

MISSOURI VALLEY LONG COURSE TIME STANDARDS														Summer LC 2023	
Girls							10 & Under	Boys							
SCY		SCM		LCM				LCM			SCM		SCY		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
38.09	33.69	42.29	36.39	43.09	39.49	37.69	50 Free	37.89	39.69	43.89	36.59	43.09	33.99	38.79	
01:28.39	01:15.89	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	01:16.29	01:28.19	
03:02.59	02:48.99	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	02:49.89	03:02.99	
	06:22.69		06:42.09		07:23.19	07:02.09	400 Free	06:51.69	07:12.19		06:36.09		06:27.29		
46.89	40.59	52.09	42.89	52.69	47.49	45.29	50 Back	46.49	48.79	51.99	43.79	51.39	40.99	46.29	
01:46.29	01:27.99	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	01:28.99	01:48.19	
53.49	45.89	59.39	48.89	01:00.39	54.79	52.19	50 Breast	49.19	51.59	01:00.49	49.79	01:00.5	46.59	54.49	
01:57.99	01:40.39	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	01:41.79	02:00.49	
48.69	39.79	54.09	42.09	54.69	48.69	46.39	50 Fly	46.99	49.29	54.89	43.19	54.19	42.09	48.79	
01:47.69	01:38.59	01:59.49	01:42.39	02:14.79	02:06.19	02:00.19	100 Fly	02:00.79	02:06.79	02:10.69	01:44.59	02:00.59	01:42.39	01:48.59	
03:15.79	03:14.79	03:37.39	03:22.29	03:40.59	03:40.49	03:35.09	200 IM	03:40.79	03:51.79	03:54.69	03:25.59	03:42.49	03:14.39	03:20.49	
							Mixed Free Relay								
							02:38.29								
							Mixed Medley Relay								
							03:09.79								
						02:37.89	200 Free Relay	02:38.69							
						03:10.39	200 Medley Relay	03:09.29							
SCY		SCM		LCM			11-12	LCM			SCM		SCY		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	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	
	02:42.89		02:47.29		03:12.29	03:03.19	200 Back	03:25.59	03:35.79		02:43.49		03:03.09		
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	
	03:09.29		03:12.39		03:44.79	03:34.09	200 Breast	03:47.69	03:59.99		03:04.59		03:24.29		
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	
	03:15.69		03:23.69		03:36.89	03:26.59	200 Fly	03:22.39	03:32.49		03:19.59		02:59.89		
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			13-14	LCM			SCM		SCY		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
31.89	26.49	35.39	29.39	36.19	31.79	30.29	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	01:09.79	01:06.49	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	01:20.89	01:17.09	100 Back	01:14.69	01:18.39	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	02:55.19	02:46.89	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	01:20.29	01:16.49	100 Fly	01:13.09	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	06:03.49	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			Senior	LCM			SCM		SCY		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
32.49	25.69	36.09	28.49	36.89	30.79	29.29	50 Free	26.19	27.59	32.99	25.49	32.19	22.99	28.99	
01:09.99	55.79	01:17.69	01:01.89	01:19.29	01:07.29	01:04.09	100 Free	57.69	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	02:26.19	02:19.19	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	01:17.59	01:13.89	100 Back	01:07.49	01:10.79	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	02:49.39	02:41.39	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	01:28.49	01:24.19	100 Breast	01:16.89	01:20.69	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	03:15.19	03:05.89	200 Breast	02:49.69	02:58.09	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	01:15.29	01:11.69	100 Fly	01:03.59	01:06.69	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	02:26.09	02:33.39	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							