



2026 Iowa Swimming Championships Qualifying Times

			Event			
	Girls		<u>10&U</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
40.39	39.29	35.59	50 Freestyle	34.59	38.19	39.79
1:31.69	1:28.39	1:19.89	100 Freestyle	1:18.89	1:27.19	1:30.59
3:22.59	3:16.49	2:57.89	200 Freestyle	2:50.59	3:08.49	3:14.99
6:55.89	6:41.29	7:38.69	400/500 Freestyle	7:33.79	6:37.09	6:52.49
48.99	47.09	42.69	50 Backstroke	42.89	47.39	49.29
1:46.49	1:42.29	1:32.59	100 Backstroke	1:30.09	1:39.59	1:44.49
57.19	55.49	50.19	50 Breaststroke	49.19	54.39	56.09
2:01.99	1:56.39	1:45.29	100 Breaststroke	1:42.29	1:53.09	1:59.19
49.69	48.79	44.19	50 Butterfly	42.59	47.09	47.89
1:53.29	1:49.99	1:39.49	100 Butterfly	1:38.99	1:49.29	1:52.89
	1:41.49	1:31.89	100 IM	1:29.69	1:39.09	
3:45.59	3:36.39	3:15.89	200 IM	3:15.99	3:36.59	3:43.69
	Girls		<u>11-12</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
34.29	33.39	30.19	50 Freestyle	29.89	33.09	34.19
1:15.69	1:12.99	1:06.09	100 Freestyle	1:05.19	1:11.89	1:14.79
2:46.49	2:40.39	2:25.09	200 Freestyle	2:22.09	2:37.09	2:43.19

5:50.79	5:41.39	6:30.09	400/500 Freestyle	6:22.49	5:34.69	5:47.09
12:28.29	11:59.39	13:42.09	800/1000 Freestyle	13:40.39	11:57.89	12:22.99
39.99	38.29	34.59	50 Backstroke	34.89	38.49	40.29
1:27.79	1:23.49	1:15.59	100 Backstroke	1:14.09	1:21.89	1:27.69
3:09.59	3:00.69	2:43.49	200 Backstroke	2:40.49	2:57.39	3:08.49
45.39	44.39	40.09	50 Breaststroke	40.09	44.29	45.89
1:40.19	1:36.79	1:27.59	100 Breaststroke	1:25.49	1:34.49	1:39.59
3:35.69	3:27.09	3:07.39	200 Breaststroke	3:02.39	3:21.59	3:31.59
38.09	37.09	33.69	50 Butterfly	34.19	37.69	38.69
1:28.59	1:25.29	1:17.19	100 Butterfly	1:16.09	1:24.09	1:27.29
3:15.99	3:08.19	2:50.29	200 Butterfly	2:43.99	3:01.19	3:10.19
	1:25.79	1:17.59	100 IM	1:15.89	1:23.89	
3:11.89	3:05.09	2:47.49	200 IM	2:45.79	3:03.19	3:08.99
6:56.79	6:41.89	6:03.69	400 IM	5:50.09	6:26.89	6:46.59
	Girls		<u>13-14</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
31.79	30.69	27.79	50 Freestyle	25.59	28.29	29.39
1:09.29	1:06.99	1:00.59	100 Freestyle	55.69	1:01.49	1:04.39
2:31.89	2:27.09	2:13.09	200 Freestyle	2:04.79	2:17.79	2:23.59
5:18.79	5:12.49	5:57.09	400/500 Freestyle	5:37.49	4:55.39	5:04.89
11:02.99	10:44.99	12:17.09	800/1000 Freestyle	11:52.49	10:23.49	10:43.49
21:11.79	20:24.99	20:32.29	1500/1650 Freestyle	19:59.09	19:51.89	20:36.29

38.49	36.49	32.99	50 Backstroke	31.19	34.49	36.59
1:20.09	1:15.89	1:08.69	100 Backstroke	1:04.99	1:11.69	1:16.19
2:52.59	2:44.19	2:28.59	200 Backstroke	2:20.99	2:35.69	2:45.59
42.99	41.19	37.19	50 Breaststroke	34.49	38.09	40.19
1:31.39	1:27.49	1:19.19	100 Breaststroke	1:13.39	1:21.09	1:25.49
3:16.79	3:08.49	2:50.59	200 Breaststroke	2:40.89	2:57.69	3:06.49
36.69	35.69	32.29	50 Butterfly	30.19	33.39	34.39
1:17.89	1:15.79	1:08.59	100 Butterfly	1:04.29	1:10.99	1:13.19
3:01.69	2:55.69	2:38.99	200 Butterfly	2:25.59	2:40.89	2:46.79
2:52.59	2:46.09	2:30.29	200 IM	2:21.09	2:35.89	2:43.29
6:13.29	6:00.89	5:26.59	400 IM	5:07.59	5:39.89	5:55.89
	Girls		<u>Senior</u>		Boys	
LCM	SCM	SCY		SCY	SCM	LCM
29.99	29.19	26.39	50 Freestyle	23.49	25.99	27.29
1:05.09	1:03.09	57.09	100 Freestyle	51.59	56.99	59.69
2:22.09	2:18.29	2:05.09	200 Freestyle	1:54.19	2:06.19	2:11.49
5:01.39	4:57.69	5:40.19	400/500 Freestyle	5:12.59	4:33.49	4:43.39
10:32.39	10:24.69	11:53.99	800/1000 Freestyle	11:01.59	9:38.89	9:54.79
20:11.59	19:49.29	19:56.49	1500/1650 Freestyle	18:22.79	18:16.19	18:58.49
35.79	33.99	30.79	50 Backstroke	27.79	30.79	32.69
1:14.49	1:10.79	1:04.09	100 Backstroke	57.89	1:03.99	1:07.99
2:43.49	2:36.89	2:21.99	200 Backstroke	2:09.29	2:22.79	2:30.79
39.79	38.29	34.69	50 Breaststroke	30.99	34.29	36.09

1:24.49	1:21.39	1:13.69	100 Breaststroke	1:05.89	1:12.79	1:16.69
3:09.69	3:03.59	2:46.09	200 Breaststroke	2:29.19	2:44.89	2:53.69
33.99	33.09	29.99	50 Butterfly	27.09	29.99	30.99
1:12.29	1:10.39	1:03.79	100 Butterfly	57.59	1:03.69	1:05.79
2:47.69	2:43.59	2:28.09	200 Butterfly	2:14.19	2:28.29	2:33.39
2:43.89	2:37.39	2:22.39	200 IM	2:09.39	2:22.99	2:30.99
5:46.89	5:36.29	5:04.29	400 IM	4:36.19	5:05.19	5:21.19