



Southeastern Swimming Championships

2023 Short Course Yard Qualification Standards

Times must have been achieved since September 1, 2021

Girls			Boys		
Bonus	Automatic	10 & Under	Automatic	Bonus	
:32.49	:31.79	50 Freestyle	:32.39	:33.09	
1:12.29	1:10.79	100 Freestyle	1:12.09	1:13.59	
2:40.09	2:36.89	200 Freestyle	2:38.29	2:41.49	
NONE	6:49.19	500 Freestyle	6:54.69	NONE	
:38.29	:37.49	50 Backstroke	:38.39	:39.19	
1:22.69	1:20.99	100 Backstroke	1:22.79	1:24.49	
:43.89	:42.99	50 Breaststroke	:44.39	:45.29	
1:36.09	1:34.19	100 Breaststroke	1:38.29	1:40.29	
:37.39	:36.59	50 Butterfly	:37.59	:38.39	
1:28.89	1:27.09	100 Butterfly	1:31.09	1:32.99	
1:22.99	1:21.29	100 Individual Medley	1:22.19	1:23.89	
3:01.99	2:58.39	200 Individual Medley	3:00.89	3:04.59	

Girls			Boys		
Bonus	Automatic	11 & 12	Automatic	Bonus	
:28.39	:27.79	50 Freestyle	:27.59	:28.19	
1:01.59	1:00.29	100 Freestyle	1:00.89	1:02.19	
2:14.19	2:11.49	200 Freestyle	2:15.09	2:17.79	
NONE	5:49.19	500 Freestyle	5:58.99	NONE	
:32.79	:32.09	50 Backstroke	:33.09	:33.79	
1:11.09	1:09.69	100 Backstroke	1:11.89	1:13.39	
:36.79	:35.99	50 Breaststroke	:37.79	:38.59	
1:20.89	1:19.29	100 Breaststroke	1:22.69	1:24.39	
:31.19	:30.49	50 Butterfly	:31.29	:31.99	
1:10.69	1:09.29	100 Butterfly	1:11.39	1:12.89	
1:10.59	1:09.19	100 Individual Medley	1:11.39	1:12.89	
2:31.99	2:28.99	200 Individual Medley	2:33.99	2:37.09	

Girls			Boys		
Bonus	Automatic	13 & 14	Automatic	Bonus	
:26.79	:26.19	50 Freestyle	:24.29	:24.79	
:58.19	:56.99	100 Freestyle	:53.39	:54.49	
2:05.99	2:03.49	200 Freestyle	1:58.49	2:00.89	
NONE	5:32.69	500 Freestyle	5:18.39	NONE	
NONE	11:29.99	1000 Freestyle	11:29.79	NONE	
NONE	20:01.49	1650 Freestyle	19:29.49	NONE	
(100 BT)	(100 QT)	50 Backstroke	(100 QT)	(100 BT)	
1:05.69	1:04.39	100 Backstroke	1:02.09	1:03.39	
2:22.79	2:19.99	200 Backstroke	2:16.69	2:19.49	
(100 BT)	(100 QT)	50 Breaststroke	(100 QT)	(100 BT)	
1:15.79	1:14.29	100 Breaststroke	1:09.49	1:10.89	
2:44.09	2:40.79	200 Breaststroke	2:33.99	2:37.09	
(100 BT)	(100 QT)	50 Butterfly	(100 QT)	(100 BT)	
1:04.59	1:03.29	100 Butterfly	1:00.49	1:01.79	
2:32.99	2:29.99	200 Butterfly	2:22.49	2:25.39	
2:23.19	2:20.29	200 Individual Medley	2:15.89	2:18.69	
NONE	5:02.99	400 Individual Medley	4:48.59	NONE	

Girls			Boys		
Bonus	Automatic	15 & Over	Automatic	Bonus	
:25.89	:25.29	50 Freestyle	:22.49	:22.99	
:56.49	:55.29	100 Freestyle	:49.59	:50.59	
2:00.99	1:58.59	200 Freestyle	1:48.19	1:50.39	
NONE	5:17.19	500 Freestyle	4:52.49	NONE	
NONE	11:10.79	1000 Freestyle	10:37.29	NONE	
NONE	19:00.79	1650 Freestyle	17:37.39	NONE	
(100 BT)	(100 QT)	50 Backstroke	(100 QT)	(100 BT)	
1:02.29	1:00.99	100 Backstroke	:55.49	:56.69	
2:15.19	2:12.49	200 Backstroke	2:02.29	2:04.79	
(100 BT)	(100 QT)	50 Breaststroke	(100 QT)	(100 BT)	
1:11.69	1:10.39	100 Breaststroke	1:02.79	1:04.09	
2:34.89	2:31.79	200 Breaststroke	2:17.39	2:20.19	
(100 BT)	(100 QT)	50 Butterfly	(100 QT)	(100 BT)	
1:01.79	1:00.49	100 Butterfly	:54.39	:55.49	
2:18.09	2:15.29	200 Butterfly	2:02.59	2:05.09	
2:17.09	2:14.39	200 Individual Medley	2:01.79	2:04.29	
NONE	4:46.69	400 Individual Medley	4:22.09	NONE	

13 & Over 1650 Freestyle may qualify using the 1000 or 1650 Standard