



**Potomac Valley Swimming**  
**2025 Short Course 14 & Under**  
**Championships Qualifying Standards**

<b>Girls LCM</b>	<b>Girls SCY</b>	<b>10 &amp;U</b>	<b>Boys SCY</b>	<b>Boys LCM</b>
37.29	32.69	<b>50 Free</b>	32.59	37.19
1:22.79	1:12.29	<b>100 Free</b>	1:11.99	1:22.69
2:59.99	2:36.99	<b>200 Free</b>	2:35.59	2:59.99
6:37.19	6:59.99	<b>500 Free</b>	6:59.99	6:26.39
43.99	<b>38.49</b>	<b>50 Back</b>	38.49	44.29
1:36.29	1:22.49	<b>100 Back</b>	1:22.49	1:37.59
49.59	<b>43.59</b>	<b>50 Breast</b>	43.59	50.39
1:48.49	<b>1:33.89</b>	<b>100 Breast</b>	<b>1:33.89</b>	1:50.09
42.69	<b>37.39</b>	<b>50 Fly</b>	37.39	42.79
1:44.19	<b>1:30.99</b>	<b>100 Fly</b>	1:30.99	1:47.59
NT	1:22.09	<b>100 IM</b>	1:21.79	NT
3:30.19	2:57.99	<b>200 IM</b>	2:57.99	3:31.29
2:35.89	2:14.79	<b>200 Free</b>	2:14.39	2:38.19
		<b>Relay</b>		
3:00.79	2:35.99	<b>200 Medley</b>	2:35.99	3:00.79
		<b>Relay</b>		



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<b>Girls LCM</b>	<b>Girls SCY</b>	<b>11-12</b>	<b>Boys SCY</b>	<b>Boys LCM</b>
32.79	28.39	<b>50 Free</b>	28.39	32.59
1:10.99	1:01.49	<b>100 Free</b>	1:02.39	1:10.19
2:35.89	2:15.99	<b>200 Free</b>	2:14.99	2:39.19
5:28.39	5:55.99	<b>500 Free</b>	5:55.99	5:28.69
38.79	32.89	<b>50 Back</b>	33.09	39.19
1:22.49	1:10.99	<b>100 Back</b>	1:10.99	1:22.99
2:51.69	2:31.39	<b>12 and U 200 Back</b>	2:32.69	2:53.79
42.99	37.59	<b>50 Breast</b>	37.59	44.09
1:32.59	1:21.19	<b>100 Breast</b>	1:21.59	1:34.59
3:23.59	2:54.09	<b>12 and U 200 Breast</b>	2:53.69	3:23.59
36.89	31.29	<b>50 Fly</b>	31.89	36.79
1:23.99	1:11.99	<b>100 Fly</b>	1:12.29	1:25.89
3:10.19	2:48.99	<b>12 and U 200 Fly</b>	2:43.99	3:12.09
NT	1:11.19	<b>100 IM</b>	1:11.29	NT
2:59.59	2:33.19	<b>200 IM</b>	2:33.39	2:59.59
2:15.59	1:56.99	<b>200 Free Relay</b>	1:55.99	2:15.59
4:49.29	4:15.99	<b>400 Free Relay</b>	4:15.99	4:49.29
2:23.49	2:12.99	<b>200 Medley Relay</b>	2:12.99	2:25.49
5:38.99	4:40.99	<b>400 Medley Relay</b>	4:50.99	5:40.09



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Girls LCM	Girls SCY	13-14	Boys SCY	Boys LCM
30.59	26.39	<b>50 Free</b>	24.89	28.99
1:04.89	57.69	<b>100 Free</b>	53.99	1:02.99
2:20.49	2:04.09	<b>200 Free</b>	1:56.99	2:15.49
5:01.69	5:28.79	<b>500 Free</b>	5:13.69	4:57.39
<b>10:36.99*</b>	<b>11:39.99*</b>	<b>14 and U</b> <b>1000 Free</b>	<b>11:09.99*</b>	<b>10:20.19*</b>
<b>20:59.99*</b>	<b>19:49.99*</b>	<b>14 and U</b> <b>1650 Free</b>	<b>18:49.99*</b>	<b>19:46.09*</b>
1:15.49	1:04.99	<b>100 Back</b>	1:02.19	1:14.29
2:43.29	2:17.99	<b>200 Back</b>	2:11.99	2:35.99
1:26.59	1:14.49	<b>100 Breast</b>	1:09.79	1:23.49
3:08.09	2:39.99	<b>200 Breast</b>	2:31.39	2:59.69
1:13.99	1:04.59	<b>100 Fly</b>	1:00.99	1:10.99
2:55.29	2:27.99	<b>200 Fly</b>	2:17.99	2:47.59
2:44.99	2:19.99	<b>200 IM</b>	2:12.49	2:38.19
5:49.59	5:00.99	<b>400 IM</b>	4:43.99	5:27.09
2:09.89	1:50.99	<b>200 Free</b> <b>Relay</b>	1:44.99	2:04.29
4:42.49	4:05.99	<b>400 Free</b> <b>Relay</b>	3:49.79	4:28.69
10:45.19	8:59.99	<b>800 Free</b> <b>Relay</b>	8:59.99	10:45.19
5:21.99	4:30.99	<b>400 Medley</b> <b>Relay</b>	4:12.99	5:17.49

\*: Any swimmer who qualifies for the 1000y and/or 1650y freestyle events may enter at their fastest time or at the Time Standard, if entered in two or more events on the day of the distance freestyle.