

2023 Iowa Swimming Regional Championships

Qualifying Standards

(updated – 01/11/2023)

	<u>GIRLS</u>				<u>BOYS</u>		
<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>EVENT</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	
			<u>10 & Under</u>				
8:13.39	8:05.89	9:06.59	400 / 500 Free	8:05.59	7:56.89	8:56.39	
			<u>11 & 12</u>				
6:34.29	6:25.59	7:20.39	400 / 500 Free	6:31.99	6:29.99	7:25.69	
13:45.69	13:18.09	15:11.99	800 / 1000 Free	14:05.49	13:35.49	15:31.79	
3:38.39	3:28.49	3:08.59	200 Back	3:32.99	3:23.79	3:03.69	
4:08.39	3:59.69	3:34.59	200 Breast	3:59.99	3:49.99	3:27.29	
3:38.79	3:33.49	3:12.29	200 Fly	3:34.19	3:28.39	3:04.99	
7:49.59	7:33.39	6:50.39	400 IM	7:39.09	7:20.29	6:38.39	
			<u>13 & 14</u>				
5:45.89	5:37.89	6:24.59	400 / 500 Free	5:38.59	5:21.79	6:07.29	
11:52.79	11:41.29	13:20.39	800 / 1000 Free	11:46.39	11:12.59	12:46.89	
23:11.29	22:19.19	22:26.89	1500 / 1650 Free	22:21.79	21:42.59	21:49.89	
3:17.59	3:09.89	2:51.39	200 Back	3:14.49	3:05.39	2:46.89	
3:46.69	3:37.99	3:16.09	200 Breast	3:39.49	3:30.49	3:08.59	
3:26.09	3:20.69	3:00.49	200 Fly	3:13.19	3:06.89	2:48.99	
6:49.79	6:37.09	5:57.19	400 IM	6:35.19	6:25.79	5:48.89	
			<u>15 & Over</u>				
5:35.89	5:27.49	6:13.99	400 / 500 Free	5:10.79	5:04.19	5:47.59	
11:30.69	11:16.69	12:53.29	800 / 1000 Free	10:54.39	10:32.39	12:02.69	
22:13.19	21:26.39	21:33.59	1500 / 1650 Free	20:53.09	20:14.29	20:12.09	
3:11.99	3:00.69	2:43.69	200 Back	2:58.49	2:49.59	2:33.99	
3:42.09	3:32.69	3:13.19	200 Breast	3:21.89	3:10.69	2:52.99	
3:13.39	3:08.59	2:51.39	200 Fly	2:57.39	2:51.19	2:35.49	
6:24.69	6:12.59	5:37.19	400 IM	5:52.59	5:42.89	5:10.39	