

**2024 -2027 North Dakota LSC State Championship Short Course Yards Individual Qualifying Standards**  
**Female** **Male**

17 & Over	15 – 16	13 – 14	11 – 12	9 – 10	10 & U	8 & U	Events		8 & U	10 & U	9 – 10	11-12	13-14	15-16	17 & Over	
						24.47	25	Free	24.47							
31.39	31.79	32.59	33.59	38.89		56.47	50	Free	56.47		38.49	33.09	30.39	28.99	28.29	
1:08.19	1:08.89	1:10.59	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	
2:28.49	2:29.39	2:32.09	2:40.39		3:18.99		200	Free		3:09.09		2:37.19	2:24.49	2:18.89	2:15.99	
6:35.69	6:40.59	6:47.79	7:08.79		8:25.39		500	Free		8:22.79		7:02.99	6:29.49	6:15.49	6:08.29	
13:46.19	13:49.19	14:01.99	14:48.09				1000	Free				14:33.89	13:25.19	12:57.09	12:51.79	
22:48.49	23:05.19	23:23.49	24:53.99				1650	Free				24:43.79	22:28.29	21:46.09	21:28.29	
						27.83	25	Back	27.83							
33.16	33.61	34.30	38.09	46.99		1:00.24	50	Back	1:00.24			47.69	38.19	33.70	31.36	30.46
1:13.69	1:14.69	1:16.69	1:24.79		1:41.99		100	Back		1:41.39			1:24.09	1:13.59	1:09.69	1:07.69
2:39.79	2:42.99	2:46.79	2:56.59				200	Back					2:55.29	2:38.39	2:31.59	2:27.39
						32.71	25	Breast	32.71							
38.20	38.65	38.90	42.99	53.19		1:07.40	50	Breast	1:07.40			52.09	42.89	37.21	35.63	34.82
1:24.89	1:25.89	1:27.99	1:34.09		1:58.09		100	Breast		1:53.69			1:33.69	1:22.59	1:19.19	1:17.39
3:03.79	3:05.99	3:10.89	3:20.89				200	Breast					3:17.69	3:00.49	2:52.79	2:47.09
							30.07	25	Fly	30.07						
33.11	33.61	35.83	36.49	47.39		1:04.66	50	Fly	1:04.66		45.69	37.72	32.48	30.95	30.28	
1:13.59	1:14.69	1:16.39	1:24.39		1:53.99		100	Fly		1:54.09			1:24.49	1:12.19	1:08.79	1:07.29
2:43.49	2:45.29	2:48.99	2:59.99				200	Fly					2:58.09	2:40.39	2:33.29	2:30.19
1:15.61	1:16.72	1:21.02	1:24.39	1:42.59		2:04.82	100	IM	2:04.82		1:40.39	1:20.89	1:14.46	1:10.97	1:09.27	
2:44.39	2:46.79	2:49.79	3:00.19		3:38.49		200	IM		3:35.49			3:00.99	2:41.89	2:34.29	2:30.59
5:51.19	5:55.89	6:03.59	6:24.19				400	IM					6:20.09	5:44.99	5:31.39	5:23.49

## 2024 -2027 North Dakota LSC State Championship Short Course Yards Relay Qualifying Standards

	8 & U	10 & U	12 & U	13 – 14	15-18	19 & over
100 Free Relay	1:37.88					
200 Free Relay		2:35.56	2:12.24	2:01.56	2:00.00	2:00.00
400 Free Relay			4:49.10	4:40.56	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
400 Medley Relay			5:59.27	5:16.76	5:12.41	5:12.41
<p>* 10 &amp; U, 12 &amp; U and 13 &amp; Over Mixed Relays must consist of 2 male and 2 female athletes.** 8 &amp; U mixed relays may consist of, all females, all males or any combination thereof.</p> <p>*** Swim-ups are allowed on all relays</p> <p>**** If during the State Championship meet the relay that competes does not achieve a state qualifying standard time result, they will not be awarded points or receive any awards.</p>						

Qualifying Standards are reviewed on a three-year basis and voted on by the ND LSC Board of Directors and ratified by the House of Delegates. For qualifying standards to change they must be voted on a minimum of one House of Delegates meeting before the season is set to begin. Therefore, if any of the qualifying standards for short course yards are to be changed, they must be voted on during the Spring House of Delegates meeting.