



2026 Iowa Swimming Championships Bonus Times

			Event			
	Girls		<u>10&U</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
45.29	43.99	39.79	50 Freestyle	38.19	42.19	43.89
1:44.09	1:40.29	1:30.79	100 Freestyle	1:27.99	1:37.19	1:40.99
3:50.99	3:43.99	3:22.79	200 Freestyle	3:09.49	3:29.39	3:36.69
55.79	53.69	48.59	50 Backstroke	48.29	53.39	55.39
2:01.59	1:56.89	1:45.79	100 Backstroke	1:40.69	1:51.19	1:56.69
1:02.19	1:00.29	54.59	50 Breaststroke	53.39	58.99	1:00.89
2:19.39	2:12.89	2:00.29	100 Breaststroke	1:54.09	2:06.09	2:12.89
54.49	53.49	48.39	50 Butterfly	46.49	51.39	52.29
2:12.79	2:08.89	1:56.69	100 Butterfly	1:53.49	2:05.49	2:09.49
	1:55.19	1:44.29	100 IM	1:39.69	1:50.09	
4:15.69	4:05.39	3:42.09	200 IM	3:38.59	4:01.59	4:09.49
	Girls		<u>11-12</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
38.49	37.59	33.99	50 Freestyle	32.79	36.29	37.39
1:25.59	1:22.49	1:14.69	100 Freestyle	1:11.49	1:18.99	1:22.09
3:06.39	2:59.59	2:42.59	200 Freestyle	2:35.99	2:52.39	2:59.19
44.79	42.79	38.79	50 Backstroke	38.49	42.59	44.49

1:40.59	1:35.69	1:26.59	100 Backstroke	1:22.19	1:30.79	1:37.19
3:28.09	3:18.29	2:59.49	200 Backstroke	2:52.89	3:10.99	3:22.99
49.79	48.59	43.99	50 Breaststroke	43.49	48.09	49.79
1:50.39	1:46.59	1:36.49	100 Breaststroke	1:32.59	1:42.29	1:47.79
3:56.79	3:47.29	3:25.69	200 Breaststroke	3:16.39	3:37.09	3:47.89
41.79	40.79	36.89	50 Butterfly	37.09	40.99	41.99
1:38.29	1:34.79	1:25.79	100 Butterfly	1:22.89	1:31.59	1:35.09
3:31.09	3:22.59	3:03.39	200 Butterfly	2:56.59	3:15.09	3:24.79
	1:34.19	1:25.19	100 IM	1:21.89	1:30.49	
3:30.59	3:23.19	3:03.89	200 IM	2:59.29	3:18.09	3:24.39
	Girls		<u>13-14</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
37.19	35.99	32.49	50 Freestyle	29.89	32.99	34.29
1:21.19	1:18.49	1:10.99	100 Freestyle	1:04.99	1:11.79	1:15.09
2:55.29	2:49.79	2:33.59	200 Freestyle	2:22.49	2:37.49	2:43.99
43.09	40.79	36.99	50 Backstroke	34.29	37.89	40.19
1:29.69	1:24.99	1:16.89	100 Backstroke	1:11.29	1:18.79	1:23.69
3:13.29	3:03.89	2:46.39	200 Backstroke	2:34.69	2:50.99	3:01.79
48.19	46.09	41.69	50 Breaststroke	37.89	41.89	44.09
1:42.39	1:37.99	1:28.69	100 Breaststroke	1:20.49	1:28.99	1:33.79
3:40.29	3:31.09	3:10.99	200 Breaststroke	2:54.89	3:13.19	3:22.79
40.99	39.89	36.09	50 Butterfly	33.19	36.69	37.79
1:27.19	1:24.89	1:16.79	100 Butterfly	1:10.49	1:17.89	1:20.29

3:15.69	3:09.19	2:51.19	200 Butterfly	2:36.79	2:53.29	2:59.69
3:17.19	3:09.79	2:51.79	200 IM	2:37.99	2:54.49	3:02.89
	Girls		<u>Senior</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
33.49	32.59	29.49	50 Freestyle	26.29	28.99	30.59
1:12.79	1:10.49	1:03.79	100 Freestyle	57.59	1:03.69	1:06.69
2:37.09	2:32.89	2:18.39	200 Freestyle	2:06.29	2:19.59	2:25.39
38.79	36.89	33.39	50 Backstroke	30.09	33.29	35.39
1:20.69	1:16.69	1:09.39	100 Backstroke	1:02.69	1:09.29	1:13.69
2:53.39	2:46.49	2:30.59	200 Backstroke	2:17.09	2:31.49	2:39.99
43.09	41.49	37.59	50 Breaststroke	33.59	37.09	39.09
1:31.59	1:28.19	1:19.79	100 Breaststroke	1:11.39	1:18.89	1:23.09
3:17.29	3:10.89	2:52.69	200 Breaststroke	2:35.19	2:51.39	3:00.59
36.79	35.89	32.49	50 Butterfly	29.39	32.49	33.59
1:18.29	1:16.29	1:09.09	100 Butterfly	1:02.39	1:08.99	1:11.29
2:54.39	2:50.09	2:33.99	200 Butterfly	2:19.49	2:34.19	2:39.49
2:57.49	2:50.49	2:34.29	200 IM	2:20.19	2:34.89	2:43.59