



**OKLAHOMA
SWIMMING**

2019

**OKS LSC State
Long Course Championships**

Individual Event Time Standards



Girls

SCY	SCM	LCM
34.19	38.39	38.89
1:19.69	1:29.29	1:30.19
2:53.59	3:15.39	3:16.39
7:27.39	6:38.59	6:42.39
41.19	46.69	47.39
1:29.39	1:40.99	1:42.49
48.19	54.39	54.99
1:43.59	1:56.29	1:57.79
42.89	48.49	49.09
1:48.49	2:01.09	2:02.39
3:15.69	3:35.09	3:43.19

<u>10 & under</u>
50 free
100 free
200 free
500/400 free
50 back
100 back
50 breast
100 breast
50 fly
100 fly
200 IM

Boys

LCM	SCM	SCY
40.59	40.09	35.29
1:32.69	1:31.79	1:20.89
3:25.79	3:24.79	2:59.99
7:08.09	7:04.29	7:57.29
49.19	48.49	41.89
1:48.39	1:46.89	1:32.59
58.49	57.89	50.39
2:10.29	2:08.79	1:52.79
53.39	52.79	46.69
2:07.09	2:05.79	1:51.49
4:11.49	4:03.39	3:37.99

SCY	SCM	LCM
30.19	33.99	34.29
1:06.29	1:14.09	1:14.99
2:26.49	2:44.79	2:45.79
6:27.79	5:44.99	5:48.79
35.39	39.99	40.69
1:14.99	1:24.49	1:25.99
2:51.79	3:12.89	3:15.89
40.79	45.99	46.59
1:29.39	1:40.09	1:41.59
3:19.79	3:41.49	3:44.99
33.89	38.19	38.79
1:22.39	1:31.59	1:32.89
2:58.89	3:17.49	3:20.79
2:45.59	3:00.79	3:08.89

<u>11-12</u>
50 free
100 free
200 free
500/400 free
50 back
100 back
200 back
50 breast
100 breast
200 breast
50 fly
100 fly
200 fly
200 IM

LCM	SCM	SCY
34.89	34.39	30.29
1:18.59	1:17.69	1:08.59
2:56.09	2:55.09	2:33.99
6:15.19	6:11.39	6:58.29
42.79	42.09	36.39
1:33.69	1:32.19	1:20.09
3:16.89	3:13.89	2:51.09
48.89	48.29	42.19
1:48.69	1:47.19	1:34.09
3:39.79	3:36.29	3:10.69
41.99	41.39	36.69
1:37.49	1:36.19	1:25.59
3:16.79	3:13.49	2:52.29
3:20.49	3:12.39	2:53.79



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Girls

SCY	SCM	LCM	<u>13-14</u>	LCM	SCM	SCY
27.69	30.99	31.49	50 free	30.39	29.79	26.29
1:01.29	1:08.49	1:09.39	100 free	1:05.99	1:05.09	57.59
2:13.79	2:30.39	2:31.39	200 free	2:27.69	2:26.69	2:09.19
6:04.69	5:24.19	5:27.99	500/400 free	5:24.09	5:20.29	6:01.29
13:14.89	11:32.19	11:43.49	1000/800 free	11:13.29	11:01.99	12:30.69
21:59.29	21:59.39	22:19.39	1650/1500 free	21:16.99	20:56.99	20:44.99
1:11.09	1:19.99	1:21.49	100 back	1:18.39	1:16.89	1:06.99
2:33.69	2:52.29	2:55.29	200 back	2:48.59	2:45.59	2:26.49
1:22.99	1:32.89	1:34.39	100 breast	1:28.59	1:27.09	1:16.69
3:05.19	3:25.09	3:28.59	200 breast	3:11.99	3:08.49	2:46.59
1:13.49	1:21.59	1:22.89	100 fly	1:16.89	1:15.59	1:07.49
2:49.09	3:06.49	3:09.79	200 fly	3:01.59	2:58.29	2:38.99
2:33.19	2:46.59	2:54.69	200 IM	2:50.69	2:42.59	2:27.89
5:40.29	6:17.19	6:28.49	400 IM	6:07.69	5:56.39	5:17.99

Boys

SCY	SCM	LCM	<u>15-19</u>	LCM	SCM	SCY
26.49	29.59	30.09	50 free	26.79	26.29	23.29
58.09	1:04.89	1:05.79	100 free	58.59	57.69	51.09
2:09.69	2:25.79	2:26.79	200 free	2:11.49	2:10.49	1:54.99
5:56.59	5:16.89	5:20.69	500/400 free	4:49.29	4:45.49	5:22.49
13:01.99	11:20.79	11:32.09	1000/800 free	10:49.09	10:37.79	12:03.69
21:44.89	21:44.79	22:04.79	1650/1500 free	20:46.29	20:26.29	20:15.09
1:07.99	1:16.49	1:17.99	100 back	1:09.79	1:08.29	59.59
2:30.99	2:49.19	2:52.19	200 back	2:34.49	2:31.49	2:14.19
1:21.29	1:30.89	1:32.39	100 breast	1:18.59	1:17.09	1:07.99
2:57.39	3:16.29	3:19.79	200 breast	2:53.79	2:50.29	2:30.79
1:08.99	1:16.49	1:17.79	100 fly	1:05.59	1:04.29	57.49
2:38.29	2:54.39	2:57.69	200 fly	2:44.29	2:40.99	2:23.89
2:27.29	2:39.89	2:47.59	200 IM	2:29.59	2:21.49	2:09.69
5:31.99	6:07.69	6:18.99	400 IM	5:45.79	5:34.49	4:59.09



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Relay Time Standards

Girls				Boys		
SCY	SCM	LCM	<u>10 & under</u>	LCM	SCM	SCY
2:38.99	2:58.89	2:59.89	200 free relay	2:55.09	2:54.09	2:33.19
3:44.69	4:08.19	4:16.29	200 medley relay	4:13.39	4:05.29	3:39.59
6:38.39	6:48.49	6:52.29	400 free relay	6:45.09	6:41.29	6:31.59
SCY	SCM	LCM	<u>11-12</u>	LCM	SCM	SCY
2:16.69	2:33.69	2:34.69	200 free relay	2:31.09	2:30.09	2:12.19
2:27.59	2:40.29	2:48.39	200 medley relay	2:55.09	2:46.99	2:31.79
5:17.89	5:36.09	5:39.89	400 free relay	5:27.79	5:23.99	5:05.39
SCY	SCM	LCM	<u>13-14</u>	LCM	SCM	SCY
2:08.89	2:24.89	2:25.89	200 free relay	2:17.49	2:16.49	2:00.29
5:12.99	5:48.79	5:56.89	200 medley relay*	5:38.19	5:26.89	4:52.49
4:46.89	5:08.19	5:11.99	400 free relay	5:04.59	5:00.79	4:39.59
SCY	SCM	LCM	<u>15-19</u>	LCM	SCM	SCY
2:10.69	2:26.89	2:27.89	200 free relay	1:53.39	1:52.39	1:39.19
5:11.49	5:44.29	5:55.59	200 medley relay*	4:49.39	4:38.09	4:10.29
4:54.79	5:15.29	5:19.09	400 free relay	4:13.29	4:09.49	3:42.39

*13-14 & 15-19 200 Medley relays will be swam with the 400 Medley cut