

MISSOURI VALLEY SHORT COURSE CHAMPS TIME STANDARDS

SCY Senior Champs 2023

13-14 Athletes LCM		13-14 Athletes SCY		15 & Overs			Senior Champs	15 & Overs			13-14 Athletes SCY		13-14 Athletes LCM	
Bonus	Champs	Bonus	Champs	LCM	SCM	SCY		SCY	SCM	LCM	Champs	Bonus	Champs	Bonus
28.59	28.09	25.09	24.59	36.89	36.09	32.49	50 Free	28.99	32.19	32.99	22.09	22.59	25.29	25.79
1:01.99	1:00.99	54.49	53.49	01:19.29	01:17.69	01:09.99	100 Free	01:02.89	01:09.79	01:11.39	48.19	49.19	55.09	56.09
2:14.59	2:12.59	1:58.59	01:56.59	02:38.69	02:35.69	02:20.09	200 Free	02:07.19	02:21.09	02:24.29	1:46.09	1:48.09	2:00.99	2:02.99
4:44.09	4:40.09	5:16.99	5:11.99	05:34.19	05:27.59	06:14.39	400/500 Free	05:35.69	04:53.69	04:59.59	4:49.99	4:54.99	4:18.79	4:22.79
	9:40.99		10:44.99	11:19.09	11:05.79	12:40.89	800/1000 Free	11:54.89	10:25.49	10:37.99	10:05.99		9:04.19	
	18:29.99		18.04.99	21:54.59	21:36.59	21:28.79	1500/1650 Free	20:01.99	20:09.19	20:26.09	17:04.99		17:29.99	
1:08.79	1:07.79	1:00.99	59.99	01:31.49	01:30.29	01:21.39	100 Back	01:13.79	01:21.89	01:23.09	54.19	55.19	1:01.39	1:02.39
2:29.39	2:27.39	2:11.89	2:09.89	03:06.19	03:03.79	02:45.59	200 Back	02:30.59	02:47.19	02:49.59	1:57.79	1:59.79	2:13.19	2:15.19
1:18.99	1:17.99	1:09.49	1:08.49	01:39.99	01:37.99	01:28.29	100 Breast	01:19.59	01:28.39	01:30.39	1:00.69	1:01.69	1:09.39	1:10.39
2:50.59	2:48.59	2:30.29	2:28.29	03:33.59	03:29.59	03:08.89	200 Breast	02:43.39	03:01.39	03:05.39	02:12.39	2:14.39	2:30.99	2:32.99
1:08.49	1:07.49	1:00.59	59.59	01:33.69	01:32.29	01:23.09	100 Fly	01:11.69	01:19.49	01:20.99	52.89	53.89	1:00.09	1:01.09
2:33.99	2:31.99	2:14.99	2:12.99	03:07.39	03:04.69	02:46.39	200 Fly	02:30.69	02:47.29	02:50.09	01:59.09	2:01.09	2:14.99	2:16.99
2:31.79	2:29.79	2:14.09	2:12.09	02:53.19	02:49.99	02:33.19	200 IM	02:21.69	02:37.29	02:40.49	01:58.59	2:00.59	2:14.79	2:16.79
5:24.99	5:20.99	4:47.39	4:43.39	06:03.19	05:56.79	05:21.49	400 IM	05:41.69	06:19.29	06:25.69	04:16.39	4:20.89	4:51.59	4:55.59
						01:51.19	200 Free Relay	01:38.39						
						04:05.59	400 Free Relay	03:33.99						
						08:49.19	800 Free Relay	07:52.79						
						04:36.79	200 Medley Relay	04:04.99						
						04:36.79	400 Medley Relay	04:04.99						