

2010-2011 East Coast Championships Qualifying Times

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 or 400 free 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 - if attain the QT in 800 or 1500 then can swim the alternate distance without proof of time.

FEMALE SWIMMERS			Events	MALE SWIMMERS		
15&O	13 - 14	12 & Under		12 & Under	13 - 14	15&O
Lc 30.76 Sc 30.14			50 free			Lc 27.78 Sc 27.22
Lc 1:08.31 sc 1:06.94			100 free			Lc 1:01.10 Sc 59.88
Lc 2:23.94 Sc 2:21.06	Lc 2:32.12 Sc 2:29.08	Lc 2:52.75 Sc 2:49.29	200 free	Lc 3:00.71 Sc 2:57.09	Lc 2:32.81 Sc 2:29.75	Lc 2:12.25 Sc 2:09.60
Lc 5:02.85 Sc 4:56.79	Lc 5:42.92 Sc 5:36.06	Lc 5:50.56 Sc 5:43.74	400 free	Lc 6:00.00 Sc 5:52.80	Lc 5:25.40 Sc 5:18.89	Lc 4:38.21 Sc 4:32.64
Lc 10:27.26 Sc 10:14.72	Lc 11:28.50 Sc 11:15.00	Lc 11:59.71 Sc 11:45.60	800 free	Lc 11:49.92 Sc 11:36.00	Lc 10:56.55 Sc 10:42.50	Lc 9:52.20 Sc 9:40.32
Lc 20:05.21 Sc 19:41.10	Lc 22:41.34 Sc 21:48.50	Lc 24:34.20 Sc 23:37.50	1500 free	Lc 23:24.54 Sc 22:30.00	Lc 21:36.84 Sc 20:46.50	Lc 18:42.60 Sc 18:20.58
Lc 37.74 Sc 36.98			50 back			Lc 32.60 Sc 31.95
Lc 1:19.80 Sc 1:18.21			100 back			Lc 1:09.93 Sc 1:08.56
Lc 2:57.74 Sc 2:53.85			200 back			Lc 2:32.49 Sc 2:29.44
Lc 41.66 Sc 41.24			50 breast			Lc 36.09 Sc 35.63
Lc 1:29.88 Sc 1:28.08			100 breast			Lc 1:18.87 Sc 1:17.30
Lc 3:20.56 Sc 3:16.55			200 breast			Lc 2:58.24 Sc 2:54.67
Lc 34.65 Sc 33.95			50 fly			Lc 31.05 Sc 30.42
Lc 1:16.13 Sc 1:14.61			100 fly			Lc 1:08.22 Sc 1:06.86
Lc 2:58.27 Sc 2:54.70			200 fly			Lc 2:47.07 Sc 2:43.73
Lc 2:44.28 Sc 2:40.99	Lc 2:50.40 Sc 2:46.99	Lc 3:16.74 Sc 3:12.80	200 IM	Lc 3:22.61 Sc 3:18.56	Lc 2:52.90 Sc 2:49.44	Lc 2:45.44 Sc 2:42.13
Lc 5:43.87 Sc 5:36.99	Lc 6:33.75 Sc 6:25.88	Lc 6:44.95 Sc 6:36.85	400 IM	Lc 6:49.96 Sc 6:41.76	Lc 6:35.09 Sc 6:27.19	Lc 5:24.18 Sc 5:17.69