



2011-2012 East Coast Championships - FEMALE Qualifying Standards

Short Course						Event	Long Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			30.67	29.84	29.51	50 Free	30.27	30.60	31.44			
			1:07.00	1:04.37	1:03.68	100 Free	1:05.30	1:06.01	1:08.67			
2:45.78	2:33.95	2:27.01	2:23.44	2:20.11	2:18.59	200 Free	2:22.05	2:23.61	2:27.11	2:30.73	2:37.91	2:50.00
5:51.33	5:27.79	5:11.19	5:01.67	4:55.96	4:52.76	400 Free	5:00.22	5:03.50	5:09.33	5:19.10	5:36.16	6:00.24
12:08.92	11:19.30	10:43.73	10:28.11	10:11.80	10:05.19	800 Free	10:20.65	10:27.43	10:44.11	11:00.23	11:36.63	12:27.59
23:50.84	22:13.26	21:03.73	20:32.33	19:59.23	19:46.27	1500 Free	20:19.46	20:32.79	21:03.89	21:36.05	22:47.44	24:27.47
			36.11	34.97	34.59	50 Back	35.46	35.85	37.00			
			1:16.00	1:13.77	1:12.97	100 Back	1:14.81	1:15.63	1:17.89			
			2:43.89	2:39.89	2:38.16	200 Back	2:42.16	2:43.93	2:48.00			
			40.00	38.69	38.27	50 Breast	39.24	39.67	41.00			
			1:26.67	1:24.26	1:23.35	100 Breast	1:25.41	1:26.34	1:28.89			
			3:06.22	3:00.98	2:59.03	200 Breast	3:03.57	3:05.57	3:10.89			
			33.89	32.13	31.78	50 Fly	32.54	32.90	34.67			
			1:12.33	1:10.38	1:09.62	100 Fly	1:11.35	1:12.13	1:14.11			
			2:41.33	2:37.60	2:35.89	200 Fly	2:39.78	2:41.53	2:45.44			
3:08.19	2:56.86	2:49.15	2:44.44	2:39.67	2:37.95	200 IM	2:41.95	2:43.72	2:48.56	2:53.45	3:01.40	3:13.01
6:40.00	6:15.93	5:58.98	5:50.56	5:42.40	5:38.70	400 IM	5:47.35	5:51.15	5:59.44	6:08.14	6:25.47	6:50.24

2011-2012 East Coast Championships - MALE Qualifying Standards

Short Course						Event	Long Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			28.38	27.72	26.81	50 Free	27.46	28.37	29.04			
			1:01.70	1:00.11	58.49	100 Free	1:00.00	1:01.63	1:03.34			
2:49.94	2:35.86	2:23.73	2:14.90	2:11.30	2:07.43	200 Free	2:11.46	2:14.67	2:18.30	2:27.34	2:39.76	2:54.19
5:58.58	5:28.88	5:04.52	4:49.10	4:41.63	4:36.43	400 Free	4:43.46	4:48.80	4:56.44	5:12.32	5:37.28	6:07.74
12:35.61	11:33.02	10:34.46	10:03.84	9:50.33	9:41.84	800 Free	9:56.76	10:05.43	10:15.89	10:50.73	11:50.77	12:54.97
24:03.61	22:24.02	20:34.58	19:30.85	19:08.37	18.44.49	1500 Free	19:03.03	19:37.83	20:00.77	21:06.21	22:37.87	24:40.52
			33.42	32.28	31.68	50 Back	32.43	33.15	34.19			
			1:11.12	1:08.80	1:07.14	100 Back	1:08.86	1:10.54	1:12.88			
			2:31.12	2:28.04	2:25.95	200 Back	2:29.62	2:32.07	2:34.96			
			36.60	35.98	35.57	50 Breast	36.43	36.85	37.48			
			1:20.88	1:18.70	1:15.68	100 Breast	1:17.62	1:20.65	1:22.85			
			2:56.00	2:50.43	2:47.24	200 Breast	2:51.46	2:54.78	3:00.49			
			30.68	30.00	29.19	50 Fly	29.95	30.76	31.45			
			1:07.95	1:06.09	1:04.22	100 Fly	1:05.84	1:07.72	1:09.59			
			2:34.85	2:30.98	2:28.54	200 Fly	2:32.32	2:35.65	2:38.79			
3:13.16	2:57.16	2:43.39	2:34.63	2:30.11	2:26.38	200 IM	2:30.05	2:33.91	2:38.58	2:47.57	3:01.66	3:18.06
6:54.00	6:21.54	5:46.67	5:29.10	5:20.76	5:14.38	400 IM	5:22.38	5:28.91	5:37.42	5:55.48	6:31.24	7:06.58

Swimmers may qualify for East Coast Championships using either short OR long course times.

14&U – Require either a 200 or 400 IM time and a 200, 400, 800, or 1500 Freestyle time to enter the meet. Swimmers may then choose any events up to 6 (six) except for 800 & 1500 free

15& Over – require one qualifying time to compete, then get up to 5 bonus swims excluding the 800/1500 free

All ages - Must attain the QT in 800 or 1500 Freestyle to be eligible to swim the event at East Coast Championships. If attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.