

2018-2019 AA FEMALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
				35.92	35.52	50 Free	34.82	35.21				
				1:17.48	1:16.65	100 Free	1:15.14	1:15.96				
3:22.91	3:08.43	2:59.94	2:52.64	2:48.64	2:46.81	200 Free	2:43.54	2:45.33	2:49.26	2:56.41	3:04.74	3:18.94
7:10.03	6:41.21	6:20.90	6:03.09	5:56.22	5:52.37	400 Free	5:45.46	5:49.23	5:55.97	6:13.43	6:33.35	7:01.60
14:52.20	13:51.46	13:07.93	12:35.99	12:16.36	12:08.41	800 Free	11:54.12	12:01.92	12:21.17	12:52.48	13:35.16	14:34.70
29:11.35	27:11.91	25:46.81	24:43.23	24:03.39	23:47.79	1500 Free	23:19.80	23:35.09	24:14.15	25:16.48	26:39.91	28:37.01
				42.09	41.63	50 Back	40.82	41.26				
				1:28.79	1:27.83	100 Back	1:26.10	1:27.05				
3:48.22	3:33.58	3:23.60	3:16.63	3:12.44	3:10.36	200 Back	3:06.63	3:08.67	3:12.70	3:19.53	3:29.30	3:43.65
				46.57	46.06	50 Breast	45.16	45.65				
				1:41.42	1:40.32	100 Breast	1:38.35	1:39.43				
4:19.60	4:02.94	3:51.72	3:45.23	3:37.83	3:35.48	200 Breast	3:31.26	3:33.56	3:40.73	3:47.09	3:58.08	4:14.40
				38.67	38.25	50 Fly	37.50	37.91				
				1:24.71	1:23.79	100 Fly	1:22.15	1:23.05				
4:19.60	4:02.94	3:27.85	3:18.53	3:09.69	3:07.63	200 Fly	3:03.95	3:05.97	3:13.60	3:23.69	3:58.08	4:14.40
3:54.18	3:36.48	3:27.04	3:17.92	3:12.18	3:10.11	200 IM	3:06.38	3:08.41	3:14.04	3:22.98	3:32.23	3:49.59
8:09.60	7:40.14	7:19.39	7:01.93	6:52.11	6:47.66	400 IM	6:39.67	6:44.03	6:53.66	7:10.78	7:31.12	8:00.00

2018-2019 AA MALE Qualifying Standards												
Long Course						Event	Short Course					
12&-	13	14	15	16	17&+		17&+	16	15	14	13	12&-
				32.52	31.45	50 Free	30.83	31.88				
				1:10.51	1:08.61	100 Free	1:07.26	1:09.13				
3:28.01	3:10.77	2:51.53	2:38.24	2:34.01	2:29.48	200 Free	2:26.54	2:30.99	2:35.13	2:48.16	3:07.03	3:23.93
7:18.90	6:42.55	6:03.41	5:39.11	5:30.35	5:24.25	400 Free	5:17.89	5:23.87	5:32.47	5:56.29	6:34.66	7:10.30
15:24.87	14:08.26	12:37.16	11:48.30	11:32.46	11:22.50	800 Free	11:09.12	11:18.88	11:34.42	12:22.32	13:51.62	15:06.73
29:26.98	27:25.08	24:33.35	22:53.41	22:27.04	21:59.03	1500 Free	21:33.16	22:00.63	22:26.48	24:04.46	26:52.82	28:52.33
				37.86	37.16	50 Back	36.43	37.12				
				1:20.70	1:18.76	100 Back	1:17.21	1:19.12				
3:35.54	3:17.69	3:02.34	2:50.42	2:53.65	2:51.20	200 Back	2:47.84	2:50.25	2:53.79	2:58.69	3:13.74	3:31.23
				42.20	41.72	50 Breast	40.91	41.38				
				1:32.32	1:28.77	100 Breast	1:27.03	1:30.50				
4:05.04	3:44.74	3:27.28	3:13.64	3:19.91	3:16.17	200 Breast	3:12.33	3:15.99	3:18.40	3:23.14	3:40.25	4:00.14
				35.19	34.24	50 Fly	33.57	34.50				
				1:17.52	1:15.33	100 Fly	1:13.85	1:16.00				
4:05.04	3:44.74	3:04.25	2:51.32	2:57.10	2:54.24	200 Fly	2:50.82	2:53.63	2:55.54	3:00.57	3:40.25	4:00.14
3:56.43	3:40.46	3:19.99	3:01.38	2:56.08	2:51.70	200 IM	2:48.34	2:52.63	2:57.82	3:16.07	3:36.14	3:51.79
8:26.74	7:54.79	7:04.32	6:26.03	6:16.25	6:08.77	400 IM	6:01.54	6:08.87	6:18.47	6:56.00	7:45.48	8:16.80

Swimmers may qualify for AA's using either short OR long course times.

15 & U –

Option 1: 200m IM OR 400m IM PLUS any 200m event or longer

Option 2: Any three 200m events or longer

Swimmers may then choose any events up to 6 (six) individual swims

16 & Over – require one qualifying time to compete, then get up to five bonus swims for a total of 6 (six) individual swims

Qualifying period: Times must be achieved on or after February 1st, 2018