



2023 SOUTHEASTERN SWIMMING LONG COURSE CHAMPIONSHIP QUALIFYING TIMES

Qualifying times must have been achieved since September 1, 2021

GIRLS				EVENT	BOYS			
10&U	11-12	13-14	OPEN		OPEN	13-14	11-12	10&U
37.49	31.89	29.69	28.89	50 FREE	25.89	27.99	32.89	37.89
1:23.19	1:11.09	1:04.59	1:02.69	100 FREE	56.39	1:01.29	1:13.49	1:25.29
2:58.69	2:32.49	2:19.29	2:15.89	200 FREE	2:03.19	2:14.89	2:37.39	3:01.69
6:08.59	5:17.19	4:52.99	4:44.19	500 FREE	4:21.79	4:46.99	5:27.49	6:35.49
X	X	10:07.79	9:57.49	800 FREE	9:07.99	9:59.59	X	X
X	X	19:53.19	18:53.29	1500 FREE	17:21.69	18:51.19	X	X
44.79	38.09	(100QT)	(100QT)	50 BACK	(100QT)	(100QT)	39.29	46.59
1:35.69	1:21.59	1:13.89	1:11.39	100 BACK	1:04.69	1:11.29	1:26.89	1:40.99
X	X	2:39.49	2:36.39	200 BACK	2:23.89	2:35.69	X	X
51.69	43.89	(100QT)	(100QT)	50 BREAST	(100QT)	(100QT)	46.49	54.29
1:52.09	1:36.89	1:25.09	1:22.79	100 BREAST	1:14.29	1:22.19	1:40.89	1:57.99
X	X	3:05.59	2:59.19	200 BREAST	2:42.79	2:58.59	X	X
44.29	35.39	(100QT)	(100QT)	50 FLY	(100QT)	(100QT)	37.59	46.19
1:46.49	1:23.39	1:11.29	1:09.19	100 FLY	1:01.89	1:09.69	1:28.09	1:50.79
X	X	2:50.19	2:40.79	200 FLY	2:22.39	2:44.99	X	X
3:17.69	2:55.59	2:38.39	2:35.89	200 IM	2:22.09	2:34.99	3:02.19	3:33.79
X	X	5:38.59	5:27.39	400 IM	5:00.79	5:28.09	X	X

GIRLS				EVENT	BOYS			
10&U	11-12	13-14	OPEN	BONUS	OPEN	13-14	11-12	10&U
38.29	32.59	30.29	29.49	50 FREE	26.49	28.59	33.59	38.69
1:24.89	1:12.59	1:05.89	1:03.99	100 FREE	57.59	1:02.59	1:14.99	1:26.99
3:02.29	2:35.59	2:22.09	2:18.69	200 FREE	2:05.69	2:17.59	2:40.59	3:05.39
no bonus	no bonus	no bonus	no bonus	500 FREE	no bonus	no bonus	no bonus	no bonus
X	X	no bonus	no bonus	800 FREE	no bonus	no bonus	X	X
X	X	no bonus	no bonus	1500 FREE	no bonus	no bonus	X	X
45.69	38.89	(100 BQT)	(100 BQT)	50 BACK	(100 BQT)	(100 BQT)	40.09	47.59
1:37.69	1:23.29	1:15.39	1:12.89	100 BACK	1:05.99	1:12.79	1:28.69	1:43.09
X	X	2:42.69	2:39.59	200 BACK	2:26.79	2:38.89	X	X
52.79	44.79	(100 BQT)	(100 BQT)	50 BREAST	(100 BQT)	(100 BQT)	47.49	55.39
1:54.39	1:38.89	1:26.79	1:24.49	100 BREAST	1:15.79	1:23.89	1:42.99	2:00.39
X	X	3:09.39	3:02.79	200 BREAST	2:46.09	3:02.19	X	X
45.19	36.09	(100 BQT)	(100 BQT)	50 FLY	(100 BQT)	(100 BQT)	38.39	47.19
1:48.69	1:25.09	1:12.79	1:10.59	100 FLY	1:03.19	1:11.09	1:29.89	1:53.09
X	X	2:53.59	2:44.09	200 FLY	2:25.29	2:48.29	X	X
3:21.69	2:59.19	2:41.59	2:39.09	200 IM	2:24.99	2:38.09	3:05.89	3:38.09
X	X	no bonus	no bonus	400 IM	no bonus	no bonus	X	X

Approved 8/27/2022

Events 400 meters and longer are not allowed for bonus swims

13-14 and Senior 50 Back, 50 Breast, and 50 Fly shall use the corresponding 100 yard event time standards (qualifying and bonus)