

| P = paralympisch | | Junioren 1-2 | Junioren 1-2 | Junioren 3-4 | Junioren 3-4 | Jeugd 1-2 | Jeugd 1-2 | Senioren | Senioren |
|-------------------------|--|--------------|--------------|--------------|--------------|-----------|-----------|----------|----------|
| | | K-limiet | K-limiet | J-limiet | J-limiet | I-limiet | I-limiet | I-limiet | I-limiet |
| meisjes / dames | | 25m | 50m | 25m | 50m | 25m | 50m | 25m | 50m |
| 50m vrije slag | | 00:38.48 | 00:39.29 | 00:34.84 | 00:35.57 | 00:32.54 | 00:33.23 | 00:31.03 | 00:31.68 |
| 100m vrije slag | | 01:22.26 | 01:24.13 | 01:14.48 | 01:16.17 | 01:09.56 | 01:11.15 | 01:07.44 | 01:08,98 |
| 200m vrije slag | | 03:05.16 | 03:08.84 | 02:47.88 | 02:51.21 | 02:31.00 | 02:34.00 | 02:27,62 | 02:30.55 |
| 400m vrije slag | | 06:20.25 | 06:26.49 | 05:39.95 | 05:45.53 | 05:19.80 | 05:25.05 | 05:13.49 | 05:18.64 |
| 800m vrije slag | | 13:19.15 | 13:32.98 | 11:54.81 | 12:06.82 | 11:12.40 | 11:23.74 | 10:42.23 | 10:53.01 |
| 50m rugslag | | 00:41.58 | 00:43.83 | 00:37.48 | 00:39.51 | 00:35.11 | 00:37.01 | 00:34.20 | 00:36.05 |
| 100m rugslag | | 01:29.54 | 01:34.57 | 01:20.73 | 01:25.26 | 01:15.62 | 01:19.86 | 01:12.78 | 01:16.87 |
| 200m rugslag | | 03:15.06 | 03:22.97 | 02:55.86 | 03:02.98 | 02:44.73 | 02:51.40 | 02:39.43 | 02:45.89 |
| 50m schoolslag | | 00:47.11 | 00:48.22 | 00:42.39 | 00:43.39 | 00:40.21 | 00:41.16 | 00:38.86 | 00:39.77 |
| 100m schoolslag | | 01:41.41 | 01:44.65 | 01:31.26 | 01:34.17 | 01:26.56 | 01:29.32 | 01:23.25 | 01:25.90 |
| 200m schoolslag | | 03:38.36 | 03:45.73 | 03:16.49 | 03:23.12 | 03:06.39 | 03:12.67 | 03:00.37 | 03:06.45 |
| 50m vlinderslag | | 00:41.96 | 00:42.05 | 00:37.09 | 00:37.16 | 00:34.77 | 00:34.84 | 00:33.10 | 00:33.16 |
| 100m vlinderslag | | 01:35.04 | 01:36.83 | 01:24.12 | 01:25.71 | 01:18.97 | 01:20.46 | 01:15.75 | 01:17.17 |
| 200m vlinderslag | | 03:31.16 | 03:35.04 | 03:06.90 | 03:10.34 | 02:55.46 | 02:58.68 | 02:47.78 | 02:50.86 |
| 200m wisselslag | | 03:19.92 | 03:26.91 | 03:00.19 | 03:06.49 | 02:48.97 | 02:54.87 | 02:43.85 | 02:49.58 |
| 400m wisselslag | | 07:18.99 | 07:34.17 | 06:36.20 | 06:49.90 | 06:12.08 | 06:24.94 | 05:59.43 | 06:11.86 |

| P=paralympisch | | Junioren 1-2 | Junioren 1-2 | Junioren 3-4 | Junioren 3-4 | Jeugd 1-2 | Jeugd 1-2 | Senioren | Senioren |
|-----------------------|--|--------------|--------------|--------------|--------------|-----------|-----------|----------|----------|
| | | K-limiet | K-limiet | K-limiet | K-limiet | I-limiet | I-limiet | I-limiet | I-limiet |
| jongens/heren | | 25m | 50 m | 25m | 50 m | 25m | 50 m | 25m | 50 m |
| 50m vrije slag | | 00:34.13 | 00:35.22 | 00:31.70 | 00:32.72 | 00:28.36 | 00:29.27 | 00:27.34 | 00:28.21 |
| 100m vrije slag | | 01:13.89 | 01:17.13 | 01:08.64 | 01:11.65 | 01:01.40 | 01:04.09 | 00:59,19 | 01:01.78 |
| 200m vrije slag | | 02:44.67 | 02:49.03 | 02:32.97 | 02:37.02 | 02:16.84 | 02:20.46 | 02:12,93 | 02:16.45 |
| 400m vrije slag | | 05:47.04 | 05:59.83 | 05:22.43 | 05:34.31 | 04:47.68 | 04:58.28 | 04:39,64 | 04:49.95 |
| 1500m vrije slag | | 23:23.60 | 24:01.70 | 21:44.05 | 22:19.45 | 19:23.52 | 19:55.10 | 18:36.12 | 19:06.42 |
| 50m rugslag | | 00:37.27 | 00:40.32 | 00:34.40 | 00:37.22 | 00:30.71 | 00:33.22 | 00:29.57 | 00:31.99 |
| 100m rugslag | | 01:20.79 | 01:25.77 | 01:14.57 | 01:19.17 | 01:06.56 | 01:10.67 | 01:04,97 | 01:08.98 |
| 200m rugslag | | 02:56.92 | 03:07.46 | 02:43.31 | 02:53.04 | 02:25.77 | 02:34.45 | 02:23,05 | 02:31.57 |
| 50m schoolslag | | 00:42.80 | 00:44.78 | 00:39.50 | 00:41.33 | 00:35.05 | 00:36.67 | 00:33,53 | 00:35.09 |
| 100m schoolslag | | 01:33.86 | 01:37.75 | 01:26.63 | 01:30.23 | 01:16.86 | 01:20.05 | 01:14.16 | 01:17.24 |
| 200m schoolslag | | 03:20.59 | 03:31.46 | 03:05.14 | 03:15.17 | 02:44.26 | 02:53.16 | 02:38,21 | 02:46.78 |
| 50m vlinderslag | | 00:39.01 | 00:40.14 | 00:34.55 | 00:35.55 | 00:31.45 | 00:32.36 | 00:30.56 | 00:31.44 |
| 100m vlinderslag | | 01:26.22 | 01:28.68 | 01:16.37 | 01:18.55 | 01:09.53 | 01:11.51 | 01:07,46 | 01:09.38 |
| 200m vlinderslag | | 03:13.72 | 03:18.98 | 02:51.58 | 02:56.25 | 02:36.21 | 02:40.45 | 02:31,17 | 02:35.28 |
| 200m wisselslag | | 03:03.48 | 03:10.79 | 02:49.57 | 02:56.33 | 02:31.01 | 02:37.03 | 02:27,17 | 02:33.04 |
| 400m wisselslag | | 06:50.75 | 07:05.30 | 06:19.62 | 06:33.07 | 05:39.04 | 05:51.05 | 05:29,70 | 05:41.38 |

Limieten Regionale Kampioenschappen - Zomer 2024 lange baan)

| Dames | Junioren 2 el | | Junioren 4 el | | Jeugd 2 el | | Senioren | |
|-------------------|---|--|---------------|--|------------|--|----------|--|
| Estafette | 25 m | | 25 m | | 25 m | | 25 m | |
| 4x100m vrije slag | 05:00.00 | | 04:48.00 | | 04:35.00 | | 04:22.00 | |
| 4x200m vrije slag | 10:36.00 | | 10:18.00 | | 10:00.00 | | 09:40.00 | |
| 4x100m wisselslag | 05:44.00 | | 05:29.00 | | 05:15.00 | | 05:03.00 | |
| Heren | Junioren 2 el | | Junioren 4 el | | Jeugd 2 el | | Senioren | |
| Estafette | | | | | | | | |
| 4x100m vrije slag | 05:00.00 | | 04:22.00 | | 04:13.00 | | 04:00.00 | |
| 4x200m vrije slag | 10:24.00 | | 09:35.00 | | 09:17.00 | | 08:56.00 | |
| 4x100m wisselslag | 05:44.00 | | 05:00.00 | | 04:46.00 | | 04:38.00 | |
| Mixed | Junioren | | | | Jeugd | | Senioren | |
| 4x50m vrije slag | Max. 4 series (3x finale + 2 "rest" series) | | | | | | | |
| 4x50m wisselslag | Max. 4 series (3x finale + 2 "rest" series) | | | | | | | |

| Dames | Junioren 2 el | | Junioren 4 el | | Jeugd 2 el | | Senioren | |
|-------------------|---|--|---------------|--|------------|--|----------|--|
| Estafette | 50 m | | 50 m | | 50 m | | 50 m | |
| 4x100m vrije slag | 05:07.20 | | 04:55.20 | | 04:42.20 | | 04:29.20 | |
| 4x200m vrije slag | 10:50.40 | | 10:32.40 | | 10:14.40 | | 09:54.40 | |
| 4x100m wisselslag | 05:51.20 | | 05:36.20 | | 05:22.20 | | 05:10.20 | |
| Heren | Junioren 2 el | | Junioren 4 el | | Jeugd 2 el | | Senioren | |
| Estafette | | | | | | | | |
| 4x100m vrije slag | 05:07.20 | | 04:29.20 | | 04:20.20 | | 04:14.40 | |
| 4x200m vrije slag | 10:38.40 | | 09:49.40 | | 09:31.40 | | 09:10.40 | |
| 4x100m wisselslag | 05:51.20 | | 05:14.40 | | 05:00.40 | | 04:45.20 | |
| Mixed | Junioren | | | | Jeugd | | Senioren | |
| 4x50m vrije slag | Max. 4 series (3x finale + 2 "rest" series) | | | | | | | |
| 4x50m wisselslag | Max. 4 series (3x finale + 2 "rest" series) | | | | | | | |

Druk- en zetfouten