



Southeastern Swimming Championships

2019 Long Course Meter Qualification Standards

Girls		10 & Under	
Bonus	Automatic		
:38.29	:37.49	50 Freestyle	:37.89
1:24.89	1:23.19	100 Freestyle	1:25.29
3:02.29	2:58.69	200 Freestyle	3:01.69
NONE	6:08.59	400 Freestyle	6:35.49
:45.69	:44.79	50 Backstroke	:46.59
1:37.69	1:35.69	100 Backstroke	1:40.99
:52.79	:51.69	50 Breaststroke	:54.29
1:54.39	1:52.09	100 Breaststroke	1:57.99
:45.19	:44.29	50 Butterfly	:46.19
1:48.69	1:46.49	100 Butterfly	1:50.79
3:21.69	3:17.69	200 Individual Medley	3:33.79

Girls		11 & 12	
Bonus	Automatic		
:32.59	:31.89	50 Freestyle	:32.89
1:12.59	1:11.09	100 Freestyle	1:13.49
2:35.59	2:32.49	200 Freestyle	2:37.39
NONE	5:17.19	400 Freestyle	5:27.49
NONE	(400 QT)	800 Freestyle	(400 QT)
:38.89	:38.09	50 Backstroke	:39.29
1:23.29	1:21.59	100 Backstroke	1:26.89
:44.79	:43.89	50 Breaststroke	:46.49
1:38.89	1:36.89	100 Breaststroke	1:40.89
:36.09	:35.39	50 Butterfly	:37.59
1:25.09	1:23.39	100 Butterfly	1:28.09
2:59.19	2:55.59	200 Individual Medley	3:02.19

Girls		13 & 14	
Bonus	Automatic		
ANY TIME	:29.69	50 Freestyle	:28.49
1:05.89	1:04.59	100 Freestyle	1:01.69
2:22.09	2:19.29	200 Freestyle	2:14.89
NONE	4:52.99	400 Freestyle	4:46.99
NONE	10:07.79	800 Freestyle	9:59.59
NONE	19:53.19	1500 Freestyle	18:51.19
ANY TIME	(100 QT)	50 Backstroke	(100 QT)
1:15.39	1:13.89	100 Backstroke	1:12.29
2:42.69	2:39.49	200 Backstroke	2:35.69
ANY TIME	(100 QT)	50 Breaststroke	(100 QT)
1:26.79	1:25.09	100 Breaststroke	1:22.19
3:09.39	3:05.59	200 Breaststroke	3:01.19
ANY TIME	(100 QT)	50 Butterfly	(100 QT)
1:12.79	1:11.29	100 Butterfly	1:09.69
2:53.59	2:50.19	200 Butterfly	2:44.99
2:41.59	2:38.39	200 Individual Medley	2:34.99
NONE	5:38.59	400 Individual Medley	5:28.09

Girls		15 & Over	
Bonus	Automatic		
ANY TIME	:29.29	50 Freestyle	:26.59
1:04.69	1:03.29	100 Freestyle	:57.09
2:18.69	2:15.89	200 Freestyle	2:03.39
NONE	4:46.49	400 Freestyle	4:21.79
NONE	9:57.49	800 Freestyle	9:10.99
NONE	18:53.29	1500 Freestyle	17:52.29
ANY TIME	(100 QT)	50 Backstroke	(100 QT)
1:13.99	1:13.59	100 Backstroke	1:07.79
2:42.49	2:39.29	200 Backstroke	2:25.49
ANY TIME	(100 QT)	50 Breaststroke	(100 QT)
1:26.79	1:25.09	100 Breaststroke	1:16.99
3:08.69	3:04.99	200 Breaststroke	2:50.79
ANY TIME	(100 QT)	50 Butterfly	(100 QT)
1:11.49	1:10.09	100 Butterfly	1:02.99
2:50.79	2:47.39	200 Butterfly	2:24.19
2:39.09	2:35.89	200 Individual Medley	2:22.79
NONE	5:30.99	400 Individual Medley	5:00.79

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.