

Updated AD Gold Championship Cut Times as of October 2011

Swimmer Must have Achieved a time Equal to or Faster than listed cut times to swim the event in AD Gold Championships
 Swimmer Must have Achieved a Best time, Slower than listed cut times to swim the event in AD Silver Championships

**NEW for 2012 ... ALL Qualifying Times for Golds and Silvers MUST be Recorded to SWIMS in Qualifying Date Span
 Varsity Times (not in SWIMS) and Coach Estimated Entry Times (silvers) are No Longer Valid**

***NEW! 500 free cut for Silvers ... must be faster than or equal to silver cut and slower than gold cut to enter
 all 12&U 500's were removed from Silvers for 2012**

| | 8&Under boys&girls | 9-10 boys&girls | 11-12 boys&girls | 13-14 girls | 13-14 boys | Senior girls | Senior boys |
|------------------|-----------------------|--------------------|---------------------|----------------|----------------|-----------------|----------------|
| 50 free | 44.99 | 36.50 | 31.59 | 28.59 | 27.59 | 27.99 | 25.59 |
| 100 free | 1:39.99 | 1:21.59 | 1:09.99 | 1:02.99 | 59.99 | 1:00.19 | 55.99 |
| 200 free | | 2:53.99 | 2:26.19 | 2:14.99 | 2:13.99 | 2:10.99 | 2:01.49 |
| 500 free | | 8:30.00 | 6:59.99 | 5:49.99 | 5:38.99 | 5:44.99 | 5:19.99 |
| *500 free | | | | 5:57.29 | 5:51.99 | 5:57.29 | 5:51.99 |
| 1650 free | | | | 20:12.19 | 19:39.49 | 19:58.89 | 18:47.99 |
| 50 back | 52.99 | 44.89 | 36.99 | | | | |
| 100 back | | 1:36.15 | 1:19.99 | 1:11.99 | 1:09.99 | 1:09.99 | 1:05.99 |
| 200 back | | | 2:47.99 | 2:35.99 | 2:32.79 | 2:30.99 | 2:22.99 |
| 50 breast | 58.79 | 48.79 | 41.99 | | | | |
| 100 breast | | 1:47.69 | 1:30.29 | 1:21.89 | 1:18.39 | 1:20.59 | 1:13.99 |
| 200 breast | | | 3:06.19 | 2:56.99 | 2:47.99 | 2:55.99 | 2:42.59 |
| 50 fly | 52.99 | 44.99 | 36.29 | | | | |
| 100 fly | | 1:42.09 | 1:19.79 | 1:12.09 | 1:09.99 | 1:08.99 | 1:04.99 |
| 200 fly | | | 2:57.99 | 2:40.99 | 2:29.99 | 2:35.99 | 2:25.79 |
| 100 IM | 1:52.99 | 1:34.39 | 1:16.69 | | | | |
| 200 IM | | 3:14.84 | 2:43.89 | 2:34.99 | 2:26.99 | 2:27.99 | 2:18.59 |
| 400 IM | | | | 5:15.09 | 5:05.99 | 5:12.79 | 4:54.99 |