

2013-2014 East Coast Championships - FEMALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			31.44	30.60	30.27	50 Free	29.51	29.84	30.67			
			1:08.67	1:06.01	1:05.30	100 Free	1:03.68	1:04.37	1:07.00			
2:50.00	2:37.91	2:30.73	2:27.11	2:23.61	2:22.05	200 Free	2:18.59	2:20.11	2:23.44	2:27.01	2:33.95	2:45.78
6:00.24	5:36.16	5:19.10	5:09.33	5:03.50	5:00.22	400 Free	4:52.76	4:55.96	5:01.67	5:11.19	5:27.79	5:51.33
12:27.59	11:36.63	11:00.23	10:44.11	10:27.43	10:20.65	800 Free	10:05.19	10:11.80	10:28.11	10:43.73	11:19.30	12:08.92
24:27.47	22:47.44	21:36.05	21:03.89	20:32.79	20:19.46	1500 Free	19:46.27	19:59.23	20:32.33	21:03.73	22:13.26	23:50.84
			37.00	35.85	35.46	50 Back	34.59	34.97	36.11			
			1:17.89	1:15.63	1:14.81	100 Back	1:12.97	1:13.77	1:16.00			
			2:48.00	2:43.93	2:42.16	200 Back	2:38.16	2:39.89	2:43.89			
			41.00	39.67	39.24	50 Breast	38.27	38.69	40.00			
			1:28.89	1:26.34	1:25.41	100 Breast	1:23.35	1:24.26	1:26.67			
			3:10.89	3:05.57	3:03.57	200 Breast	2:59.03	3:00.98	3:06.22			
			34.67	32.90	32.54	50 Fly	31.78	32.13	33.89			
			1:14.11	1:12.13	1:11.35	100 Fly	1:09.62	1:10.38	1:12.33			
			2:45.44	2:41.53	2:39.78	200 Fly	2:35.89	2:37.60	2:41.33			
3:13.01	3:01.40	2:53.45	2:48.56	2:43.72	2:41.95	200 IM	2:37.95	2:39.67	2:44.44	2:49.15	2:56.86	3:08.19
6:50.24	6:25.47	6:08.14	5:59.44	5:51.15	5:47.35	400 IM	5:38.70	5:42.40	5:50.56	5:58.98	6:15.93	6:40.00

2013-2014 East Coast Championships - MALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
			29.04	28.37	27.46	50 Free	26.81	27.72	28.38			
			1:03.34	1:01.63	1:00.00	100 Free	58.49	1:00.11	1:01.70			
2:54.19	2:39.76	2:27.34	2:18.30	2:14.67	2:11.46	200 Free	2:07.43	2:11.30	2:14.90	2:23.73	2:35.86	2:49.94
6:07.74	5:37.28	5:12.32	4:56.44	4:48.80	4:43.46	400 Free	4:36.43	4:41.63	4:49.10	5:04.52	5:28.88	5:58.58
12:54.97	11:50.77	10:50.73	10:15.89	10:05.43	9:56.76	800 Free	9:41.84	9:50.33	10:03.84	10:34.46	11:33.02	12:35.61
24:40.52	22:37.87	21:06.21	20:00.77	19:37.83	19:03.03	1500 Free	18:44.49	19:08.37	19:30.85	20:34.58	22:24.02	24:03.61
			34.19	33.15	32.43	50 Back	31.68	32.28	33.42			
			1:12.88	1:10.54	1:08.86	100 Back	1:07.14	1:08.80	1:11.12			
			2:34.96	2:32.07	2:29.62	200 Back	2:25.95	2:28.04	2:31.12			
			37.48	36.85	36.43	50 Breast	35.57	35.98	36.60			
			1:22.85	1:20.65	1:17.62	100 Breast	1:15.68	1:18.70	1:20.88			
			3:00.49	2:54.78	2:51.46	200 Breast	2:47.24	2:50.43	2:56.00			
			31.45	30.76	29.95	50 Fly	29.19	30.00	30.68			
			1:09.59	1:07.72	1:05.84	100 Fly	1:04.22	1:06.09	1:07.95			
			2:38.79	2:35.65	2:32.32	200 Fly	2:28.54	2:30.98	2:34.85			
3:18.06	3:01.66	2:47.57	2:38.58	2:33.91	2:30.05	200 IM	2:26.38	2:30.11	2:34.63	2:43.39	2:57.16	3:13.16
7:06.58	6:31.24	5:55.48	5:37.42	5:28.91	5:22.38	400 IM	5:14.38	5:20.76	5:29.10	5:46.67	6:21.54	6:54.00

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.