

**MARYLAND SWIMMING**  
**2026 MARYLAND LSC LONG COURSE CHAMPIONSHIPS**  
**2026 QUALIFYING TIMES**

EVENT	9 & 10 BOYS		11 & 12 BOYS		13 & 14 BOYS		15 & O BOYS	
	Junior Champs Qualifying Time	Champs Qualifying Time	Junior Champs Qualifying Time	Champs Qualifying Time	Junior Champs Qualifying Time	Champs Qualifying Time	Junior Champs Qualifying Time	Champs Qualifying Time
		Junior Champs slower than		Junior Champs slower than		Junior Champs slower than		Junior Champs slower than
<b>50 FREE</b>	43.89	35.19	37.39	31.79	34.29	28.49	32.89	26.29
<b>100 FREE</b>	1:40.99	1:19.09	1:22.09	1:10.29	1:15.09	1:02.29	1:11.79	57.39
<b>200 FREE</b>	3:36.69	2:51.89	2:59.19	2:33.39	2:43.99	2:17.49	2:36.59	2:06.29
<b>400 FREE</b>	7:38.29	5:59.59	6:21.09	5:21.89	5:48.39	4:52.99	5:34.09	4:31.39
<b>800 FREE</b>						10:05.99		9:27.29
<b>1500 FREE</b>						19:15.89		18:19.89
<b>50 BACK</b>	55.39	42.99	44.49	37.69	39.49	33.99	37.79	30.79
<b>100 BACK</b>	1:56.69	1:31.69	1:37.19	1:22.09	1:23.69	1:11.39	1:19.39	1:06.49
<b>200 BACK</b>			3:22.99	2:53.79	3:01.79	2:33.59	2:52.29	2:22.69
<b>50 BREAST</b>	1:00.89	48.19	49.79	41.99	43.99	37.39	41.79	33.89
<b>100 BREAST</b>	2:12.89	1:44.69	1:47.79	1:31.69	1:33.79	1:19.59	1:29.49	1:15.59
<b>200 BREAST</b>			3:47.89	3:17.09	3:22.79	2:55.79	3:14.49	2:42.89
<b>50 FLY</b>	52.29	40.89	41.99	35.89	37.29	31.69	35.69	27.99
<b>100 FLY</b>	2:09.49	1:36.09	1:35.09	1:20.39	1:20.29	1:08.99	1:16.79	1:02.49
<b>200 FLY</b>			3:24.79	2:53.59	2:59.69	2:33.29	2:51.69	2:22.89
<b>200 IM</b>	4:09.49	3:16.89	3:24.39	2:52.49	3:02.89	2:35.39	2:56.19	2:24.09
<b>400 IM</b>			7:17.89	6:11.49	6:30.69	5:33.29	6:14.69	5:10.99

No swimmer may swim the same individual event at the Championship and Junior Championship Meets.  
Swimmers may only swim the event at one Championship Meet.

**MARYLAND SWIMMING**  
**2026 MARYLAND LSC LONG COURSE CHAMPIONSHIPS**  
**2026 QUALIFYING TIMES**

EVENT	9 & 10 GIRLS		11 & 12 GIRLS		13 & 14 GIRLS		15 & O GIRLS	
	Junior Champs Qualifying Time	Champs Qualifying Time	Junior Champs Qualifying Time	Champs Qualifying Time	Junior Champs Qualifying Time	Champs Qualifying Time	Junior Champs Qualifying Time	Champs Qualifying Time
		Junior Champs slower than		Junior Champs slower than		Junior Champs slower than		Junior Champs slower than
<b>50 FREE</b>	45.29	35.19	38.49	31.69	37.19	30.09	36.09	29.19
<b>100 FREE</b>	1:44.09	1:21.19	1:25.59	1:10.09	1:21.19	1:05.49	1:18.39	1:03.79
<b>200 FREE</b>	3:50.99	2:57.49	3:06.39	2:32.39	2:55.29	2:22.79	2:49.19	2:17.59
<b>400 FREE</b>	7:48.59	6:05.89	6:32.89	5:23.29	6:08.09	5:01.69	5:55.19	4:53.19
<b>800 FREE</b>						10:20.99		9:59.99
<b>1500 FREE</b>						19:48.09		19:36.29
<b>50 BACK</b>	55.79	43.39	44.79	37.19	42.59	35.99	41.19	33.79
<b>100 BACK</b>	2:01.59	1:33.09	1:40.59	1:20.79	1:29.69	1:15.59	1:26.89	1:12.79
<b>200 BACK</b>			3:28.09	2:54.29	3:13.29	2:41.99	3:06.79	2:35.49
<b>50 BREAST</b>	1:02.19	48.09	49.79	42.09	47.79	39.19	46.19	38.39
<b>100 BREAST</b>	2:19.39	1:46.49	1:50.39	1:32.79	1:42.39	1:26.39	1:13.59	1:23.09
<b>200 BREAST</b>			3:56.79	3:21.09	3:40.29	3:06.89	3:32.49	2:57.99
<b>50 FLY</b>	54.49	41.49	41.79	34.99	39.99	33.09	38.99	30.89
<b>100 FLY</b>	2:12.79	1:36.79	1:38.29	1:21.89	1:27.19	1:13.99	1:24.29	1:10.79
<b>200 FLY</b>			3:31.09	2:59.29	3:15.69	2:42.29	3:07.79	2:35.59
<b>200 IM</b>	4:15.69	3:17.59	3:30.59	2:51.69	3:17.19	2:41.29	3:11.19	2:37.19
<b>400 IM</b>			7:28.89	6:10.99	6:57.99	5:47.69	6:44.59	5:35.09

No swimmer may swim the same individual event at the Championship and Junior Championship Meets.  
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