



Southeastern Swimming Championships

2021 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
Boys			
Bonus		Automatic	Bonus
:38.69			:38.69
1:26.99			1:26.99
3:05.39			3:05.39
NONE			NONE
:47.59			:47.59
1:43.09			1:43.09
:55.39			:55.39
2:00.39			2:00.39
:47.19			:47.19
1:53.09			1:53.09
3:38.09			3:38.09
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
Boys			
Bonus		Automatic	Bonus
:33.59			:33.59
1:14.99			1:14.99
2:40.59			2:40.59
NONE			NONE
:40.09			:40.09
1:28.69			1:28.69
:47.49			:47.49
1:42.99			1:42.99
:38.39			:38.39
1:29.89			1:29.89
3:05.89			3:05.89
Girls		13 & 14	
Bonus	Automatic		
ANY TIME	:29.69	50 Freestyle	:28.19
1:05.89	1:04.59	100 Freestyle	1:01.29
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	1:12.09
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	2:58.59
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
Boys			
Bonus		Automatic	Bonus
ANY TIME			ANY TIME
1:02.59			1:02.59
2:17.59			2:17.59
NONE			NONE
ANY TIME			ANY TIME
1:13.59			1:13.59
2:38.89			2:38.89
ANY TIME			ANY TIME
1:23.89			1:23.89
3:02.19			3:02.19
ANY TIME			ANY TIME
1:11.09			1:11.09
2:48.29			2:48.29
2:38.09			2:38.09
NONE			NONE
Girls		15 & Over	
Bonus	Automatic		
ANY TIME	:28.99	50 Freestyle	:26.09
1:03.99	1:02.69	100 Freestyle	:56.89
2:18.69	2:15.89	200 Freestyle	2:03.39
NONE	4:45.29	400 Freestyle	4:21.79
NONE	9:57.49	800 Freestyle	9:07.99
NONE	18:53.29	1500 Freestyle	17:21.69
ANY TIME	(100 QT)	50 Backstroke	(100 QT)
1:13.29	1:11.79	100 Backstroke	1:05.59
2:39.59	2:36.39	200 Backstroke	2:25.29
ANY TIME	(100 QT)	50 Breaststroke	(100 QT)
1:24.89	1:25.09	100 Breaststroke	1:14.89
3:02.79	2:59.19	200 Breaststroke	2:44.59
ANY TIME	(100 QT)	50 Butterfly	(100 QT)
1:10.59	1:09.19	100 Butterfly	1:02.19
2:44.09	2:40.79	200 Butterfly	2:22.39
2:39.09	2:35.89	200 Individual Medley	2:22.79
NONE	5:30.99	400 Individual Medley	5:00.79
Boys			
Bonus		Automatic	Bonus
ANY TIME			ANY TIME
:58.09			:58.09
2:05.89			2:05.89
NONE			NONE
ANY TIME			ANY TIME
1:06.99			1:06.99
2:28.19			2:28.19
ANY TIME			ANY TIME
1:16.39			1:16.39
2:47.89			2:47.89
ANY TIME			ANY TIME
1:03.49			1:03.49
2:25.29			2:25.29
2:25.69			2:25.69
NONE			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.