

Females							Events					Male					
2022-2024 North Dakota LSC State Championship (SCY) Qualification Standards																	
Open	17-18	15-16	13-14	11-12	9-10	10 & U	8 & U	8 & U	10 & U	9-10	11-12	13-14	15-16	17-18	Open		
							24.47	25	Free	24.47							
29.19	29.19	29.79	30.29	33.79	38.89		56.47	50	Free	56.47		38.49	33.09	30.39	28.99	28.29	28.29
1:03.29	1:03.29	1:04.59	1:05.79	1:13.59	1:29.59		2:00.00	100	Free	2:00.00		1:28.49	1:12.19	1:06.29	1:03.29	1:02.09	1:02.09
2:17.99	2:17.99	2:19.19	2:22.19	2:41.19		3:19.19		200	Free		3:09.09		2:37.19	2:24.49	2:18.89	2:15.99	2:15.99
6:10.59	6:10.59	6:12.09	6:20.09	7:09.09		8:26.09		500	Free		8:22.79		7:02.99	6:29.49	6:15.49	6:08.29	6:08.29
12:47.19	12:47.19	12:49.99	13:01.79	14:48.09				1000	Free				14:33.89	13:25.19	12:57.09	12:51.79	12:51.79
21:19.89	21:19.89	21:26.19	21:43.19	24:53.99				1650	Free				24:43.79	22:28.29	21:46.09	21:28.29	21:28.29
							27.83	25	Back	27.83							
34.30	34.30	34.30	34.30	38.29	46.99		1:00.24	50	Back	1:00.24		47.69	38.19	33.70	33.70	33.70	33.70
1:09.09	1:09.09	1:10.09	1:11.69	1:25.19		1:41.99		100	Back		1:41.39		1:24.09	1:13.59	1:09.69	1:07.69	1:07.69
2:29.69	2:29.69	2:32.39	2:35.39	2:56.59				200	Back				2:55.29	2:38.39	2:31.59	2:27.39	2:27.39
							32.71	25	Breast	32.71							
38.90	38.90	38.90	38.90	43.09	53.29		1:07.40	50	Breast	1:07.40		52.09	42.89	37.21	37.21	37.21	37.21
1:19.79	1:19.79	1:20.69	1:22.39	1:34.39		1:58.09		100	Breast		1:53.69		1:33.69	1:22.59	1:19.19	1:17.39	1:17.39
2:51.79	2:51.79	2:54.69	2:58.29	3:23.09				200	Breast				3:17.69	3:00.49	2:52.79	2:47.09	2:47.09
							30.07	25	Fly	30.07							
35.83	35.83	35.83	35.83	36.69	47.39		1:04.66	50	Fly	1:04.66		45.69	37.72	37.72	37.72	37.72	37.72
1:08.89	1:08.89	1:09.99	1:11.39	1:25.09		1:53.99		100	Fly		1:54.09		1:24.49	1:12.19	1:08.79	1:07.29	1:07.29
2:32.59	2:32.59	2:34.89	2:37.89	3:00.89				200	Fly				2:58.09	2:40.39	2:33.29	2:30.19	2:30.19
1:21.02	1:21.02	1:21.02	1:21.02	1:24.39	1:42.59		2:04.82	100	IM	2:04.82		1:40.39	1:20.89	1:19.03	1:19.03	1:19.03	1:19.03
2:33.79	2:33.79	2:36.19	2:39.19	3:00.69		3:38.49		200	IM		3:35.49		3:00.99	2:41.89	2:34.29	2:30.59	2:30.59
5:27.69	5:27.69	5:31.99	5:39.69	6:24.19				400	IM				6:20.09	5:44.99	5:31.39	5:23.49	5:23.49

2022-2024 North Dakota LSC State Short Course Qualification Standards - Relays								
All Time Standards are for Girls, Boys and *Mixed Relays								
	8 and U**	10 & U	12 & U	13-14	15-16	17-18	18 & U	Open
100 Free Relay	1:37.88							
200 Free Relay		2:35.56	2:12.24	2:01.56	2:00.00	2:00.00	2:00.00	2:00.00
400 Free Relay			04:49.1	4:40.56	4:32.93	4:32.93	4:32.93	4:32.93
800 Free Relay							9:53.23	9:53.23
100 Medley Relay	1:55.08							
200 Medley Relay		3:07.44	2:36.51	2:22.20	2:13.36	2:13.36	2:13.36	2:13.36
400 Medley Relay			5:59.27	5:16.76	5:12.41	5:12.41	5:12.41	5:12.41
* 10 and U, 12 and U, 13-14, 15-16, 17-18, Open Mixed relays must consist of 2 male and 2 female athletes								
**8 & Under Relays are a single mixed relay event. Mixed relays for 8 and Unders may consist of all girls, all boys, or any combo of girls & boys								

Where available time standards follow published 2021-2024 USA Swimming Motivational Times Standards. 11-12 & 10 & U follow a “B” Motivational Time. 13 & Older Females follow a BB motivational time. \*At the May 2021 HOD meeting the Male Time standards were adjusted to 2021 “B” Motivational Time standards to all for increased participation for our athletes at the LSC (Short Course and Long Course) Championship Meets.