)	50 Back	(100 BT)	(100 BT)
1:13.39	1:03.89	100 Back	1:01.69	1:10.69		1:14.89	1:05.19	100 Back	1:02.99	1:12.19
2:38.09	2:18.09	200 Back	2:14.39	2:33.59		2:41.29	2:20.89	200 Back	2:17.09	2:36.69
(100 QT)	(100 QT)	50 Breast	(100 QT)	(100 QT)		(100 BT)	(100 BT)	50 Breast	(100 BT)	(100 BT)
1:24.79	1:13.99	100 Brst	1:10.79	1:21.09		1:26.49	1:15.49	100 Brst	1:12.29	1:22.79
3:04.99	2:42.09	200 Brst	2:35.69	2:57.99		3:08.69	2:45.39	200 Brst	2:38.89	3:01.59
(100 QT)	(100QT)	50 Fly	(100 QT)	(100 QT)		(100 BT)	(100 BT)	50 Fly	(100 BT)	(100 BT)
1:11.19	1:03.39	100 Fly	1:01.79	1:09.29		1:12.69	1:04.69	100 Fly	1:03.09	1:10.69
2:47.29	2:29.29	200 Fly	2:22.89	2:40.49		2:50.69	2:32.29	200 Fly	2:25.79	2:43.79
2:38.39	2:19.59	200 IM	2:15.29	2:33.19		2:41.59	2:22.39	200 IM	2:17.99	2:36.29
5:34.29	4:55.59	400 IM	4:46.99	5:25.69		N/A	N/A	400 IM	N/A	N/A

Events 400 meters and longer are not allowed for bonus swims
13-14 50 Back, 50 Breast, and 50 Fly shall use the corresponding 100 yard/meter event time standards (qualifying and bonus)

GIRLS			BOYS		O P E N	GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM		LCM	SCY	BONUS	SCY	LCM
28.69	25.09	50 Free	22.49	25.79		29.29	25.59	50 Free	22.99	26.39
1:02.09	54.89	100 Free	48.99	55.79		1:03.39	55.99	100 Free	49.99	56.99
2:15.09	1:57.89	200 Free	1:46.59	2:02.79		2:17.79	2:00.29	200 Free	1:48.79	2:05.29
4:43.09	5:14.39	400 Free	4:46.69	4:19.59		N/A	N/A	400 Free	N/A	N/A
9:50.59	10:59.79	800 Free	10:22.29	9:18.69		N/A	N/A	800 Free	N/A	N/A
19:23.19	18:32.39	1500 Free	17:53.09	18:28.39		N/A	N/A	1500 Free	N/A	N/A
(100 QT)	(100 QT)	50 Back	(100QT)	(100QT)		(100BT)	(100 BT)	50 Back	(100 BT)	(100 BT)
1:10.69	1:00.69	100 Back	55.49	1:04.49		1:12.19	1:01.99	100 Back	56.69	1:05.79
2:34.69	2:12.59	200 Back	2:02.79	2:22.69		2:37.79	2:15.29	200 Back	2:05.29	2:25.59
(100 QT)	(100 QT)	50 Breast	(100 QT)	(100 QT)		(100BT)	(100 BT)	50 Breast	(100 BT)	(100 BT)
1:22.09	1:10.19	100 Brst	1:03.59	1:13.79		1:23.79	1:11.59	100 Brst	1:04.89	1:15.29
2:58.29	2:33.39	200 Brst	2:18.39	2:40.89		3:01.89	2:36.49	200 Brst	2:21.19	2:44.19
(100 QT)	(100QT)	50 Fly	(100 QT)	(100 QT)		(100BT)	(100 BT)	50 Fly	(100 BT)	(100 BT)
1:08.79	1:00.49	100 Fly	54.39	1:01.69		1:10.19	1:01.79	100 Fly	55.49	1:02.99
2:36.79	2:16.49	200 Fly	2:02.39	2:20.89		2:39.99	2:19.29	200 Fly	2:04.89	2:23.79
2:34.59	2:14.29	200 IM	2:01.99	2:20.79		2:37.69	2:16.99	200 IM	2:04.49	2:23.69
5:25.29	4:43.79	400 IM	4:19.29	4:58.49		N/A	N/A	400 IM	N/A	N/A

Events 400 meters and longer are not allowed for bonus swims
Senior 50 Back, 50 Breast, and 50 Fly shall use the corresponding 100 yard/meter event time standards (qualifying and bonus)