



2025 SOUTHEASTERN SWIMMING WINTER CHAMPIONSHIP QUALIFYING TIMES

Qualifying times must have been achieved since 9/1/23

10&UNDER					11&12				
GIRLS			BOYS		GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM	LCM	SCY	CUTS	SCY	LCM
36.79	32.49	50 Free	33.09	37.49	32.29	28.39	50 Free	28.19	32.09
1:21.79	1:12.29	100 Free	1:13.59	1:23.19	1:09.89	1:01.59	100 Free	1:02.19	1:10.59
2:59.29	2:40.09	200 Free	2:41.49	3:02.39	2:32.09	2:14.19	200 Free	2:17.79	2:36.09
6:05.19	6:49.19	500 Free	6:54.69	6:10.09	5:11.59	5:49.19	500 Free	5:58.99	5:20.39
42.19	38.29	50 Back	39.19	44.09	36.99	32.79	50 Back	33.79	38.09
1:32.99	1:22.69	100 Back	1:24.49	1:34.89	1:20.09	1:11.09	100 Back	1:13.39	1:22.59
49.69	43.89	50 Breast	45.29	51.19	41.79	36.79	50 Breast	38.59	43.79
1:48.59	1:36.09	100 Brst	1:40.29	1:53.29	1:31.79	1:20.89	100 Brst	1:24.39	1:35.59
42.19	37.39	50 Fly	38.39	43.29	35.29	31.19	50 Fly	31.99	36.19
1:37.99	1:28.89	100 Fly	1:32.99	1:44.59	1:19.79	1:10.69	100 Fly	1:12.89	1:22.29
N/A	1:22.99	100 IM	1:23.89	N/A	N/A	1:10.59	100 IM	1:12.89	N/A
3:25.19	3:01.99	200 IM	3:04.59	3:28.09	2:51.89	2:31.99	200 IM	2:37.09	2:57.49
2:27.19	2:09.99	200 FR	2:12.39	2:29.99	2:09.19	1:53.59	200 FR	1:52.79	2:08.39
2:50.89	2:32.09	200 MR	2:35.99	2:56.09	2:26.39	2:09.19	200 MR	2:12.59	2:30.19

13&14					OPEN				
GIRLS			BOYS		GIRLS			BOYS	
LCM	SCY	CUTS	SCY	LCM	LCM	SCY	CUTS	SCY	LCM
29.79	26.19	50 Free	24.29	27.69	28.79	25.29	50 Free	22.49	25.69
1:04.79	56.99	100 Free	53.39	1:00.79	1:02.89	55.29	100 Free	49.29	56.29
2:20.19	2:03.49	200 Free	1:58.49	2:14.69	2:14.79	1:58.59	200 Free	1:48.19	2:03.29
4:56.89	5:32.69	500 Free	5:18.39	4:44.09	4:43.09	5:17.19	500 Free	4:52.49	4:20.99
10:15.79	11:29.99	1000 Free	11:29.79	10:15.59	9:58.59	11:10.79	1000 Free	10:37.29	9:28.69
20:25.49	20:01.49	1650 Free	19:29.49	19:52.79	19:23.59	19:00.79	1650 Free	17:37.39	17:58.49
(100 QT)	(100 QT)	50 Back	(100QT)	(100 QT)	(100 QT)	(100 QT)	50 Back	(100QT)	(100QT)
1:12.59	1:04.39	100 Back	1:02.09	1:10.09	1:08.89	1:00.99	100 Back	55.49	1:02.79
2:37.79	2:19.99	200 Back	2:16.69	2:34.09	2:29.39	2:12.49	200 Back	2:02.29	2:18.09
(100 QT)	(100 QT)	50 Breast	(100 QT)	(100 QT)	(100 QT)	(100 QT)	50 Breast	(100 QT)	(100 QT)
1:24.39	1:14.29	100 Brst	1:09.49	1:19.09	1:20.09	1:10.39	100 Brst	1:02.29	1:11.09
3:02.39	2:40.79	200 Brst	2:33.99	2:54.89	2:52.49	2:31.79	200 Brst	2:15.79	2:34.69
(100 QT)	(100QT)	50 Fly	(100 QT)	(100 QT)	(100 QT)	(100QT)	50 Fly	(100 QT)	(100 QT)
1:11.59	1:03.29	100 Fly	1:00.49	1:08.49	1:08.49	1:00.49	100 Fly	53.99	1:01.29
2:49.29	2:29.99	200 Fly	2:22.49	2:40.89	2:32.89	2:15.29	200 Fly	2:02.39	2:18.59
2:38.89	2:20.29	200 IM	2:15.89	2:33.99	2:32.29	2:14.39	200 IM	2:01.79	2:18.39
5:42.69	5:02.99	400 IM	4:48.59	5:26.69	5:24.59	4:46.69	400 IM	4:20.69	4:55.69
4:19.19	3:47.99	200&400FR	3:33.49	4:03.19	4:11.59	3:41.19	200&400FR	3:17.19	3:45.19
4:53.39	4:18.99	200&400MR	4:05.49	4:38.49	4:40.39	4:07.19	200&400MR	3:41.09	4:11.49

13-14 and Open Girls 400 Medley Relay Time shall be used for qualification for 200 Mixed Medley Relay