

MISSOURI VALLEY LONG COURSE TIME STANDARDS

Girls																Boys																					
SCY							SCM							LCM						LCM						SCM						SCY					
Districts	Champs	Districts	Champs	Districts	Bonus	Champs	10 & Under						Champs	Bonus	Districts	Champs	Districts	Champs	Districts	Champs	Districts	Champs	Districts	Champs	Districts												
38.09	32.79	42.29	36.39	43.09	39.49	37.69	50 Free	37.89	39.69	43.89	36.59	43.09	32.99	38.79																							
01:28.39	01:12.99	01:38.09	01:20.99	01:39.69	01:29.49	01:25.29	100 Free	01:25.89	01:30.09	01:39.49	01:21.89	01:37.89	01:13.79	01:28.19																							
03:02.59	02:41.79	03:22.69	02:59.59	03:25.89	03:18.99	03:09.59	200 Free	03:08.49	03:17.89	03:26.39	03:01.49	03:23.19	02:43.59	03:02.99																							
	07:52.89		06:42.09		07:23.19	07:02.09	400 Free	06:51.69	07:12.19		06:36.09		07:32.59																								
46.89	38.69	52.09	42.89	52.69	47.49	45.29	50 Back	46.49	48.79	51.99	43.79	51.39	39.49	46.29																							
01:46.29	01:23.59	01:57.99	01:32.69	01:59.19	01:43.59	01:38.69	100 Back	01:40.69	01:45.69	02:01.39	01:35.09	02:00.19	01:25.69	01:48.19																							
53.49	44.09	59.39	48.89	01:00.39	54.79	52.19	50 Breast	49.19	51.59	01:00.49	49.79	01:00.49	44.89	54.49																							
01:57.99	01:37.49	02:10.09	01:48.19	02:12.99	02:01.29	01:55.59	100 Breast	01:59.39	02:05.29	02:15.69	01:50.19	02:13.69	01:39.29	02:00.49																							
48.69	37.99	54.09	42.09	54.69	48.69	46.39	50 Fly	46.99	49.29	54.89	43.19	54.19	38.99	48.79																							
01:47.69	01:32.19	01:59.49	01:42.39	02:14.79	2:06.19	2:00.19	100 Fly	02:00.79	02:06.79	02:10.69	01:44.59	02:00.59	01:34.29	01:48.59																							
03:15.79	03:02.29	03:37.39	03:22.29	03:40.59	03:45.79	03:35.09	200 IM	03:40.79	03:51.79	03:54.69	03:25.59	03:42.49	03:05.29	03:20.49																							
Mixed Free Relay																																					
02:38.29																																					
Mixed Medley Relay																																					
03:09.84																																					
						02:37.89	200 Free Relay	02:38.69																													
						03:10.39	200 Medley Relay	03:09.29																													
SCY							SCM							LCM						LCM						SCM						SCY					
Districts	Champs	Districts	Champs	Districts	Bonus	Champs	11-12						Champs	Bonus	Districts	Champs	Districts	Champs	Districts	Champs	Districts	Champs	Districts														
33.59	28.29	37.39	31.39	38.19	33.99	32.39	50 Free	32.99	34.59	37.99	31.49	37.19	28.39	33.59																							
01:13.29	01:02.09	01:21.39	01:08.89	01:22.89	01:14.79	01:11.29	100 Free	01:12.59	01:16.29	01:22.89	01:09.29	01:21.29	01:02.49	01:13.19																							
02:29.59	02:16.59	02:45.99	02:31.59	02:49.19	02:44.79	02:36.99	200 Free	02:39.09	02:46.99	02:48.29	02:32.19	02:45.09	02:17.19	02:28.69																							
06:44.09	06:08.19	05:53.59	05:19.39	06:00.69	05:53.09	05:36.29	400/500 Free	05:38.99	05:55.89	05:56.29	05:22.29	05:49.29	06:11.59	06:39.19																							
39.49	33.09	43.79	36.69	44.39	40.59	38.69	50 Back	39.39	41.29	46.19	37.49	45.59	33.79	41.09																							
01:24.39	01:10.89	01:33.69	01:18.69	01:34.89	01:27.49	01:23.39	100 Back	01:26.29	01:30.59	01:41.39	01:20.39	01:40.19	01:12.49	01:30.29																							
	02:31.39		02:47.29		03:09.19	03:00.19	200 Back	02:56.09	03:04.89		02:43.49		02:27.99																								
43.79	37.89	48.69	41.99	49.69	46.39	44.19	50 Breast	45.59	47.79	53.29	42.39	49.29	38.19	44.39																							
01:35.39	01:22.49	01:45.89	01:31.49	01:47.89	01:41.69	01:36.89	100 Breast	01:38.29	01:43.19	01:48.89	01:33.29	01:46.89	01:24.09	01:36.29																							
	02:54.09		03:12.39		03:33.79	03:23.69	200 Breast	03:20.79	03:30.79		03:04.59		02:47.09																								
37.39	31.49	41.39	34.89	42.19	37.99	36.19	50 Fly	37.49	39.29	43.79	35.79	43.09	32.29	38.79																							
01:29.89	01:12.89	01:39.79	01:20.89	01:41.19	01:29.99	01:25.79	100 Fly	01:27.59	01:31.89	01:41.29	01:21.99	01:39.89	01:13.89	01:29.99																							
	02:34.99		02:51.29		03:08.19	02:59.29	200 Fly	02:58.09	03:06.99		02:47.29		02:31.39																								
02:49.99	02:34.49	03:08.69	02:51.49	03:11.89	03:07.49	02:58.59	200 IM	03:02.39	03:11.39	03:12.69	02:54.19	03:09.49	02:36.99	02:50.69																							
						02:15.89	200 Free Relay	02:18.29																													
						04:59.09	400 Free Relay	05:05.09																													
						02:38.89	200 Medley Relay	02:43.19																													
SCY							SCM							LCM						LCM						SCM						SCY					
Districts	Champs	Districts	Champs	Districts	Bonus	Champs	13-14						Champs	Bonus	Districts	Champs	Districts	Champs	Districts	Champs	Districts	Champs	Districts														
31.89	26.49	35.39	29.39	36.19	31.89	30.39	50 Free	28.79	30.19	33.09	27.69	32.29	24.99	29.09																							
01:06.39	57.69	01:13.69	01:03.99	01:15.29	1:09.89	1:06.59	100 Free	01:03.09	01:06.19	01:12.19	01:00.39	01:10.59	54.49	01:03.59																							
02:22.39	02:06.99	02:38.09	02:20.89	02:41.29	02:32.89	02:25.69	200 Free	02:19.29	02:26.19	02:29.29	02:13.29	02:26.09	02:00.09	02:11.59																							
06:19.99	05:43.19	05:22.79	04:57.69	05:39.19	05:25.59	05:11.09	400/500 Free	04:58.59	05:13.49	05:26.39	04:47.69	05:14.39	05:28.79	06:05.69																							
13:34.79	12:25.09	15:04.39	10:46.29	12:07.19		11:05.09	800/1000 Free	10:31.39		11:05.69	10:11.19	13:47.99	11:44.69	12:25.89																							
22:05.49	20:40.09	24:31.29	20:24.19	22:31.99		20:31.09	1500/1650 Free	20:14.39		20:45.09	19:24.39	22:34.89	19:39.49	20:20.59																							
01:17.79	01:05.89	01:26.29	01:13.09	01:27.49	1:21.39	1:17.59	100 Back	01:14.79	01:18.49	01:25.79	01:09.19	01:24.59	01:02.39	01:16.19																							
02:47.69	02:22.89	03:06.09	02:38.59	03:08.59	02:55.59	02:47.29	200 Back	02:37.49	02:45.29	03:00.29	02:32.79	02:57.89	02:17.69	02:40.19																							
01:29.69	01:15.39	01:39.59	01:23.59	01:41.59	01:34.69	01:30.19	100 Breast	01:25.69	01:29.89	01:36.89	01:19.39	01:34.89	01:11.59	01:25.49																							
03:11.99	02:46.99	03:33.09	03:05.29	03:37.09	03:25.49	03:15.79	200 Breast	03:08.69	03:18.09	03:28.89	02:55.79	03:13.89	02:38.39	02:54.69																							
01:20.19	01:05.79	01:28.99	01:12.99	01:30.39	01:20.49	01:16.69	100 Fly	01:13.19	01:16.79	01:26.99	01:08.59	01:25.59	01:01.79	01:17.09																							
02:51.89	02:32.99	03:10.79	02:49.79	03:13.59	03:11.09	03:01.99	200 Fly	02:51.49	02:59.99	03:03.19	02:43.19	03:00.39	02:27.09	02:42.59																							
02:42.79	02:23.79	03:00.69	02:39.59	03:03.89	02:55.59	02:47.29	200 IM	02:38.89	02:46.79	02:49.19	02:30.99	02:45.99	02:16.09	02:29.59																							
05:53.89	05:10.79	06:32.79	05:44.89	06:39.19	06:21.59		400 IM	05:50.09	06:07.59	06:13.29	05:34.29	06:06.89	05:01.09	05:30.59																							
						02:07.89	200 Free Relay	02:00.69																													
						04:39.89	400 Free Relay	04:24.69																													
						05:26.69	400 Medley Relay	05:11.29																													
SCY							SCM							LCM						LCM						SCM						SCY					
Districts	Champs	Districts	Champs	Districts	Bonus	Champs	Senior						Champs	Bonus	Districts	Champs	Districts	Champs	Districts	Champs	Districts	Champs	Districts														
32.49	25.69	36.09	28.49	36.89	30.99	29.59	50 Free	26.39	27.69	32.99	25.49	32.19	22.99	28.99																							
01:09.99	55.79	01:17.69	01:01.89	01:19.29	01:07.59	01:04.39	100 Free	57.79	01:00.59	01:11.39	55.29	01:09.79	49.89	01:02.89																							
02:20.09	02:01.69	02:35.69	02:14.99	02:38.69	02:26.69	02:19.79	200 Free	02:07.69	02:13.99	02:24.29	02:03.29	02:21.09	01:51.09	02:07.19																							
06:14.39	05:24.79	05:27.59	04:44.19	05:34.19	05:11.89	04:57.09	400/500 Free	04:37.39	04:51.19	04:59.59	04:23.69	04:53.69	05:02.89	05:35.69																							
12:40.89	11:32.19	11:05.79	10:00.39	11:19.09		10:24.29	800/1000 Free	09:40.09		10:37.99	09:19.49	10:25.49	10:45.09	11:54.89																							
21:28.79	19:49.79	21:36.59	19:34.89	21:54.59		20:13.49	1500/1650 Free	18:30.09		20:26.09	18:02.09	20:09.19	18:16.09	20:01.99																							
01:21.39	01:03.59	01:30.29	01:10.49	01:31.49	01:18.09	01:14.39	100 Back	1:07.59	01:10.99	01:23.09	01:03.99	01:21.89	57.69	01:13.79																							
02:45.59	02:18.59	03:03.79	02:33.79	03:06.19	02:50.89	02:42.79	200 Back	02:30.59	02:38.09	02:49.59	02:21.39	02:47.19	02:07.39	02:30.59																							
01:28.29	01:11.99	01:37.99	01:19.89	01:39.99	01:31.49	01:27.19	100 Breast	1:17.39	1:21.19	01:30.39	01:11.09	01:28.39	01:04.09	01:19.59																							
03:08.89	02:38.39	03:29.59	02:55.79	03:33.59	03:17.89	03:08.49	200 Breast	2:50.09	2:58.59	03:05.39	02:40.69	03:01.39	02:24.79	02:43.39																							
01:23.09	01:02.79	01:32.29	01:09.69	01:33.69	01:15.89	01:12.29	100 Fly	1:03.89	1:06.99	01:20.99	01:02.59	01:19.49	56.39	01:11.69																							
02:46.39	02:22.59	03:04.69	02:38.19	03:07.39	02:50.99	02:42.89	200 Fly	02:31.99	02:39.59	02:50.09	02:25.29	02:47.29	02:10.89	02:30.69																							
02:33.19	02:17.89	02:49.99	02:32.99	02:53.19	02:48.19	02:40.19	200 IM	2:26.09	2:33.39	02:40.49	02:19.49	02:37.29	02:05.69	02:21.69																							
05:21.49	04:55.19	05:56.79	05:27.59	06:03.19	05:55.89	05:38.99	400 IM	05:15.09	05:30.79	05:53.29	05:05.09	06:19.29	04:34.89	05:41.69																							
						02:03.89	200 Free Relay	01:51.49																													
						04:30.29	400 Free Relay	04:03.89																													
						09:46.69	800 Free Relay	08:55.89																													
						05:12.99	400 Medley Relay	04:42.09																													