



2025-2028
Oklahoma Swimming
11-over State Meet Qualifying Times

LCM	SCM	SCY	11-12	SCY	SCM	LCM
35.19	34.59	31.09	50 Free	31.69	35.39	36.49
1:16.99	1:15.79	1:08.19	100 Free	1:11.59	1:19.49	1:21.99
2:50.29	2:46.79	2:30.69	200 Free	2:40.49	2:57.79	3:03.29
6:02.09	5:49.29	6:42.79	500/400 Free	7:12.99	6:20.09	6:28.29
41.49	39.99	36.19	50 Back	39.09	43.39	45.69
1:30.19	1:27.39	1:18.79	100 Back	1:23.89	1:32.49	1:37.39
3:24.79	3:19.49	2:59.69	200 Back	3:00.59	3:20.29	3:27.19
46.79	46.19	41.59	50 Breast	43.89	48.59	50.79
1:45.09	1:40.99	1:31.09	100 Breast	1:38.49	1:49.29	1:53.59
3:43.89	3:41.09	3:19.89	200 Breast	3:20.39	3:42.29	3:50.69
40.69	39.59	35.69	50 Fly	38.99	43.49	44.59
1:35.79	1:34.29	1:24.99	100 Fly	1:29.19	1:39.29	1:41.59
3:26.19	3:24.99	3:03.79	200 Fly	2:59.99	3:20.19	3:25.49
3:17.09	3:11.89	2:52.99	200 IM	3:01.29	3:21.39	3:28.99
7:13.99	7:01.99	6:20.19	400 IM	6:13.99	6:55.49	7:12.39
2:39.39	2:35.29	2:20.49	200 Free Relay	2:16.39	2:30.79	2:35.69
2:59.69	2:55.19	2:48.79	200 Med. Relay	2:38.19	2:54.89	3:00.49
5:50.19	5:34.99	5:03.19	400 Free Relay	4:57.49	5:28.79	5:38.69



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LCM	SCM	SCY	13-14	SCY	SCM	LCM
32.64	32.19	28.89	50 Free	26.89	30.09	30.79
1:10.49	1:09.19	1:02.29	100 Free	58.69	1:05.19	1:07.79
2:35.19	2:31.99	2:17.59	200 Free	2:12.39	2:26.59	2:31.19
5:41.89	5:29.69	6:20.19	500/400 Free	6:07.39	5:22.49	5:29.49
11:58.49	11:44.09	13:31.99	1000/800 Free	12:56.99	11:13.79	11:36.79
22:53.09	22:15.19	22:32.59	1650/1500 Free	21:29.59	21:12.99	22:02.59
1:21.79	1:19.39	1:11.49	100 Back	1:09.09	1:16.69	1:20.79
2:57.79	2:53.29	2:35.99	200 Back	2:32.49	2:49.09	2:55.39
1:35.49	1:33.39	1:23.99	100 Breast	1:20.39	1:29.19	1:32.79
3:25.19	3:22.59	3:02.19	200 Breast	2:54.49	3:13.59	3:20.89
1:24.09	1:22.89	1:14.69	100 Fly	1:10.09	1:18.09	1:19.79
3:14.79	3:12.79	2:53.59	200 Fly	2:47.49	3:06.49	3:11.19
2:59.59	2:54.89	2:36.69	200 IM	2:27.29	2:43.59	2:49.79
6:32.89	6:21.99	5:44.29	400 IM	5:35.29	6:12.39	6:27.49
2:32.79	2:29.59	2:15.59	200 Free Relay	2:05.19	2:17.99	2:21.69
2:46.59	2:30.79	2:24.49	200 Med Relay	2:14.29	2:28.49	2:35.09
6:13.29	6:00.59	5:26.29	200 Med Relay * using a 400 MR time as a QT	5:03.49	5:35.49	5:48.39
5:34.99	5:25.09	4:54.19	400 Free Relay	4:33.19	5:01.99	5:13.89

The 13-14 200 MR can qualify using either the 200 MR or the 400 MR.

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2025-2028
Oklahoma Swimming
11-over State Meet Qualifying Times

LCM	SCM	SCY	15-over	SCY	SCM	LCM
33.79	32.09	29.49	50 Free	26.39	29.59	30.19
1:13.49	1:11.39	1:03.99	100 Free	57.89	1:04.49	1:06.89
2:38.29	2:33.79	2:18.69	200 Free	2:06.79	2:20.89	2:26.09
5:32.89	5:25.59	6:11.99	500/400 Free	5:44.09	5:02.79	5:09.89
11:28.39	11:13.89	12:49.99	1000/800 Free	11:57.79	10:28.19	10:50.09
22:02.19	21:18.69	21:26.19	1650/1500 Free	20:02.89	19:55.89	20:33.99
1:21.09	1:17.39	1:09.39	100 Back	1:03.19	1:10.19	1:14.39
2:54.99	2:48.39	2:31.39	200 Back	2:17.49	2:33.79	2:41.39
1:32.39	1:29.19	1:19.69	100 Breast	1:11.09	1:19.59	1:23.49
3:20.49	3:13.09	2:52.79	200 Breast	2:36.19	2:53.09	3:01.39
1:19.29	1:17.29	1:09.39	100 Fly	1:02.69	1:10.09	1:11.79
2:53.99	2:51.09	2:33.49	200 Fly	2:20.49	2:35.39	2:39.99
2:58.19	2:52.59	2:34.89	200 IM	2:20.89	2:36.69	2:43.99
6:18.79	6:06.89	5:30.49	400 IM	5:03.69	5:37.69	5:47.29
2:27.89	2:26.89	2:10.69	200 Free Relay	1:39.19	1:52.39	1:53.39
2:42.89	2:27.69	2:21.29	200 Med Relay	2:07.49	2:12.19	2:28.09
5:55.59	5:44.29	5:11.49	200 Med Relay * using a 400 MR time as a QT	4:10.29	4:38.09	4:49.39
5:19.09	5:15.29	4:54.79	400 Free Relay	3:42.39	4:09.49	4:13.29

The 15-over 200 MR can qualify using either the 200 MR or the 400 MR.