



**POTOMAC VALLEY**  
SWIMMING

**PVS 2023 LC 13 & Over CHAMPIONSHIPS QUALIFYING TIMES**

**13-14 Year Old Events**

GIRLS		EVENT	BOYS	
SCY	LCM		LCM	SCY
26.09	30.69	13-14 50 m Freestyle	28.69	24.59
57.39	1:04.89	13-14 100 m Freestyle	1:02.99	53.69
2:03.69	2:20.79	13-14 200 m Freestyle	2:14.99	1:56.69
5:27.69	5:00.49	13-14 400 m Freestyle	4:52.99	5:13.29
11:39.99	10:36.99	13-14 800 m Freestyle	10:36.99	11:08.99
19:38.99	20:59.99	13-14 1500 m Freestyle	21:31.99	18:48.99
1:04.39	1:15.99	13-14 100 m Backstroke	1:13.79	1:01.69
2:17.59	2:43.89	13-14 200 m Backstroke	2:35.99	2:11.49
1:13.99	1:27.39	13-14 100 m Breaststroke	1:23.39	1:09.59
2:38.99	3:08.29	13-14 200 m Breaststroke	2:59.09	2:30.79
1:03.99	1:14.39	13-14 100 m Butterfly	1:10.49	1:00.49
2:26.99	2:55.69	13-14 200 m Butterfly	2:47.09	2:16.99
2:19.59	2:44.59	13-14 200 m Individual Medley	2:37.69	2:11.99
4:59.99	5:48.49	13-14 400 m Individual Medley	5:28.79	4:43.59
	2:10.99	13-14 200 m Freestyle Relay	2:05.99	
	4:40.99	13-14 400 m Freestyle Relay	4:30.99	
	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



**PVS 2023 LC 13 & Over CHAMPIONSHIPS QUALIFYING TIMES**

**15 & Over Events**

GIRLS				EVENT	BOYS			
NFT SCY	NST SCY	NFT LCM	NST LCM		NST LCM	NFT LCM	NST SCY	NFT SCY
25.10	25.59	28.50	30.39	15 & Over 50 m Freestyle	27.39	25.70	22.99	22.50
53.90	55.09	1:01.60	1:05.79	15 & Over 100 m Freestyle	59.99	56.30	50.59	49.00
1:56.00	1:58.99	2:11.40	2:22.39	15 & Over 200 m Freestyle	2:09.28	2:01.50	1:48.29	1:46.50
5:10.80	5:16.79	4:39.70	4:56.49	15 & Over 400 m Freestyle	4:35.49	4:19.80	4:55.79	4:49.40
10:42.00	10:55.59	9:33.00	10:21.99	15 & Over 800 m Freestyle	9:42.99	9:02.40	10:14.49	10:02.00
17:50.00	18:24.49	18:20.10	20:25.49	15 & Over 1500 m Freestyle	19:42.99	17:21.00	17:05.99	16:46.00
59.90	1:01.49	1:08.60	1:16.69	15 & Over 100 m Backstroke	1:09.99	1:02.80	56.29	54.90
2:09.50	2:12.49	2:27.20	2:44.09	15 & Over 200 m Backstroke	2:30.69	2:15.80	2:02.59	1:59.00
1:08.80	1:12.19	1:19.00	1:27.39	15 & Over 100 m Breaststroke	1:17.99	1:10.70	1:02.99	1:01.90
2:30.00	2:34.39	2:50.40	3:08.39	15 & Over 200 m Breaststroke	2:48.39	2:34.00	2:16.99	2:15.60
58.90	1:00.49	1:07.00	1:13.99	15 & Over 100 m Butterfly	1:06.49	1:00.20	54.39	53.30
2:13.10	2:15.59	2:31.10	2:53.59	15 & Over 200 m Butterfly	2:38.99	2:17.30	2:04.19	2:01.70
2:12.70	2:14.99	2:30.50	2:44.79	15 & Over 200 m Individual Medley	2:28.99	2:18.10	2:02.99	2:00.30
4:39.40	4:47.39	5:21.00	5:52.59	15 & Over 400 m Individual Medley	5:24.59	4:52.90	4:23.49	4:18.10
		2:00.00	2:10.99	15 & Over 200 m Freestyle Relay	2:05.99	1:50.10		
		9:20.10	10:00.99	15 & Over 800 m Freestyle Relay	9:45.99	8:40.10		
		4:13.10	4:40.99	15 & Over 400 m Freestyle Relay	4:30.99	3:54.00		
		5:05.10	5:25.99	15 & Over 200 m Medley Relay*	5:15.99	4:23.00		
		5:05.10	5:25.99	15 & Over 400 m Medley Relay	5:15.99	4:23.00		

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