



**OKLAHOMA
SWIMMING**

2019-20

OKS LSC State

Short Course Championships

Individual Event Time Standards



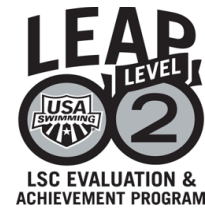
Girls				Boys		
LCM	SCM	SCY	10 & under	SCY	SCM	LCM
39.89	39.19	35.19	50 free	35.99	40.19	41.29
1:29.99	1:29.49	1:20.49	100 free	1:22.19	1:31.29	1:34.09
3:19.49	3:15.39	2:56.39	200 free	3:02.59	3:22.19	3:28.49
6:45.49	6:31.09	7:30.99	500/400 free	8:00.39	7:01.59	7:10.69
48.89	47.29	42.59	50 back	43.89	48.69	51.49
1:44.49	1:41.39	1:31.29	100 back	1:36.59	1:47.29	1:52.89
56.29	54.89	49.39	50 breast	50.89	56.39	58.89
1:58.59	1:55.99	1:44.39	100 breast	1:52.09	2:04.39	2:09.39
50.59	49.19	44.29	50 fly	47.59	52.99	54.29
2:06.89	2:04.99	1:52.59	100 fly	1:53.29	2:06.19	2:08.99
	1:41.19	1:31.19	100 IM	1:35.09	1:45.49	
3:47.69	3:41.59	3:19.69	200 IM	3:43.79	4:08.59	4:18.09
LCM	SCM	SCY	11-12	SCY	SCM	LCM
34.19	33.59	30.19	50 free	30.79	34.39	35.39
1:14.79	1:13.59	1:06.19	100 free	1:09.49	1:17.19	1:19.59
2:45.29	2:41.89	2:26.29	200 free	2:35.79	2:52.59	2:57.99
5:51.59	5:39.09	6:30.99	500/400 free	7:00.39	6:08.99	6:16.99
40.29	38.89	35.09	50 back	37.89	42.09	44.39
1:27.59	1:24.89	1:16.49	100 back	1:20.89	1:29.79	1:34.59
3:18.79	3:13.69	2:54.39	200 back	2:55.29	3:14.49	3:21.69
45.39	44.89	40.39	50 breast	42.59	47.19	49.29
1:41.99	1:38.09	1:28.39	100 breast	1:35.59	1:46.09	1:50.29
3:37.39	3:34.69	3:13.09	200 breast	3:14.49	3:35.79	3:43.99
39.49	38.39	34.59	50 fly	37.89	42.19	43.29
1:32.99	1:31.59	1:22.49	100 fly	1:26.59	1:36.39	1:38.59
3:20.19	3:18.09	2:58.39	200 fly	2:54.79	3:14.69	3:19.49
	1:25.29	1:16.89	100 IM	1:19.89	1:28.59	
3:11.39	3:06.29	2:47.89	200 IM	2:55.99	3:15.49	3:22.89



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Girls

Table with 7 columns: LCM, SCM, SCY, 13-14, SCY, SCM, LCM. Rows list swimming events and times for girls.

Boys

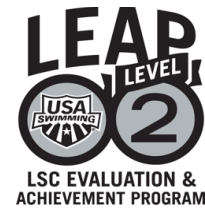
Table with 7 columns: LCM, SCM, SCY, 15-19, SCY, SCM, LCM. Rows list swimming events and times for boys.



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Relay Time Standards

Girls				Boys		
LCM	SCM	SCY	10 & under	SCY	SCM	LCM
2:59.99	2:54.39	2:37.99	200 free relay	2:33.99	2:50.39	2:55.19
4:16.39	3:26.99	3:09.59	200 medley relay	3:06.99	3:26.69	4:13.49
6:52.39	6:41.19	6:02.79	400 free relay	5:53.99	6:31.19	6:45.19
LCM	SCM	SCY	11-12	SCY	SCM	LCM
2:34.79	2:30.79	2:16.39	200 free relay	2:12.39	2:26.39	2:31.19
2:54.49	2:50.09	2:43.89	200 medley relay	2:33.59	2:49.79	2:55.29
5:39.99	5:25.19	4:54.39	400 free relay	4:48.79	5:19.19	5:28.79
LCM	SCM	SCY	13-14	SCY	SCM	LCM
2:28.39	2:25.19	2:11.59	200 free relay	2:01.59	2:13.99	2:17.59
6:02.39	5:50.09	5:16.79	400 medley relay	4:54.69	5:25.69	5:38.29
5:25.19	5:15.59	4:45.59	400 free relay	4:25.19	4:53.19	5:04.79
LCM	SCM	SCY	15-19	SCY	SCM	LCM
2:27.99	2:22.79	2:09.19	200 free relay	1:55.99	2:07.99	2:10.39
5:55.69	5:43.39	5:10.79	400 medley relay	4:40.99	5:10.39	5:24.09
5:19.19	5:09.19	4:39.39	400 free relay	4:13.19	4:39.59	4:50.39