

# MISSOURI VALLEY SHORT COURSE CHAMPS TIME STANDARDS

SCY Champs 2020

Girls							Boys							
LCM		SCM		SCY			10 & Under	SCY		SCM		LCM		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	
<b>43.09</b>	37.19	<b>42.29</b>	36.39	<b>38.09</b>	<b>34.39</b>	32.79	50 Free	32.99	<b>34.59</b>	<b>38.79</b>	36.59	<b>43.09</b>	37.39	<b>43.89</b>
<b>01:39.69</b>	01:22.59	<b>01:38.09</b>	01:20.99	<b>01:28.39</b>	<b>01:16.59</b>	01:12.99	100 Free	01:13.79	<b>01:17.39</b>	<b>01:28.19</b>	01:21.89	<b>01:37.89</b>	01:23.49	<b>01:39.49</b>
<b>03:25.89</b>	03:02.79	<b>03:22.69</b>	02:59.59	<b>03:02.59</b>	<b>02:49.79</b>	02:41.79	200 Free	02:43.59	<b>02:51.69</b>	<b>03:02.99</b>	03:01.49	<b>03:23.19</b>	03:04.69	<b>03:26.39</b>
<b>52.69</b>	43.49	<b>52.09</b>	42.89	<b>46.89</b>	<b>40.59</b>	38.69	50 Back	39.49	<b>41.39</b>	<b>46.29</b>	43.79	<b>51.39</b>	44.39	<b>51.99</b>
<b>01:59.19</b>	01:33.89	<b>01:57.99</b>	01:32.69	<b>01:46.29</b>	<b>01:27.69</b>	01:23.59	100 Back	01:25.69	<b>01:29.89</b>	<b>01:48.19</b>	01:35.09	<b>02:00.19</b>	01:36.29	<b>02:01.39</b>
<b>01:00.39</b>	49.89	<b>59.39</b>	48.89	<b>53.49</b>	<b>46.29</b>	44.09	50 Breast	44.89	<b>47.09</b>	<b>54.49</b>	49.79	<b>01:00.49</b>	49.19	<b>01:00.5</b>
<b>02:12.99</b>	01:50.19	<b>02:10.09</b>	01:48.19	<b>01:57.99</b>	<b>01:42.29</b>	01:37.49	100 Breast	01:39.29	<b>01:44.19</b>	<b>02:00.49</b>	01:50.19	<b>02:13.69</b>	01:52.19	<b>02:15.69</b>
<b>54.69</b>	42.79	<b>54.09</b>	42.09	<b>48.69</b>	<b>39.89</b>	37.99	50 Fly	38.99	<b>40.89</b>	<b>48.79</b>	43.19	<b>54.19</b>	43.89	<b>54.89</b>
<b>02:00.89</b>	01:43.69	<b>01:59.49</b>	01:42.39	<b>01:47.69</b>	<b>01:36.79</b>	01:32.19	100 Fly	01:34.29	<b>01:38.99</b>	<b>01:48.59</b>	01:44.59	<b>02:00.59</b>	01:45.99	<b>02:01.99</b>
		<b>01:45.39</b>	01:33.29	<b>01:34.99</b>	<b>01:28.29</b>	01:24.09	100 IM	01:25.29	<b>01:29.49</b>	<b>01:34.99</b>	01:34.59	<b>01:45.39</b>		
<b>03:40.59</b>	03:25.49	<b>03:37.39</b>	03:22.29	<b>03:15.79</b>	<b>03:11.39</b>	03:02.29	200 IM	03:05.29	<b>03:14.49</b>	<b>03:20.49</b>	03:25.59	<b>03:42.49</b>	03:28.79	<b>03:54.69</b>
						02:17.59	200 Free Relay	02:18.39						
						02:41.19	200 Medley Relay	02:43.99						
LCM		SCM		SCY			11-12	SCY		SCM		LCM		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	
<b>38.19</b>	32.19	<b>37.39</b>	31.39	<b>33.59</b>	<b>29.69</b>	28.29	50 Free	28.39	<b>29.79</b>	<b>33.59</b>	31.49	<b>37.19</b>	32.29	<b>37.99</b>
<b>01:22.89</b>	01:10.49	<b>01:21.39</b>	01:08.89	<b>01:13.29</b>	<b>01:05.19</b>	01:02.09	100 Free	01:02.49	<b>01:05.59</b>	<b>01:13.19</b>	01:09.29	<b>01:21.29</b>	01:10.89	<b>01:22.89</b>
<b>02:49.19</b>	02:34.79	<b>02:45.99</b>	02:31.59	<b>02:29.59</b>	<b>02:23.39</b>	02:16.59	200 Free	02:17.19	<b>02:23.99</b>	<b>02:28.69</b>	02:32.19	<b>02:45.09</b>	02:35.39	<b>02:48.29</b>
<b>06:00.69</b>	05:28.59	<b>05:53.59</b>	05:19.39	<b>06:44.09</b>	<b>06:26.59</b>	06:08.19	400/500 Free	06:11.59	<b>06:30.19</b>	<b>06:39.19</b>	05:22.29	<b>05:49.29</b>	05:31.59	<b>05:56.29</b>
<b>44.39</b>	37.29	<b>43.79</b>	36.69	<b>39.49</b>	<b>34.69</b>	33.09	50 Back	33.79	<b>35.39</b>	<b>41.09</b>	37.49	<b>45.59</b>	38.09	<b>46.19</b>
<b>01:34.89</b>	01:19.89	<b>01:33.69</b>	01:18.69	<b>01:24.39</b>	<b>01:14.39</b>	01:10.89	100 Back	01:12.49	<b>01:16.09</b>	<b>01:30.29</b>	01:20.39	<b>01:40.19</b>	01:22.59	<b>01:41.39</b>
	02:55.59		02:47.29		<b>02:38.99</b>	02:31.39	200 Back	02:27.99	<b>02:35.39</b>		02:43.49		02:52.19	
<b>49.69</b>	42.99	<b>48.69</b>	41.99	<b>43.79</b>	<b>39.79</b>	37.89	50 Breast	38.19	<b>40.09</b>	<b>44.39</b>	42.39	<b>49.29</b>	43.39	<b>53.29</b>
<b>01:47.89</b>	01:33.49	<b>01:45.89</b>	01:31.49	<b>01:35.39</b>	<b>01:26.59</b>	01:22.49	100 Breast	01:24.09	<b>01:28.29</b>	<b>01:36.29</b>	01:33.29	<b>01:46.89</b>	01:35.29	<b>01:48.89</b>
	03:19.49		03:12.39		<b>03:02.79</b>	02:54.09	200 Breast	02:47.09	<b>02:55.49</b>		03:04.59		03:12.59	
	<b>42.19</b>	<b>41.39</b>	34.89	<b>37.39</b>	<b>32.99</b>	31.49	50 Fly	32.29	<b>33.89</b>	<b>38.79</b>	35.79	<b>43.09</b>	36.49	<b>43.79</b>
<b>01:41.19</b>	01:22.29	<b>01:39.79</b>	01:20.89	<b>01:29.89</b>	<b>01:16.49</b>	01:12.89	100 Fly	01:13.89	<b>01:17.49</b>	<b>01:29.99</b>	01:21.99	<b>01:39.89</b>	01:23.39	<b>01:41.29</b>
	02:55.59		02:51.29		<b>02:42.79</b>	02:34.99	200 Fly	02:31.39	<b>02:38.99</b>		02:47.29		02:53.19	
		<b>01:29.59</b>	01:18.99	<b>01:20.69</b>	<b>01:14.69</b>	01:11.19	100 IM	01:12.29	<b>01:15.89</b>	<b>01:19.59</b>	01:20.19	<b>01:28.39</b>		
<b>03:11.89</b>	02:56.99	<b>03:08.69</b>	02:51.49	<b>02:49.99</b>	<b>02:42.19</b>	02:34.49	200 IM	02:36.99	<b>02:44.79</b>	<b>02:50.69</b>	02:54.19	<b>03:09.49</b>	02:57.39	<b>03:12.69</b>
						01:58.79	200 Free Relay	01:59.19						
						02:17.19	200 Medley Relay	02:19.19						
LCM		SCM		SCY			13-14	SCY		SCM		LCM		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	
<b>36.19</b>	<b>30.19</b>	<b>35.39</b>	<b>29.39</b>	<b>31.89</b>	<b>27.79</b>	<b>26.49</b>	50 Free	24.99	<b>26.19</b>	<b>29.09</b>	<b>27.69</b>	<b>32.29</b>	<b>28.49</b>	<b>33.09</b>
<b>01:15.29</b>	<b>01:05.59</b>	<b>01:13.69</b>	<b>01:03.99</b>	<b>01:06.39</b>	<b>01:00.49</b>	<b>57.69</b>	100 Free	54.49	<b>57.19</b>	<b>01:03.59</b>	01:00.39	<b>01:10.59</b>	01:01.99	<b>01:12.19</b>
<b>02:41.29</b>	<b>02:24.09</b>	<b>02:38.09</b>	<b>02:20.89</b>	<b>02:22.39</b>	<b>02:13.29</b>	<b>02:06.99</b>	200 Free	<b>02:00.09</b>	<b>02:06.09</b>	<b>02:11.59</b>	<b>02:13.29</b>	<b>02:26.09</b>	<b>02:16.49</b>	<b>02:29.29</b>
<b>05:39.19</b>	05:06.29	<b>05:22.79</b>	04:57.69	<b>06:19.99</b>	<b>06:00.29</b>	05:43.19	400/500 Free	05:28.79	<b>05:45.19</b>	<b>06:05.69</b>	04:47.69	<b>05:14.39</b>	04:53.49	<b>05:26.37</b>
<b>12:07.19</b>	11:04.99	<b>15:04.39</b>	10:46.29	<b>13:34.79</b>		12:25.09	800/1000 Free	11:44.69		<b>12:25.89</b>	10:11.19	<b>13:47.99</b>	10:28.89	<b>11:05.69</b>
<b>22:31.99</b>	20:31.09	<b>24:31.29</b>	20:24.19	<b>22:05.49</b>		20:40.09	1500/1650 Free	19:39.49		<b>20:20.59</b>	19:24.39	<b>22:34.89</b>	20:02.99	<b>20:45.09</b>
<b>01:27.49</b>	01:14.29	<b>01:26.29</b>	01:13.09	<b>01:17.79</b>	<b>01:09.09</b>	01:05.89	100 Back	<b>01:02.39</b>	<b>01:05.49</b>	<b>01:16.19</b>	<b>01:09.19</b>	<b>01:24.59</b>	<b>01:10.39</b>	<b>01:25.79</b>
<b>03:08.59</b>	<b>02:40.99</b>	<b>03:06.09</b>	<b>02:38.59</b>	<b>02:47.69</b>	<b>02:29.99</b>	<b>02:22.89</b>	200 Back	<b>02:17.69</b>	<b>02:24.49</b>	<b>02:40.19</b>	<b>02:32.79</b>	<b>02:57.89</b>	<b>02:34.19</b>	<b>03:00.29</b>
<b>01:41.59</b>	01:25.59	<b>01:39.59</b>	01:23.59	<b>01:29.69</b>	<b>01:19.09</b>	01:15.39	100 Breast	01:11.59	<b>01:15.19</b>	<b>01:25.49</b>	01:19.39	<b>01:34.89</b>	01:21.39	<b>01:36.89</b>
<b>03:37.09</b>	03:09.29	<b>03:33.09</b>	03:05.29	<b>03:11.99</b>	<b>02:55.29</b>	02:46.99	200 Breast	02:38.39	<b>02:46.29</b>	<b>02:54.69</b>	02:55.79	<b>03:13.89</b>	02:59.79	<b>03:17.89</b>
<b>01:30.39</b>	<b>01:14.39</b>	<b>01:28.99</b>	<b>01:12.99</b>	<b>01:20.19</b>	<b>01:08.99</b>	<b>01:05.79</b>	100 Fly	<b>01:01.79</b>	<b>01:04.79</b>	<b>01:17.09</b>	<b>01:08.59</b>	<b>01:25.59</b>	<b>01:09.99</b>	<b>01:26.99</b>
<b>03:13.59</b>	02:52.59	<b>03:10.79</b>	02:49.79	<b>02:51.89</b>	<b>02:40.59</b>	02:32.99	200 Fly	<b>02:27.09</b>	<b>02:34.39</b>	<b>02:42.59</b>	<b>02:43.19</b>	<b>03:00.39</b>	<b>02:45.99</b>	<b>03:03.19</b>
<b>03:03.89</b>	02:42.79	<b>03:00.69</b>	02:39.59	<b>02:42.79</b>	<b>02:30.89</b>	02:23.79	200 IM	02:16.09	<b>02:22.89</b>	<b>02:29.59</b>	02:30.99	<b>02:45.99</b>	02:34.19	<b>02:49.19</b>
<b>06:39.19</b>	05:51.59	<b>06:32.79</b>	05:44.89	<b>05:53.89</b>	<b>05:26.29</b>	05:10.79	400 IM	<b>05:01.09</b>	<b>05:16.09</b>	<b>05:30.59</b>	<b>05:34.21</b>	<b>06:06.89</b>	<b>05:40.59</b>	<b>06:13.29</b>
						<b>04:01.89</b>	400 Free Relay	03:48.79						
						<b>04:37.59</b>	400 Medley Relay	<b>04:22.59</b>						
LCM		SCM		SCY			Senior	SCY		SCM		LCM		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	
<b>36.89</b>	<b>29.29</b>	<b>36.09</b>	<b>28.49</b>	<b>32.49</b>	<b>26.89</b>	<b>25.69</b>	50 Free	22.99	<b>24.09</b>	<b>28.99</b>	25.49	<b>32.19</b>	26.29	<b>32.99</b>
<b>01:19.29</b>	<b>01:03.49</b>	<b>01:17.69</b>	<b>01:01.89</b>	<b>01:09.99</b>	<b>58.49</b>	<b>55.79</b>	100 Free	<b>49.89</b>	<b>52.29</b>	<b>01:02.89</b>	<b>55.29</b>	<b>01:09.79</b>	<b>56.89</b>	<b>01:11.39</b>
<b>02:38.69</b>	<b>02:18.19</b>	<b>02:35.69</b>	<b>02:14.99</b>	<b>02:20.09</b>	<b>02:07.69</b>	<b>02:01.69</b>	200 Free	<b>01:51.09</b>	<b>01:56.59</b>	<b>02:07.19</b>	<b>02:03.29</b>	<b>02:21.09</b>	<b>02:06.49</b>	<b>02:24.29</b>
<b>05:34.19</b>	04:49.79	<b>05:27.59</b>	04:44.19	<b>06:14.39</b>	<b>05:40.99</b>	05:24.79	400/500 Free	05:02.89	<b>05:17.99</b>	<b>05:35.69</b>	04:23.69	<b>04:53.69</b>	04:30.29	<b>04:59.59</b>
<b>11:19.09</b>	10:17.69	<b>11:05.79</b>	10:00.39	<b>12:40.89</b>		11:32.19	800/1000 Free	10:45.09		<b>11:54.89</b>	09:19.49	<b>10:25.49</b>	09:35.69	<b>10:37.99</b>
<b>21:54.59</b>	20:13.49	<b>21:36.59</b>	19:34.89	<b>21:28.79</b>		19:49.79	1500/1650 Free	18:16.09		<b>20:01.99</b>	18:02.09	<b>20:09.19</b>	18:30.09	<b>20:26.09</b>
<b>01:31.49</b>	01:11.79	<b>01:30.29</b>	01:10.49	<b>01:21.39</b>	<b>01:06.79</b>	01:03.59	100 Back							