

2025-2028 Virginia Swimming Age Group Championship QTs

GIRLS			BOYS	
LCM	SCY	10 & Under	SCY	LCM
35.49	31.29	50 Freestyle	30.99	35.19
1:18.59	1:09.39	100 Freestyle	1:08.79	1:17.89
2:54.49	2:34.29	200 Freestyle	2:29.39	2:50.49
6:09.09	6:48.59	500 Freestyle	6:40.39	6:02.59
41.59	36.69	50 Backstroke	36.09	40.99
1:29.99	1:19.29	100 Backstroke	1:17.49	1:27.99
47.99	41.69	50 Breaststroke	41.59	47.89
1:43.99	1:31.69	100 Breaststroke	1:30.59	1:43.99
39.99	35.39	50 Butterfly	34.89	39.39
1:34.99	1:23.09	100 Butterfly	1:20.99	1:33.99
	1:19.29	100 IM	1:17.89	
3:13.99	2:51.99	200 IM	2:50.39	3:12.99
LCM	SCY	11-12	SCY	LCM
31.29	27.49	11-12 50 Freestyle	27.49	31.29
1:08.69	1:00.49	11-12 100 Freestyle	1:00.19	1:08.39
2:27.99	2:10.39	11-12 200 Freestyle	2:10.79	2:28.39
5:11.99	5:48.49	11-12 500 Freestyle	5:50.59	5:12.89
36.19	32.09	11-12 50 Backstroke	31.79	35.89
1:17.09	1:08.49	11-12 100 Backstroke	1:08.79	1:17.59
2:47.69	2:27.09	11-12 200 Backstroke	2:27.39	2:46.59
40.59	35.69	11-12 50 Breaststroke	36.09	41.29
1:28.99	1:17.89	11-12 100 Breaststroke	1:17.49	1:29.99
3:12.59	2:48.99	11-12 200 Breaststroke	2:47.99	3:12.99
34.29	30.29	11-12 50 Butterfly	30.49	34.89
1:19.79	1:07.89	11-12 100 Butterfly	1:08.39	1:17.29
2:58.99	2:36.99	11-12 200 Butterfly	2:31.39	2:53.79
	1:08.59	11-12 100 IM	1:09.09	
2:46.99	2:27.49	11-12 200 IM	2:27.19	2:46.59
5:59.99	5:17.49	11-12 400 IM	5:12.89	5:55.69
LCM	SCY	13-14	SCY	LCM
29.49	25.89	13-14 50 Freestyle	24.49	27.99
1:03.99	55.79	13-14 100 Freestyle	52.99	1:00.79
2:18.69	2:01.39	13-14 200 Freestyle	1:55.79	2:11.69
4:52.99	5:28.29	13-14 500 Freestyle	5:15.19	4:41.29
10:11.19	11:19.99	13-14 1000 Freestyle*	11:05.99	10:00.19
19:58.19	19:29.99	13-14 1650 Freestyle*	18:49.99	19:15.09
1:11.19	1:02.99	13-14 100 Backstroke	1:00.39	1:08.19
2:34.19	2:14.89	13-14 200 Backstroke	2:10.19	2:26.89
1:22.99	1:12.29	13-14 100 Breaststroke	1:08.59	1:19.49
3:03.99	2:38.59	13-14 200 Breaststroke	2:30.79	2:52.89
1:10.69	1:02.39	13-14 100 Butterfly	59.19	1:07.09
2:43.49	2:22.99	13-14 200 Butterfly	2:14.99	2:32.59
2:37.79	2:17.49	13-14 200 IM	2:10.49	2:29.99
5:33.29	4:51.79	13-14 400 IM	4:40.59	5:17.89

* 11-14 yr old event

Approved 10/8/2024

Valid through 2028 LC Age Group Champs