



POTOMAC VALLEY SWIMMING

**Potomac Valley 2026 Long Course
14 & Under Age Group Championships
July 16th - 17th & 19th - 20th, 2026 at University of Maryland**

GIRLS SCY	GIRLS LCM	10&U	BOYS LCM	BOYS SCY
30.39	37.79	50 FR	37.59	29.99
1:07.69	1:24.99	100 FR	1:23.99	1:07.09
2:29.29	3:00.99	200 FR	3:00.99	2:24.09
6:29.99	6:36.09	400 FR	6:36.09	6:22.79
35.39	44.79	50 BK	45.29	35.69
1:15.59	1:37.69	100 BK	1:36.99	1:16.09
40.09	51.79	50 BR	53.59	39.39
1:27.89	1:51.59	100 BR	1:53.59	1:26.69
34.59	44.09	50 FL	44.99	33.89
1:19.59	1:49.29	100 FL	1:51.59	1:19.09
2:46.09	3:30.29	200 IM	3:31.09	2:44.59
	2:46.99	200 Free Relay	2:46.99	
	3:10.99	200 Medley Relay	3:14.99	

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GIRLS SCY	GIRLS LCM	11-12	BOYS LCM	BOYS SCY
27.09	32.79	50 FR	32.19	26.19
57.79	1:10.59	100 FR	1:10.89	57.39
2:08.19	2:35.79	200 FR	2:33.49	2:04.89
5:38.49	5:26.79	400 FR	5:26.69	5:34.29
11:49.29	11:14.89	800 FR	11:14.89	11:34.19
19:44.39	21:49.99	1500 FR	21:49.99	19:13.19
31.09	39.19	50 BK	38.99	30.49
1:07.29	1:22.89	100 BK	1:22.89	1:05.59
2:22.99	2:57.99	200 BK	2:57.99	2:20.19
34.59	44.19	50 BR	44.69	33.79
1:15.09	1:35.79	100 BR	1:35.69	1:13.29
2:42.19	3:22.39	200 BR	3:26.39	2:38.49
29.69	36.49	50 FL	36.19	29.09
1:06.29	1:24.19	100 FL	1:24.19	1:04.59
2:25.39	3:10.49	200 FL	3:08.49	2:22.39
2:24.39	2:56.89	200 IM	2:54.39	2:21.79
5:15.59	6:23.09	400 IM	6:18.09	5:06.49
	2:20.99	200 Free Relay	2:20.99	
	4:56.99	400 Free Relay	4:54.99	
	2:49.99	200 Medley Relay	2:49.99	
	5:30.99	400 Medley Relay	5:30.99	

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GIRLS SCY	GIRLS LCM	13-14	BOYS LCM	BOYS SCY
25.89	30.49	50 FR	28.69	24.59
56.79	1:05.59	100 FR	1:02.49	52.99
2:02.09	2:22.39	200 FR	2:14.99	1:54.99
5:24.79	5:01.69	400 FR	4:42.09	5:09.69
11:29.99	10:29.99	800 FR	9:59.99	10:50.99
19:19.99	20:39.99	1500 FR	19:46.09	18:19.99
1:04.99	1:15.29	50 BK	1:12.69	1:02.19
1:04.99	1:15.29	100 BK	1:12.69	1:02.19
2:15.99	2:41.19	200 BK	2:33.99	2:09.99
1:14.49	1:27.69	50 BR	1:22.19	1:09.79
1:14.49	1:27.69	100 BR	1:22.19	1:09.79
2:37.99	3:07.19	200 BR	2:58.69	2:29.39
1:04.59	1:14.19	50 FL	1:10.29	1:00.69
1:04.59	1:14.19	100 FL	1:10.29	1:00.69
2:25.99	2:54.49	200 FL	2:44.89	2:15.99
2:17.99	2:41.89	200 IM	2:33.59	2:10.49
4:55.99	5:48.49	400 IM	5:28.79	4:39.99
	2:20.99	200 Free Relay	2:20.99	
	4:56.99	400 Free Relay	4:54.99	
	10:00.99	800 Free Relay	9:45.99	
	2:49.99	200 Medley Relay	2:49.99	
	5:30.99	400 Medley Relay	5:30.99	

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50 BK, BR, FL: to qualify you must have the 100 Qualifying Time

**13-14s with qualifying times in the 800 or 1500
can swim the other event and vice-versa.**