

SWIMMING QUALIFICATION CRITERIA SUMMARY

2017-2020

CARIFTA/CCCAN

- Age Group 11-12 (First Year):
 1. The 10th place median final time at CARIFTA from the period 2013-2016
Or
 2. 1 AA time
- Age Group 11-12 (Second Year) through 15-17:
 3. The 9th place median final time at CARIFTA from the period 2013-2016
Or
 4. Two AA times
Or
 5. One AAA time
- Age Group 18 and over for CCCAN:
 6. The 9th place final time from the previous year CCCAN until such time that 4 consecutive CCCANs have been completed and the median for a 4 year period can be used (CCCAN previously took place every other year, but from 2018 has been merged with CISC and will take place every year);
Or
 7. Two AA times
Or
 8. One AAA time
- Times to be considered for Carifta & CCCAN 2019 must have been achieved between Carifta of the previous year and the end of the qualifying period in the current year, which is determined by the event summons.

GASA APPROVED QUALIFYING STANDARDS FOR CARIFTA AND CCCAN 2018-2020 AGE 11-17

Carifta 10th Place Qualifying Times 1st Year 11-12

11-12 Girls				11-12 Boys		
LCM	SCM	SCY		LCM	SCM	SCY
0:30.15	0:29.35	0:26.44	50 M Free	0:28.79	0:27.99	0:25.21
1:06.36	1:04.76	0:58.34	100 M Free	1:03.33	1:01.73	0:55.61
2:25.79	2:22.59	2:08.45	200 M Free	2:20.67	2:17.47	2:03.84
5:07.70	5:01.30	5:44.76	400 M / 500Y Free	5:06.54	5:00.14	5:43.46
			800 M / 1000 Y Free			
			1500 M / 1650 Y Free			
0:34.98	0:34.38	0:30.97	50 M Back	0:33.93	0:33.33	0:30.02
1:18.08	1:16.88	1:09.26	100 M Back	1:15.63	1:14.43	1:07.05
2:48.17	2:45.77	2:29.34	200 M Back	2:44.31	2:41.91	2:25.86
0:40.15	0:39.15	0:35.27	50 M Breast	0:38.28	0:37.27	0:33.58
1:28.06	1:26.06	1:17.53	100 M Breast	1:24.41	1:22.41	1:14.24
3:10.29	3:06.29	2:47.82	200 M Breast	3:05.94	3:01.94	2:43.90
0:32.58	0:31.88	0:28.72	50 M Fly	0:31.74	0:31.04	0:27.96
1:15.24	1:13.83	1:06.52	100 M Fly	1:11.46	1:10.06	1:03.11
3:04.89	3:02.09	2:44.04	200 M Fly	3:06.96	3:04.16	2:45.90
2:47.80	2:44.60	2:28.28	200 M IM	2:40.87	2:37.67	2:22.04
6:09.32	6:02.92	5:26.95	400 M IM	5:55.37	5:48.97	5:14.38

Carifta 9th Place Qualifying Times 2nd Year 11-12 and Above

11-12 Girls				11-12 Boys		
LCM	SCM	SCY		LCM	SCM	SCY
0:29.94	0:29.14	0:26.25	50 M Free	0:28.64	0:27.84	0:25.08
1:06.07	1:04.47	0:58.08	100 M Free	1:02.98	1:01.38	0:55.29
2:24.48	2:21.28	2:07.27	200 M Free	2:19.69	2:16.49	2:02.96
5:06.29	4:59.89	5:43.18	400 M / 500Y Free	5:02.57	4:56.17	5:39.01
			800 M / 1000 Y Free			
			1500 M / 1650 Y Free			
0:34.71	0:34.11	0:30.72	50 M Back	0:33.58	0:32.98	0:29.71
1:17.49	1:16.29	1:08.72	100 M Back	1:14.46	1:13.26	1:06.00
2:46.70	2:44.30	2:28.01	200 M Back	2:42.13	2:39.73	2:23.90
0:39.82	0:38.82	0:34.97	50 M Breast	0:37.82	0:36.82	0:33.17
1:27.02	1:25.02	1:16.59	100 M Breast	1:24.12	1:22.12	1:13.98
3:09.56	3:05.56	2:47.17	200 M Breast	3:03.84	2:59.84	2:42.01
0:32.51	0:31.80	0:28.65	50 M Fly	0:31.47	0:30.76	0:27.72
1:14.88	1:13.47	1:06.19	100 M Fly	1:11.17	1:09.76	1:02.85
3:03.62	3:00.82	2:42.90	200 M Fly	3:01.43	2:58.62	2:40.92
2:47.42	2:44.22	2:27.94	200 M IM	2:39.97	2:36.77	2:21.23
6:00.76	5:54.36	5:19.24	400 M IM	5:53.75	5:47.35	5:12.92

Carifta 9th Place Qualifying Times 2nd Year 11-12 and Above

13-14 Girls				13-14 Boys		
LCM	SCM	SCY		LCM	SCM	SCY
0:28.69	0:27.89	0:25.12	50 M Free	0:25.95	0:25.15	0:22.65
1:02.79	1:01.19	0:55.12	100 M Free	0:57.23	0:55.63	0:50.11
2:19.08	2:15.88	2:02.41	200 M Free	2:07.63	2:04.43	1:52.09
4:53.12	4:46.72	5:28.42	400 M / 500Y Free	4:31.20	4:24.80	5:03.86
10:14.61	10:01.81	11:28.63	800 M / 1000 Y Free			
			1500 M / 1650 Y Free	18:27.17	18:03.17	18:05.46
0:33.42	0:32.82	0:29.56	50 M Back	0:30.71	0:30.10	0:27.12
1:13.74	1:12.54	1:05.35	100 M Back	1:07.77	1:06.57	0:59.97
2:39.80	2:37.40	2:21.80	200 M Back	2:27.90	2:25.50	2:11.08
0:37.79	0:36.79	0:33.14	50 M Breast	0:33.57	0:32.57	0:29.34
1:24.36	1:22.36	1:14.19	100 M Breast	1:14.44	1:12.44	1:05.26
3:02.11	2:58.11	2:40.45	200 M Breast	2:45.95	2:41.95	2:25.90
0:30.93	0:30.23	0:27.23	50 M Fly	0:28.10	0:27.40	0:24.68
1:11.38	1:09.97	1:03.04	100 M Fly	1:02.78	1:01.37	0:55.29
2:55.11	2:52.31	2:35.23	200 M Fly	2:30.63	2:27.83	2:13.18
2:40.18	2:36.98	2:21.42	200 M IM	2:26.45	2:23.25	2:09.05
5:46.56	5:40.16	5:06.45	400 M IM	5:14.93	5:08.53	4:37.95

15-17 Girls

15-17 Boys

LCM	SCM	SCY		LCM	SCM	SCY
0:28.44	0:27.24	0:24.54	50 M Free	0:24.79	0:23.99	0:21.61
1:02.28	1:00.68	0:54.66	100 M Free	0:54.78	0:53.18	0:47.90
2:15.06	2:11.86	1:58.79	200 M Free	2:02.61	1:59.41	1:47.57
4:54.98	4:48.58	5:30.50	400 M / 500Y Free	4:23.73	4:17.33	4:55.49
10:01.52	9:48.72	11:13.97	800 M / 1000 Y Free			
			1500 M / 1650 Y Free	17:58.43	17:34.43	17:37.28
0:33.09	0:32.49	0:29.27	50 M Back	0:29.40	0:28.80	0:25.94
1:12.76	1:11.56	1:04.46	100 M Back	1:04.48	1:03.28	0:57.00
2:39.66	2:37.26	2:21.67	200 M Back	2:22.21	2:19.81	2:05.95
0:37.82	0:36.82	0:33.17	50 M Breast	0:32.16	0:31.16	0:28.07
1:23.44	1:21.44	1:13.36	100 M Breast	1:11.86	1:09.86	1:02.93
3:04.23	3:00.23	2:42.36	200 M Breast	2:39.59	2:35.59	2:20.17
0:30.69	0:29.99	0:27.01	50 M Fly	0:26.69	0:25.99	0:23.41
1:09.56	1:08.15	1:01.40	100 M Fly	0:59.57	0:58.17	0:52.40
2:49.68	2:46.87	2:30.34	200 M Fly	2:19.59	2:16.78	2:03.23
2:38.00	2:34.80	2:19.45	200 M IM	2:19.97	2:16.77	2:03.21
5:37.23	5:30.83	4:58.04	400 M IM	5:04.56	4:58.16	4:28.61

GASA APPROVED QUALIFYING STANDARDS FOR CCCAN 2018 AGE 18&O

CCCAN 9th Place Qualifying Times 18&Over

18&O Girls				18&O Boys		
LCM	SCM	SCY		LCM	SCM	SCY
0:28.57	0:27.77	0:25.01	50 M Free	0:24.31	0:23.51	0:21.18
1:01.93	1:00.33	0:54.35	100 M Free	0:53.35	0:51.75	0:46.62
2:15.70	2:12.50	1:59.36	200 M Free	1:59.67	1:56.47	1:44.92
5:13.97	5:07.57	5:51.78	400 M / 500Y Free	4:20.27	4:13.87	4:51.61
11:17.38	11:04.58	12:38.96	800 M / 1000 Y Free			
			1500 M / 1650 Y Free	19:52.56	19:28.56	19:29.17
0:34.10	0:33.50	0:30.18	50 M Back	0:30.03	0:29.43	0:26.51
1:11.79	1:10.59	1:03.59	100 M Back	1:09.00	1:07.80	1:01.08
2:56.20	2:53.80	2:36.57	200 M Back	2:24.86	2:22.46	2:08.34
0:36.27	0:35.27	0:31.77	50 M Breast	0:30.06	0:29.06	0:26.18
1:27.20	1:25.20	1:16.75	100 M Breast	1:07.83	1:05.83	0:59.30
3:15.50	3:11.50	2:52.52	200 M Breast	2:35.01	2:31.00	2:16.04
0:30.72	0:30.01	0:27.04	50 M Fly	0:26.12	0:25.42	0:22.90
1:08.09	1:06.68	1:00.08	100 M Fly	0:58.98	0:57.58	0:51.87
3:04.73	3:01.93	2:43.90	200 M Fly	2:16.93	2:14.12	2:00.83
2:54.97	2:51.77	2:34.74	200 M IM	2:18.32	2:15.12	2:01.72
5:38.64	5:32.24	4:59.31	400 M IM	4:56.38	4:49.98	4:21.24

2017-2020 National Age Group Motivational Times – AA & AAA

SCM		SCY		LCM			SCM		SCY		LCM	
AA	AAA	AA	AAA	AA	AAA		AAA	AA	AAA	AA	AAA	
11-12 Girls		11-12 Girls		11-12 Girls			11-12 Boys		11-12 Boys		11-12 Boys	
30.89	29.59	27.89	26.79	31.79	30.49	50 M Free	28.29	29.59	25.59	26.79	29.39	30.69
1:06.79	1:03.89	1:00.49	57.79	1:09.39	1:06.39	100 M Free	1:01.69	1:04.49	55.79	58.29	1:03.99	1:06.99
2:26.29	2:19.99	2:12.39	2:06.69	2:30.79	2:24.19	200 M Free	2:15.19	2:21.29	2:02.39	2:07.89	2:19.79	2:26.19
5:08.49	4:55.09	5:52.49	5:37.09	5:15.39	5:01.69	400 M Free	4:46.89	4:59.99	5:27.89	5:42.79	4:55.09	5:08.49
10:38.49	10:10.69	12:09.49	11:37.79	11:02.79	10:33.99	800 M Free	9:59.99	10:27.29	11:25.59	11:56.79	10:22.09	10:50.39
20:20.09	19:26.99	20:27.19	19:33.89	21:09.79	20:14.59	1500 M Free	19:01.89	19:53.79	19:08.59	20:00.79	19:49.19	20:43.29
0:34.79	0:33.29	0:31.49	0:30.09	0:36.39	0:34.79	50 M Back	0:32.49	0:34.09	0:29.39	0:30.89	0:34.09	0:35.79
1:15.59	1:11.89	1:08.39	1:05.09	1:19.39	1:15.49	100 M Back	1:09.39	1:12.99	1:02.79	1:06.09	1:13.89	1:17.69
2:40.29	2:33.39	2:25.09	2:18.79	2:48.19	2:40.89	200 M Back	2:29.89	2:36.69	2:15.69	2:21.79	2:37.79	2:44.99
0:39.09	0:37.39	0:35.39	0:33.89	0:40.19	0:38.49	50 M Breast	0:36.19	0:38.09	0:32.79	0:34.49	0:37.69	0:39.59
1:24.99	1:21.19	1:16.99	1:13.49	1:29.29	1:25.29	100 M Breast	1:18.79	1:22.69	1:11.29	1:14.89	1:22.19	1:26.29
3:04.39	2:56.39	2:46.89	2:39.59	3:11.19	3:02.79	200 M Breast	2:49.29	2:56.99	2:33.19	2:40.09	2:56.59	3:04.59
0:33.39	0:31.89	0:30.19	0:28.89	0:33.89	0:32.49	50 M Fly	0:31.19	0:32.79	0:28.19	0:29.69	0:31.99	0:33.69
1:15.19	1:11.49	1:08.09	1:04.69	1:16.99	1:13.19	100 M Fly	1:09.39	1:13.19	1:02.79	1:06.19	1:10.89	1:14.69
2:44.19	2:36.99	2:28.59	2:22.09	2:48.29	2:40.99	200 M Fly	2:33.29	2:40.29	2:18.79	2:25.09	2:38.79	2:45.99
1:16.59	1:13.29	1:09.29	1:06.29			100 M IM	1:09.89	1:13.19	1:03.29	1:06.19		
2:43.99	2:36.89	2:28.49	2:21.99	2:49.39	2:42.09	200 M IM	2:31.99	2:39.39	2:17.49	2:24.19	2:38.49	2:46.19
5:48.69	5:33.59	5:15.59	5:01.89	6:01.19	5:45.49	400 M IM	5:23.89	5:38.69	4:53.19	5:06.49	5:37.99	5:53.39
13-14 Girls		13-14 Girls		13-14 Girls			13-14 Boys		13-14 Boys		13-14 Boys	
29.59	28.39	26.79	25.69	30.69	29.29	50 M Free	26.09	27.29	23.59	24.69	27.09	28.29
1:04.29	1:01.49	58.19	55.69	1:06.69	1:03.79	100 M Free	56.99	59.59	51.59	53.89	59.29	1:01.99
2:18.99	2:12.99	2:05.79	2:00.39	2:23.89	2:17.59	200 M Free	2:04.19	2:09.79	1:52.39	1:57.49	2:08.89	2:14.79
4:54.29	4:41.49	5:36.29	5:21.69	5:01.59	4:48.49	400 M Free	4:25.89	4:37.89	5:03.79	5:17.59	4:34.29	4:46.69
10:05.29	9:38.99	11:31.59	11:01.59	10:20.99	9:53.99	800 M Free	9:10.89	9:35.99	10:29.49	10:58.09	9:30.29	9:56.29
19:06.19	18:16.29	19:12.89	18:22.79	19:48.09	18:56.49	1500 M Free	17:25.89	18:13.39	17:31.99	18:19.79	18:09.39	18:58.89
0:32.26	0:31.02	0:29.19	0:28.01	0:33.87	0:32.58	50 M Back	0:29.31	0:30.54	0:26.49	0:27.66	0:30.58	0:31.92
1:10.09	1:06.99	1:03.39	1:00.59	1:13.89	1:10.69	100 M Back	1:02.59	1:05.39	0:56.59	0:59.19	1:06.29	1:09.29
2:31.89	2:25.29	2:17.39	2:11.49	2:38.69	2:31.79	200 M Back	2:16.39	2:22.59	2:03.49	2:09.09	2:23.59	2:30.09
0:37.02	0:35.46	0:33.51	0:32.14	0:37.80	0:36.28	50 M Breast	0:32.47	0:34.04	0:29.43	0:30.81	0:34.20	0:35.74
1:20.49	1:16.99	1:12.89	1:09.69	1:23.99	1:20.39	100 M Breast	1:10.69	1:13.89	1:03.99	1:06.89	1:14.59	1:17.89
2:54.29	2:46.69	2:37.69	2:30.89	3:01.89	2:53.99	200 M Breast	2:34.89	2:41.89	2:20.09	2:26.49	2:42.09	2:49.49
0:30.99	0:29.79	0:28.02	0:27.01	0:31.56	0:30.45	50 M Fly	0:27.86	0:29.07	0:25.18	0:26.33	0:28.83	0:30.13
1:09.79	1:06.79	1:03.19	1:00.49	1:11.69	1:08.59	100 M Fly	1:01.99	1:04.89	0:56.09	0:58.69	1:03.89	1:06.79
2:34.39	2:27.69	2:19.69	2:13.59	2:38.79	2:31.89	200 M Fly	2:17.49	2:23.69	2:04.39	2:10.09	2:23.19	2:29.69
2:35.59	2:28.89	2:20.89	2:14.69	2:42.19	2:35.19	200 M IM	2:18.89	2:25.19	2:05.69	2:11.39	2:25.59	2:32.19
5:31.99	5:17.59	5:00.49	4:47.39	5:42.89	5:27.99	400 M IM	4:56.79	5:10.29	4:28.59	4:40.79	5:08.59	5:22.59
15-16 Girls		15-16 Girls		15-16 Girls			15-16 Boys		15-16 Boys		15-16 Boys	
29.09	27.89	26.39	25.19	29.89	28.59	50 M Free	25.09	26.19	22.69	23.69	25.59	26.79
1:03.19	1:00.39	57.19	54.69	1:05.09	1:02.29	100 M Free	54.59	57.09	49.39	51.69	56.79	59.39
2:16.09	2:10.09	2:03.09	1:57.79	2:20.39	2:14.29	200 M Free	1:59.29	2:04.69	1:47.89	1:52.79	2:03.69	2:09.29
4:48.09	4:35.49	5:29.09	5:14.79	4:54.49	4:41.69	400 M Free	4:16.19	4:27.89	4:52.79	5:06.09	4:22.19	4:34.19
9:56.09	9:30.19	11:21.19	10:51.59	10:08.99	9:42.49	800 M Free	8:51.59	9:15.69	10:07.39	10:34.99	9:10.39	9:35.39
18:51.19	18:01.99	18:57.79	18:08.39	19:29.59	18:38.79	1500 M Free	16:51.89	17:37.89	16:57.79	17:44.09	17:24.19	18:11.69
0:31.52	0:30.33	0:28.54	0:27.41	0:33.23	0:31.98	50 M Back	0:27.81	0:29.00	0:25.18	0:26.26	0:29.15	0:30.45
1:08.49	1:05.49	1:01.99	0:59.29	1:12.49	1:09.39	100 M Back	0:59.39	1:02.09	0:53.79	0:56.19	1:03.19	1:06.09
2:28.99	2:22.49	2:14.79	2:08.99	2:35.29	2:28.59	200 M Back	2:10.09	2:15.99	1:57.79	2:03.09	2:16.49	2:22.69
0:36.28	0:34.77	0:32.82	0:31.49	0:36.81	0:35.29	50 M Breast	0:30.95	0:32.47	0:28.05	0:29.38	0:32.37	0:33.85
1:18.89	1:15.49	1:11.39	1:08.29	1:21.79	1:18.19	100 M Breast	1:07.39	1:10.49	1:00.99	1:03.79	1:10.59	1:13.79
2:50.79	2:43.39	2:34.59	2:27.89	2:57.69	2:49.89	200 M Breast	2:26.49	2:33.09	2:12.59	2:18.59	2:34.39	2:41.39
0:30.37	0:29.17	0:27.44	0:26.43	0:30.94	0:29.87	50 M Fly	0:26.65	0:27.77	0:24.10	0:25.16	0:27.43	0:28.68
1:08.39	1:05.39	1:01.89	0:59.19	1:10.29	1:07.29	100 M Fly	0:59.29	1:01.99	0:53.69	0:56.09	1:00.79	1:03.59
2:31.39	2:24.79	2:16.99	2:10.99	2:34.59	2:27.89	200 M Fly	2:11.49	2:17.49	1:58.99	2:04.39	2:15.69	2:21.89
2:32.69	2:25.99	2:18.19	2:12.09	2:38.99	2:32.09	200 M IM	2:12.59	2:18.69	1:59.99	2:05.49	2:18.79	2:25.09
5:24.59	5:10.49	4:53.69	4:40.99	5:35.09	5:20.49	400 M IM	4:45.69	4:58.69	4:18.59	4:30.29	4:53.89	5:07.29
17-18 Girls		17-18 Girls		17-18 Girls			17-18 Boys		17-18 Boys		17-18 Boys	
28.59	27.29	25.89	24.69	29.69	28.39	50 M Free	24.29	25.39	21.99	22.99	25.49	26.69
1:01.89	59.19	55.99	53.59	1:04.59	1:01.79	100 M Free	53.29	55.69	48.29	50.39	55.89	58.39
2:14.89	2:08.99	2:02.09	1:56.79	2:19.29	2:13.19	200 M Free	1:56.89	2:02.19	1:45.79	1:50.59	2:02.59	2:08.19
4:46.89	4:34.49	5:27.89	5:13.59	4:54.49	4:41.69	400 M Free	4:11.49	4:22.89	4:47.39	5:00.39	4:20.79	4:32.59
9:53.89	9:28.09	11:18.69	10:49.19	10:06.29	9:39.99	800 M Free	8:47.79	9:11.69	10:02.99	10:30.39	8:59.09	9:23.59
18:45.59	17:56.69	18:52.19	18:02.99	19:25.19	18:34.49	1500 M Free	16:34.59	17:19.79	16:40.39	17:25.89	17:14.19	18:01.19
0:31.11	0:29.96	0:28.17	0:27.04	0:32.95	0:31.70	50 M Back	0:26.92	0:28.07	0:24.38	0:25.42	0:28.65	0:29.89
1:07.59	1:04.69	1:01.19	0:58.49	1:11.89	1:08.79	100 M Back	0:57.49	1:00.09	0:52.09	0:54.39	1:02.09	1:04.89
2:26.39	2:19.99	2:12.49	2:06.69	2:34.49	2:27.79	200 M Back	2:06.89	2:12.69	1:54.89	2:00.09	2:14.39	2:20.49
0:35.87	0:34.35	0:32.45	0:31.12	0:36.00	0:34.71	50 M Breast	0:30.26	0:31.73	0:27.41	0:28.73	0:31.40	0:32.79
1:17.99	1:14.59	1:10.59	1:07.49	1:21.79	1:18.19	100 M Breast	1:05.89	1:08.89	0:59.59	1:02.39	1:09.59	1:12.69
2:47.89	2:40.59	2:31.89	2:25.29	2:55.09	2:47.49	200 M Breast	2:23.79	2:30.29	2:10.09	2:15.99	2:31.99	2:38.89
0:29.88	0:28.72	0:27.00	0:26.03	0:30.59	0:29.52	50 M Fly	0:25.71	0:26.79	0:23.25	0:24.26	0:26.98	0:28.19
1:07.29	1:04.39	1:00.89	0:58.29	1:09.49	1:06.49	100 M Fly	0:57.19	0:59.79	0:51.79	0:54.09	0:59.79	1:02.49
2:29.19	2:22.69	2:14.99	2:09.19	2:34.29	2:27.59	200 M Fly	2:08.99	2:14.89	1:56.69	2:02.09	2:13.29	2:19.29
2:30.39	2:23.79	2:16.09	2:10.19	2:36.59	2:29.79	200 M IM	2:10.39	2:16.29	1:57.99	2:03.29	2:16.79	2:22.99
5:20.29	5:06.39	4:49.89	4:37.29	5:32.89	5:18.39	400 M IM	4:38.69	4:51.29	4:12.19	4:23.69	4:50.89	5:04.09

