



POTOMAC VALLEY
SWIMMING

2024

13 & over Long Course Championships

13-14 Year Old Events

GIRLS		EVENT	BOYS	
SCY	LCM		LCM	SCY
25.89	30.69	13-14 50 m Freestyle	28.69	24.59
56.79	1:05.79	13-14 100 m Freestyle	1:02.99	52.99
2:02.09	2:22.39	13-14 200 m Freestyle	2:14.99	1:54.99
5:24.79	5:01.69	13-14 400 m Freestyle	4:49.99	5:09.69
11:29.99	10:36.99	13-14 800 m Freestyle	10:20.19	10:50.99
19:19.99	20:59.99	13-14 1500 m Freestyle	19:46.09	18:19.99
1:03.99	1:16.69	13-14 100 m Backstroke	1:13.79	1:01.19
2:15.99	2:44.09	13-14 200 m Backstroke	2:35.99	2:09.99
1:13.49	1:28.39	13-14 100 m Breaststroke	1:23.39	1:08.79
2:37.99	3:08.69	13-14 200 m Breaststroke	2:59.09	2:29.39
1:03.59	1:14.39	13-14 100 m Butterfly	1:10.49	59.99
2:25.99	2:56.69	13-14 200 m Butterfly	2:47.09	2:15.99
2:17.99	2:44.79	13-14 200 m Individual Medley	2:37.69	2:10.49
4:55.99	5:48.49	13-14 400 m Individual Medley	5:28.79	4:39.99
	2:10.99	13-14 200 m Freestyle Relay	2:04.29	
	4:40.99	13-14 400 m Freestyle Relay	4:28.69	
	10:00.99	13-14 800 m Freestyle Relay	9:45.99	
	5:25.99	13-14 200 m Medley Relay*	5:15.99	
	5:25.99	13-14 400 m Medley Relay	5:15.99	

*200 m Medley Relay: use 400 m Medley Relay Times



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15 & Over Events								
GIRLS				EVENT	BOYS			
NFT SCY	NST SCY	NFT LCM	NST LCM		NST LCM	NFT LCM	NST SCY	NFT SCY
25.10	25.99	29.00	30.59	15 & Over 50 m Freestyle	27.39	25.80	22.99	22.50
54.10	55.99	1:02.60	1:05.79	15 & Over 100 m Freestyle	59.99	56.70	50.59	49.00
1:57.00	2:02.69	2:13.40	2:22.39	15 & Over 200 m Freestyle	2:09.28	2:03.50	1:51.09	1:47.00
5:12.80	5:22.99	4:45.70	4:56.49	15 & Over 400 m Freestyle	4:35.49	4:23.80	4:59.09	4:49.40
10:51.00	11:15.09	9:41.00	10:21.99	15 & Over 800 m Freestyle	9:40.99	9:07.40	10:20.09	10:05.00
17:50.00	18:50.09	18:30.00	20:20.49	15 & Over 1500 m Freestyle	19:42.99	17:26.00	17:29.19	16:56.00
1:00.10	1:03.99	1:09.60	1:16.69	15 & Over 100 m Backstroke	1:09.99	1:03.80	57.29	54.90
2:11.30	2:17.99	2:29.20	2:44.09	15 & Over 200 m Backstroke	2:30.69	2:16.80	2:07.99	2:00.80
1:09.60	1:14.99	1:21.00	1:27.39	15 & Over 100 m Breaststroke	1:17.99	1:11.70	1:05.09	1:01.90
2:30.60	2:38.49	2:55.40	3:08.39	15 & Over 200 m Breaststroke	2:48.39	2:35.00	2:24.09	2:16.60
1:00.00	1:03.99	1:08.00	1:14.19	15 & Over 100 m Butterfly	1:06.49	1:01.20	56.99	54.30
2:14.60	2:28.09	2:34.10	2:55.69	15 & Over 200 m Butterfly	2:38.99	2:19.10	2:11.09	2:02.70
2:12.70	2:20.79	2:32.50	2:44.79	15 & Over 200 m Individual Medley	2:28.99	2:19.10	2:04.99	2:01.30
4:42.40	4:50.59	5:26.00	5:48.49	15 & Over 400 m Individual Medley	5:24.59	5:00.00	4:30.29	4:19.20