

### LONG COURSE STANDARDS

LONG COURSE FEMALE						LONG COURSE MALE						
12&U	13	14	15	16	17&O		17&O	16	15	14	13	12&U
			32.17	32.00	31.58	<b>50 Free</b>	29.42	30.41	30.60			
1:18.00	1:15.00	1:11.39	1:10.89	1:10.28	1:09.68	<b>100 Free</b>	1:05.00	1:06.71	1:07.59	1:08.62	1:13.00	1:19.00
2:52.00	2:45.00	2:36.38	2:34.35	2:32.39	2:30.19	<b>200 Free</b>	2:23.42	2:26.19	2:31.41	2:33.15	2:40.00	2:56.00
6:01.00	5:46.00	5:39.50	5:33.22	5:29.73	5:22.38	<b>400 Free</b>	5:06.57	5:22.93	5:29.53	5:54.50	5:58.00	6:11.00
12:48.00	12:15.00	11:55.29	11:36.38	11:19.70	11:06.53	<b>800 Free</b>	10:37.79	10:55.79	11:14.20	11:59.96	12:28.00	13:03.00
24:24.00	23:29.00	22:14.50	21:54.54	21:42.20	21:13.14	<b>1500 Free</b>	20:23.34	20:55.77	21:32.50	22:59.75	23:54.00	25:09.00
			36.85	36.60	36.39	<b>50 Back</b>	32.49	34.39	35.57			
1:30.00	1:23.00	1:21.23	1:19.12	1:18.38	1:17.65	<b>100 Back</b>	1:10.24	1:14.21	1:16.40	1:23.07	1:27.00	1:33.00
3:12.00	3:01.00	2:56.31	2:51.21	2:47.61	2:43.84	<b>200 Back</b>	2:38.09	2:46.40	2:50.76	2:58.84	3:06.00	3:16.00
			41.61	40.63	39.72	<b>50 Breast</b>	37.00	38.50	39.02			
1:43.00	1:35.00	1:32.50	1:30.28	1:30.00	1:28.79	<b>100 Breast</b>	1:21.45	1:22.57	1:24.93	1:34.53	1:41.00	1:45.00
3:38.00	3:28.00	3:24.11	3:18.84	3:16.50	3:13.13	<b>200 Breast</b>	2:56.24	3:06.69	3:13.56	3:24.25	3:31.00	3:44.00
			34.60	34.25	33.30	<b>50 Fly</b>	31.44	33.06	33.70			
1:36.00	1:26.00	1:24.34	1:19.06	1:18.17	1:15.44	<b>100 Fly</b>	1:09.79	1:11.64	1:13.71	1:19.32	1:32.00	1:44.00
3:18.00	3:05.00	2:59.81	2:55.00	2:53.04	2:47.18	<b>200 Fly</b>	2:38.73	2:46.80	2:58.55	3:08.11	3:18.00	3:38.00
3:13.00	3:04.00	2:59.57	2:58.97	2:54.69	2:50.79	<b>200 IM</b>	2:38.50	2:42.69	2:48.69	2:54.48	3:03.00	3:21.00
6:54.00	6:35.00	6:28.63	6:18.21	6:04.79	5:57.52	<b>400 IM</b>	5:38.63	5:55.39	6:06.40	6:21.89	6:26.00	7:04.00

*Meet Eligibility and Qualifying Times (QT)*

*\*12&U and 13 age categories: 2 QT required (with one QT in a 200m event or longer); permitted to swim 6 events plus relays.*

*\*\*14/15/16/17+ age categories: 1QT permitted to swim 4 events plus relays, 2QT permitted to swim 6 events plus relays.*