



Southeastern Swimming Championships

2016 Long Course Meter Qualification Standards

Girls		10 & Under		Boys	
Bonus	Automatic			Automatic	Bonus
:38.29	:37.49	50 Freestyle		:37.89	:38.69
1:24.89	1:23.19	100 Freestyle		1:25.29	1:26.99
3:02.29	2:58.69	200 Freestyle		3:01.69	3:05.39
NONE	6:08.59	400 Freestyle		6:35.49	NONE
:45.69	:44.79	50 Backstroke		:46.59	:47.59
1:37.69	1:35.69	100 Backstroke		1:40.99	1:43.09
:52.79	:51.69	50 Breaststroke		:54.29	:55.39
1:54.39	1:52.09	100 Breaststroke		1:57.99	2:00.39
:45.19	:44.29	50 Butterfly		:46.19	:47.19
1:48.69	1:46.49	100 Butterfly		1:50.79	1:53.09
3:21.69	3:17.69	200 Individual Medley		3:33.79	3:38.09
Girls		11 & 12		Boys	
Bonus	Automatic			Automatic	Bonus
:32.59	:31.89	50 Freestyle		:33.29	:33.99
1:12.59	1:11.09	100 Freestyle		1:13.49	1:14.99
2:35.59	2:32.49	200 Freestyle		2:37.39	2:40.59
NONE	5:17.19	400 Freestyle		5:27.49	NONE
NONE	(400 QT)	800 Freestyle		(400 QT)	NONE
:38.89	:38.09	50 Backstroke		:40.59	:41.49
1:23.29	1:21.59	100 Backstroke		1:26.89	1:28.69
:44.79	:43.89	50 Breaststroke		:46.59	:47.59
1:38.89	1:36.89	100 Breaststroke		1:40.89	1:42.99
:36.09	:35.39	50 Butterfly		:37.59	:38.39
1:25.09	1:23.39	100 Butterfly		1:28.09	1:29.89
2:59.19	2:55.59	200 Individual Medley		3:02.19	3:05.89
Girls		13 & 14		Boys	
Bonus	Automatic			Automatic	Bonus
:30.29	:29.69	50 Freestyle		:28.49	:29.09
1:05.89	1:04.59	100 Freestyle		1:02.09	1:03.39
2:22.19	2:19.39	200 Freestyle		2:16.09	2:18.89
NONE	4:52.99	400 Freestyle		4:46.99	NONE
NONE	10:07.79	800 Freestyle		9:59.59	NONE
NONE	19:53.19	1500 Freestyle		18:51.19	NONE
ANY TIME	(100 QT)	50 Backstroke		(100 QT)	ANY TIME
1:15.79	1:14.29	100 Backstroke		1:12.59	1:14.09
2:43.19	2:39.99	200 Backstroke		2:35.69	2:38.89
ANY TIME	(100 QT)	50 Breaststroke		(100 QT)	ANY TIME
1:29.19	1:27.39	100 Breaststroke		1:22.19	1:23.89
3:10.19	3:06.39	200 Breaststroke		3:01.19	3:04.89
ANY TIME	(100 QT)	50 Butterfly		(100 QT)	ANY TIME
1:14.39	1:12.89	100 Butterfly		1:09.69	1:11.09
2:53.59	2:50.19	200 Butterfly		2:44.99	2:48.29
2:41.59	2:38.39	200 Individual Medley		2:34.99	2:38.09
NONE	5:38.59	400 Individual Medley		5:28.09	NONE
Girls		15 & Over		Boys	
Bonus	Automatic			Automatic	Bonus
:30.09	:29.49	50 Freestyle		:26.59	:27.19
1:04.99	1:03.69	100 Freestyle		:57.09	:58.29
2:19.39	2:16.59	200 Freestyle		2:03.39	2:05.89
NONE	4:46.49	400 Freestyle		4:21.79	NONE
NONE	9:57.49	800 Freestyle		9:10.99	NONE
NONE	18:53.29	1500 Freestyle		18:17.39	NONE
ANY TIME	(100 QT)	50 Backstroke		(100 QT)	ANY TIME
1:15.29	1:13.79	100 Backstroke		1:07.79	1:09.19
2:42.49	2:39.29	200 Backstroke		2:25.49	2:28.49
ANY TIME	(100 QT)	50 Breaststroke		(100 QT)	ANY TIME
1:29.19	1:27.39	100 Breaststroke		1:18.09	1:19.69
3:10.19	3:06.39	200 Breaststroke		2:50.79	2:54.29
ANY TIME	(100 QT)	50 Butterfly		(100 QT)	ANY TIME
1:14.39	1:12.89	100 Butterfly		1:03.09	1:04.39
2:53.59	2:50.19	200 Butterfly		2:25.29	2:28.19
:23.49	2:36.29	200 Individual Medley		2:23.29	2:26.19
NONE	5:30.99	400 Individual Medley		5:00.79	NONE

Events 400 Meters or Longer are not allowed as Bonus Swims

13 & 14 & 15 & Over 50 Butterfly, 50 Backstroke & 50 Breaststroke may be swum as a bonus event regardless of time.