



Potomac Valley Swimming

2025 Short Course Junior & Senior Championships Qualifying Standards



Women					Men			
Junior		Senior *			Senior *		Junior	
LCM (JR)	SCY (JR)	LCM (SR)	SCY (SR)	Event	SCY (SR)	LCM (SR)	SCY (JR)	LCM (JR)
30.59	26.39	28.59	25.39	50 free	22.69	25.99	23.69	27.39
1:04.89	56.99	1:01.89	54.99	100 free	49.29	56.29	50.99	59.99
2:20.49	2:03.69	2:13.29	1:58.29	200 free	1:48.09	2:03.19	1:53.09	2:09.29
4:56.49	5:28.79	4:41.99	5:14.99	400/500 free	4:51.99	4:20.19	5:02.99	4:35.49
10:21.99	11:29.99	9:37.79	10:59.99	800/1000 free	10:08.99	9:02.59	10:43.99	9:40.99
20:11.59	19:49.99	18:26.59	18:21.99	1500/1650 free	17:20.99	17:45.69	18:22.79	18:59.99
Must meet qualifying time in the 100 back				50 back	Must meet qualifying time in the 100 back			
1:15.49	1:04.99	1:09.39	1:01.09	100 back	55.39	1:04.79	58.79	1:09.99
2:43.29	2:17.99	2:29.79	2:12.29	200 back	2:01.79	2:19.79	2:09.99	2:30.69
Must meet qualifying time in the 100 breast				50 breast	Must meet qualifying time in the 100 breast			
1:26.59	1:14.49	1:20.49	1:10.99	100 breast	1:02.99	1:13.19	1:07.09	1:17.99
3:08.09	2:39.99	2:50.09	2:31.99	200 breast	2:17.59	2:37.29	2:26.99	2:48.39
Must meet qualifying time in the 100 fly				50 fly	Must meet qualifying time in the 100 fly			
1:13.99	1:04.59	1:08.19	1:00.99	100 fly	54.49	1:02.09	57.59	1:06.49
2:55.29	2:27.99	2:33.49	2:16.29	200 fly	2:03.39	2:18.29	2:13.09	2:38.99
2:44.79	2:19.99	2:32.59	2:14.09	200 IM	2:01.99	2:20.29	2:06.99	2:28.99
5:48.49	4:59.99	5:26.49	4:46.99	400 IM	4:22.99	4:59.99	4:35.29	5:24.59
	1:50.99		1:48.99	200 free relay	1:36.99		1:42.99	
	4:00.99		3:50.99	400 free relay	3:31.99		3:44.99	
	8:50.99		8:20.99	800 free relay	7:30.99		8:00.99	
	4:30.99 **		4:20.99**	200 medley relay	3:55.99 **		4:12.99 **	
	4:30.99		4:20.99	400 medley relay	3:55.99		4:12.99	
Qualifying times must be achieved after February 25, 2023								
* Senior qualifying times are 'no faster than' standard for Junior Champ entry								
** 200 medley relays must use 400 medley relay times to qualify								
bonus events are allowed in senior & junior champs if a NST time is not available for an event in either meet:								
Swimmers making one (1) qualifying time will be permitted to enter three (3) bonus events.								
Swimmers making two (2) qualifying times will be permitted to enter two (2) bonus events.								
Swimmers making three (3) or more qualifying times will be permitted to enter one (1) bonus event.								
There shall be no bonus swims for the 800 freestyle or 1500 freestyle except for the following condition: any swimmer achieving a qualifying time in the 800 freestyle or 1500 freestyle may select the other distance event as one of his/her allowable bonus events.								