



Potomac Valley Swimming
2024 Short Course Junior & Senior
Championships Qualifying Standards

Women				Event	Men			
Junior		Senior *			Senior *		Junior	
LCM (JR)	SCY (JR)	LCM (SR)	SCY (SR)	SCY (SR)	LCM (SR)	SCY (JR)	LCM (JR)	
30.39	26.39	28.59	25.39	50 free	22.69	25.99	23.69	27.39
1:05.79	56.99	1:01.89	54.99	100 free	49.19	56.29	51.59	59.99
2:22.39	2:03.69	2:13.29	1:57.99	200 free	1:47.99	2:03.19	1:53.09	2:09.29
4:56.49	5:27.99	4:41.99	5:14.99	400/500 free	4:51.99	4:20.19	5:02.99	4:35.49
10:21.99	11:41.99	9:37.79	10:56.99	800/1000 free	10:08.99	9:02.59	10:43.99	9:42.99
20:25.49	19:49.99	18:26.59	18:21.99	1500/1650 free	17:20.99	17:45.69	18:25.99	19:42.99
1:16.69	1:04.99	1:09.39	1:01.09	100 back	55.39	1:04.79	58.79	1:09.99
2:44.09	2:18.99	2:29.79	2:12.09	200 back	2:01.79	2:19.79	2:09.99	2:30.69
1:27.39	1:14.99	1:20.49	1:10.99	100 breast	1:02.99	1:13.19	1:07.09	1:17.99
3:08.39	2:39.99	2:50.09	2:31.29	200 breast	2:17.59	2:37.29	2:26.99	2:48.39
1:13.99	1:04.59	1:08.19	1:00.99	100 fly	54.49	1:02.09	57.59	1:06.49
2:53.59	2:27.99	2:33.49	2:16.09	200 fly	2:03.39	2:18.29	2:13.09	2:38.99
2:44.79	2:19.79	2:32.59	2:14.09	200 IM	2:01.99	2:20.29	2:06.99	2:28.99
5:52.59	4:59.99	5:26.49	4:46.99	400 IM	4:22.99	4:59.99	4:35.29	5:24.59
	1:54.99		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	
	4:40.99**		4:20.99**	200 medley relay	3:55.99 **		4:17.99 **	
	4:40.99		4:20.99	400 medley relay	3:55.99		4:17.99	

Qualifying times must be achieved after February 27, 2022

* Senior qualifying times are 'no faster than' (NFT) standard for Junior Champ entry

** 200 medley relays must use 400 medley relay times to qualify

Bonus events are allowed in senior or junior champs:

- Swimmers making one (1) qualifying time will be permitted to enter one (1) 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 1000 freestyle or 1650 freestyle except for the following condition: any swimmer achieving a qualifying time in the 1000 freestyle or 1650 freestyle may select the other distance event as one of his/her allowable bonus events.