



HAC Regional Qualifier Upper Limit Times

Times must be no faster than these Short Course (25m) times. We will be accepting Long Course (50m) converted times.

Open/male	10	11	12	13	14	15	16	17+
50 Free	32.00	29.60	27.50	25.80	24.70	24.00	23.60	23.40
100 Free	1:10.30	1:05.20	1:00.33	56.30	54.80	52.10	52.00	50.80
200 Free	2:33.60	2:21.80	2:11.66	2:03.20	1:59.50	1:55.10	1:52.60	1:52.00
400 Free	5:22.70	5:00.80	4:42.50	4:21.40	4:15.00	4:05.00	4:02.20	3:57.90
800m Free	10:29.10	10:24.10	9:48.60	9:36.60	9:19.30	9:11.30	9:00.00	8:43.00
1500m Free	20:08.00	20:08.00	20:08.00	18:41.80	17:56.00	17:38.00	17:24.00	16:50.40
50 Back	36.80	34.00	31.70	29.50	28.10	27.20	26.50	25.90
100 Back	1:20.00	1:13.60	1:08.60	1:03.40	1:00.80	58.50	57.60	56.20
200 Back	2:51.10	2:38.20	2:26.20	2:18.00	2:12.00	2:08.20	2:05.50	2:01.60
50 Fly	36.00	33.00	30.30	28.00	27.20	26.00	25.60	25.20
100 Fly	1:23.30	1:15.20	1:07.90	1:02.00	1:00.40	58.00	56.50	56.20
200 Fly	3:13.30	2:54.50	2:32.36	2:21.80	2:15.80	2:09.60	2:06.80	2:05.50
50 Breast	42.60	38.50	35.50	32.60	31.70	30.70	30.00	29.00
100 Breast	1:32.60	1:25.40	1:17.40	1:10.80	1:09.30	1:07.00	1:05.70	1:03.60
200 Breast	3:21.20	3:03.30	2:48.70	2:33.20	2:30.50	2:25.90	2:23.40	2:19.10
200 IM	2:55.40	2:42.40	2:29.60	2:18.70	2:15.00	2:09.80	2:07.00	2:05.60
400 IM	6:10.00	5:46.30	5:21.90	4:57.70	4:48.80	4:37.00	4:33.30	4:29.00

Female	10	11	12	13	14	15	16	17+
50 Free	31.40	30.00	28.80	27.60	27.20	26.80	26.40	26.40
100 Free	1:09.00	1:05.70	1:02.70	59.80	59.00	58.00	57.40	56.60
200 Free	2:33.40	2:23.00	2:15.60	2:10.30	2:08.20	2:05.80	2:04.80	2:03.00
400 Free	5:26.40	5:00.90	4:48.10	4:34.30	4:30.50	4:24.70	4:23.00	4:19.50
800 Free	10:29.10	10:20.80	10:14.60	9:47.30	9:34.10	9:30.50	9:28.00	9:25.00
1500m Free	20:20.00	20:20.00	20:20.00	19:27.00	18:28.80	17:51.00	17:45.00	17:20.00
50 Back	36.20	34.20	32.50	31.00	30.20	30.00	29.30	29.40
100 Back	1:18.50	1:13.40	1:09.40	1:06.80	1:04.60	1:04.50	1:02.50	1:02.50
200 Back	2:47.70	2:37.00	2:31.30	2:23.80	2:20.60	2:20.30	2:15.20	2:15.20
50 Fly	35.20	32.90	31.40	29.90	29.10	28.80	28.50	28.00
100 Fly	1:22.40	1:14.80	1:10.40	1:06.10	1:05.00	1:03.60	1:03.50	1:02.20
200 Fly	3:11.10	2:51.80	2:36.40	2:29.20	2:24.00	2:21.40	2:21.40	2:17.80
50 Breast	41.60	38.80	37.00	34.70	33.90	33.60	33.40	32.90
100 Breast	1:32.10	1:24.90	1:20.30	1:15.60	1:13.90	1:12.50	1:11.90	1:11.90
200 Breast	3:16.40	3:03.00	2:52.70	2:43.80	2:41.20	2:37.10	2:35.80	2:35.60
200 IM	2:56.00	2:41.60	2:33.20	2:26.60	2:24.50	2:21.70	2:19.20	2:19.20
400 IM	6:19.70	5:46.40	5:25.40	5:09.00	5:09.60	4:59.90	4:55.70	4:55.70