



POTOMAC VALLEY
SWIMMING

2025 LC OPEN CHAMPIONSHIPS QUALIFYING TIMES

Girls

Boys

Junior #		Senior		EVENT	Senior		Junior #	
NST SCY	NST LCM	SCY	LCM		LCM	SCY	NST LCM	NST SCY
25.89	30.49	25.09	28.59	50 m Freestyle	25.99	22.49	27.39	22.99
55.99	1:05.79	54.09	1:01.89	100 m Freestyle	56.29	48.99	59.99	50.59
2:02.09	2:22.39	1:56.99	2:13.29	200 m Freestyle	2:03.19	1:46.99	2:09.29	1:51.09
5:22.99	4:56.49	5:12.79	4:41.99	400 m Freestyle	4:20.19	4:49.39	4:35.49	4:59.09
11:15.0	10:21.9	10:50.9	9:37.79	800 m Freestyle	9:02.59	10:04.9	9:40.99	10:20.0
18:50.0	20:20.4	17:49.9	18:26.5	1500 m Freestyle	17:25.9	16:55.9	18:59.9	17:29.1
1:03.99	1:16.69	1:00.09	1:09.39	100 m Backstroke	1:03.79	54.89	1:09.99	57.29
2:15.99	2:44.09	2:11.29	2:29.79	200 m Backstroke	2:16.79	2:00.79	2:30.69	2:07.99
1:13.49	1:27.39	1:09.59	1:20.49	100 m Breaststroke	1:11.69	1:01.89	1:17.99	1:05.09
2:37.99	3:08.39	2:30.59	2:50.09	200 m Breaststroke	2:34.99	2:16.59	2:48.39	2:24.09
1:03.59	1:14.19	59.99	1:08.19	100 m Butterfly	1:01.19	54.29	1:06.49	56.99
2:25.99	2:54.99	2:14.59	2:33.49	200 m Butterfly	2:18.29	2:02.69	2:38.99	2:11.09
2:17.99	2:44.59	2:12.69	2:32.59	200 m Indiv Medley	2:19.09	2:01.29	2:28.99	2:04.99
4:50.59	5:48.49	4:42.39	5:26.49	400 m Indiv Medley	4:59.99	4:19.09	5:24.59	4:30.29
		1:48.88	1:59.99	200 m Freestyle	1:50.99	1:36.99		
		3:50.99	4:10.09	400 m Freestyle	3:50.99	3:31.99		
		8:20.99	9:00.09	800 m Freestyle	8:30.09	7:30.99		
		4:20.99	4:50.09	200 m Medley Relay*	4:20.99	3:55.99		
		4:20.99	4:50.09	400 m Medley Relay	4:20.99	3:55.99		

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

Junior Champ No Faster Than (NFT) times are equal to .01 seconds slower than the Senior Champ Qualifying Time