

2025-2028
Oklahoma Swimming
Regional Meet Qualifying Times

Girls			Boys			
LCM	SCM	SCY	10-under	SCY	SCM	LCM
1:09.99	59.79	53.79	50 Free	58.59	1:03.69	1:04.99
2:19.09	2:16.39	2:02.89	100 Free	2:07.69	2:21.79	2:24.59
4:30.59	4:26.39	4:05.99	200 Free	4:07.99	4:28.69	4:32.79
1:12.29	1:10.89	1:03.89	50 Back	1:07.59	1:14.99	1:16.49
2:42.69	2:39.49	2:23.69	100 Back	2:29.89	2:46.29	2:49.69
1:23.89	1:22.19	1:14.09	50 Breast	1:20.89	1:27.99	1:29.79
3:03.59	2:59.99	3:01.89	100 Breast	2:54.59	3:07.89	3:11.69
1:18.79	1:17.19	1:12.29	50 Fly	1:11.39	1:17.59	1:19.19
3:11.19	3:07.39	2:55.29	100 Fly	2:55.29	3:03.59	3:07.29
5:04.99	5:00.19	4:36.39	200 IM	4:34.79	4:58.39	5:03.19

Girls			Boys			
LCM	SCM	SCY	11-12	SCY	SCM	LCM
53.69	50.59	45.59	50 Free	46.19	51.29	52.29
2:04.09	1:51.59	1:39.49	100 Free	1:46.99	1:58.79	2:01.19
3:54.29	3:50.89	3:33.99	200 Free	3:36.69	3:53.99	3:57.49
7:18.49	7:09.09	8:00.99	400/500 Free	8:30.39	7:34.69	7:44.69
1:02.59	1:01.39	55.29	50 Back	58.49	1:04.89	1:06.19
2:09.79	2:07.29	1:54.69	100 Back	2:07.89	2:19.09	2:21.89
1:10.99	1:09.59	1:02.69	50 Breast	1:03.79	1:13.49	1:14.89
2:34.79	2:31.79	2:16.79	100 Breast	2:29.99	2:36.09	2:39.29
59.29	58.19	52.39	50 Fly	56.99	1:02.69	1:03.99
2:25.79	2:22.99	2:08.79	100 Fly	2:09.19	2:19.69	2:22.49
4:09.99	4:06.29	3:47.89	200 IM	4:00.69	4:20.59	4:24.59

Girls			Boys			
LCM	SCM	SCY	13-14	SCY	SCM	LCM
52.79	49.59	44.59	50 Free	41.09	45.59	49.19
1:54.29	1:46.69	1:36.19	100 Free	1:29.29	1:39.19	1:47.29
3:44.39	3:40.19	3:37.49	200 Free	3:15.69	3:29.89	3:35.19
7:12.99	7:04.59	7:52.39	400/500 Free	7:33.19	6:47.79	6:57.99
2:06.49	2:02.99	1:53.19	100 Back	1:55.59	1:55.39	2:00.89
4:01.29	3:56.29	3:39.59	200 Back	3:29.79	3:45.49	3:54.09
2:24.59	2:19.39	2:15.79	100 Breast	2:03.39	2:09.49	2:12.19
4:27.99	4:19.69	4:00.69	200 Breast	3:49.39	4:07.09	4:17.19
2:03.79	2:01.79	1:55.79	100 Fly	1:47.29	1:52.99	1:55.49
4:02.29	3:57.89	3:40.99	200 Fly	3:31.99	3:47.89	3:51.99
4:05.69	4:00.09	3:42.99	200 IM	3:31.99	3:47.89	3:55.99
8:01.09	7:50.39	7:24.29	400 IM	6:55.49	7:29.69	7:43.19

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Girls				Boys		
LCM	SCM	SCY	15-19	SCY	SCM	LCM
51.79	49.39	45.59	50 Free	40.09	44.39	46.79
1:51.59	1:46.59	1:36.79	100 Free	1:23.39	1:33.29	1:42.59
3:39.49	3:35.99	3:21.19	200 Free	3:07.29	3:20.89	3:28.59
7:04.69	6:59.39	7:46.29	400/500 Free	7:08.69	6:31.99	6:44.39
2:04.09	1:59.59	1:48.19	100 Back	1:39.19	1:49.79	1:54.79
3:57.99	3:52.19	3:35.89	200 Back	3:23.39	3:38.39	3:43.89
2:20.99	2:15.89	2:03.49	100 Breast	1:51.69	2:03.79	2:09.59
4:21.19	4:14.89	3:56.39	200 Breast	3:42.59	3:59.69	4:08.79
2:00.59	1:59.09	1:47.19	100 Fly	1:31.59	1:44.99	1:50.09
3:56.19	3:52.89	3:36.49	200 Fly	3:24.49	3:39.69	3:43.19
4:01.09	3:55.99	3:39.29	200 IM	3:22.69	3:38.09	3:48.89
7:49.79	7:40.99	7:05.69	400 IM	6:41.79	7:14.59	7:24.39

