

## 2025-2028 Virginia Swimming Age Group Championship QTs

| GIRLS                                  |          |          |                        | BOYS     |          |          |
|----------------------------------------|----------|----------|------------------------|----------|----------|----------|
| LCM                                    | SCM      | SCY      | 10 & Under             | SCY      | SCM      | LCM      |
| 35.49                                  | 34.69    | 31.29    | 50 Freestyle           | 30.99    | 34.39    | 35.19    |
| 1:18.59                                | 1:16.99  | 1:09.39  | 100 Freestyle          | 1:08.79  | 1:16.29  | 1:17.89  |
| 2:54.49                                | 2:51.29  | 2:34.29  | 200 Freestyle          | 2:29.39  | 2:47.19  | 2:50.49  |
| 6:09.09                                | 5:57.39  | 6:48.59  | 500 Freestyle          | 6:40.39  | 5:52.09  | 6:02.59  |
| 41.59                                  | 40.89    | 36.69    | 50 Backstroke          | 36.09    | 40.19    | 40.99    |
| 1:29.99                                | 1:28.09  | 1:19.29  | 100 Backstroke         | 1:17.49  | 1:26.49  | 1:27.99  |
| 47.99                                  | 46.49    | 41.69    | 50 Breaststroke        | 41.59    | 46.29    | 47.89    |
| 1:43.99                                | 1:41.69  | 1:31.69  | 100 Breaststroke       | 1:30.59  | 1:39.69  | 1:43.99  |
| 39.99                                  | 39.29    | 35.39    | 50 Butterfly           | 34.89    | 38.89    | 39.39    |
| 1:34.99                                | 1:32.29  | 1:23.09  | 100 Butterfly          | 1:20.99  | 1:29.29  | 1:33.99  |
|                                        | 1:27.99  | 1:19.29  | 100 IM                 | 1:17.89  | 1:27.09  |          |
| 3:13.99                                | 3:10.39  | 2:51.99  | 200 IM                 | 2:50.39  | 3:09.59  | 3:12.99  |
| LCM                                    | SCM      | SCY      | 11-12                  | SCY      | SCM      | LCM      |
| 31.29                                  | 30.69    | 27.49    | 11-12 50 Freestyle     | 27.49    | 30.49    | 31.29    |
| 1:08.69                                | 1:07.09  | 1:00.49  | 11-12 100 Freestyle    | 1:00.19  | 1:06.79  | 1:08.39  |
| 2:27.99                                | 2:24.69  | 2:10.39  | 11-12 200 Freestyle    | 2:10.79  | 2:25.19  | 2:28.39  |
| 5:11.99                                | 5:04.59  | 5:48.49  | 11-12 500 Freestyle    | 5:50.59  | 5:06.49  | 5:12.89  |
| 36.19                                  | 35.59    | 32.09    | 11-12 50 Backstroke    | 31.79    | 35.29    | 35.89    |
| 1:17.09                                | 1:15.99  | 1:08.49  | 11-12 100 Backstroke   | 1:08.79  | 1:16.39  | 1:17.59  |
| 2:47.69                                | 2:43.29  | 2:27.09  | 11-12 200 Backstroke   | 2:27.39  | 2:44.19  | 2:46.59  |
| 40.59                                  | 39.59    | 35.69    | 11-12 50 Breaststroke  | 36.09    | 40.59    | 41.29    |
| 1:28.99                                | 1:26.49  | 1:17.89  | 11-12 100 Breaststroke | 1:17.49  | 1:27.59  | 1:29.99  |
| 3:12.59                                | 3:06.59  | 2:48.99  | 11-12 200 Breaststroke | 2:47.99  | 3:07.99  | 3:12.99  |
| 34.29                                  | 33.59    | 30.29    | 11-12 50 Butterfly     | 30.49    | 34.19    | 34.89    |
| 1:19.79                                | 1:15.39  | 1:07.89  | 11-12 100 Butterfly    | 1:08.39  | 1:15.89  | 1:17.29  |
| 2:58.99                                | 2:54.99  | 2:36.99  | 11-12 200 Butterfly    | 2:31.39  | 2:49.49  | 2:53.79  |
|                                        | 1:16.19  | 1:08.59  | 11-12 100 IM           | 1:09.09  | 1:17.19  |          |
| 2:46.99                                | 2:43.69  | 2:27.49  | 11-12 200 IM           | 2:27.19  | 2:43.39  | 2:46.59  |
| 5:59.99                                | 5:52.39  | 5:17.49  | 11-12 400 IM           | 5:12.89  | 5:47.29  | 5:55.69  |
| LCM                                    | SCM      | SCY      | 13-14                  | SCY      |          | LCM      |
| 29.49                                  | 28.89    | 25.89    | 13-14 50 Freestyle     | 24.49    | 27.39    | 27.99    |
| 1:03.99                                | 1:02.39  | 55.79    | 13-14 100 Freestyle    | 52.99    | 59.39    | 1:00.79  |
| 2:18.69                                | 2:15.49  | 2:01.39  | 13-14 200 Freestyle    | 1:55.79  | 2:08.49  | 2:11.69  |
| 4:52.99                                | 4:46.59  | 5:28.29  | 13-14 500 Freestyle    | 5:15.19  | 4:34.89  | 4:41.29  |
| 10:11.19                               | 9:58.39  | 11:19.99 | 13-14 1000 Freestyle*  | 11:05.99 | 9:47.39  | 10:00.19 |
| 19:58.19                               | 19:34.19 | 19:29.99 | 13-14 1650 Freestyle*  | 18:49.99 | 18:51.09 | 19:15.09 |
| 1:11.19                                | 1:09.99  | 1:02.99  | 13-14 100 Backstroke   | 1:00.39  | 1:06.99  | 1:08.19  |
| 2:34.19                                | 2:30.79  | 2:14.89  | 13-14 200 Backstroke   | 2:10.19  | 2:24.49  | 2:26.89  |
| 1:22.99                                | 1:20.99  | 1:12.29  | 13-14 100 Breaststroke | 1:08.59  | 1:17.49  | 1:19.49  |
| 3:03.99                                | 2:58.29  | 2:38.59  | 13-14 200 Breaststroke | 2:30.79  | 2:48.89  | 2:52.89  |
| 1:10.69                                | 1:09.29  | 1:02.39  | 13-14 100 Butterfly    | 59.19    | 1:05.69  | 1:07.09  |
| 2:43.49                                | 2:36.79  | 2:22.99  | 13-14 200 Butterfly    | 2:14.99  | 2:29.79  | 2:32.59  |
| 2:37.79                                | 2:33.79  | 2:17.49  | 13-14 200 IM           | 2:10.49  | 2:26.39  | 2:29.99  |
| 5:33.29                                | 5:23.89  | 4:51.79  | 13-14 400 IM           | 4:40.59  | 5:11.49  | 5:17.89  |
| * 11-14 yr old event                   |          |          |                        |          |          |          |
| Approved 10/8/2024; updated 2/21/2025  |          |          |                        |          |          |          |
| Valid through 2028 LC Age Group Champs |          |          |                        |          |          |          |