

	MISSOURI VALLEY SHORT COURSECHAMPS TIME STANDARDS												SCY Champs 2025	
Girls								Boys						
LCM		SCM		SCY			10 & Under	SCY			SCM		LCM	
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts
43.09	38.19	42.29	36.99	38.09	35.29	33.69	50 Free	33.99	35.69	38.79	37.69	43.09	38.49	43.89
1:39.69	1:25.79	1:38.09	1:24.19	1:28.39	1:19.59	1:15.89	100 Free	1:16.29	1:20.09	1:28.19	1:24.59	1:37.89	1:26.19	1:39.49
3:25.89	3:10.79	3:22.69	3:07.59	3:02.59	2:57.39	2:48.99	200 Free	2:49.89	2:57.29	3:02.99	3:07.39	3:23.19	3:10.59	3:26.39
6:00.69	5:41.49	5:53.59	5:35.09	6:44.09	6:41.79	6:22.69	400/500 Free	6:27.29	6:46.59	6:51.89	5:39.19	5:49.29	5:45.59	5:56.29
52.69	45.59	52.09	44.99	46.89	42.59	40.59	50 Back	40.99	42.99	46.29	45.49	51.39	46.09	51.99
1:59.19	1:38.59	1:57.99	1:37.59	1:46.29	1:32.39	1:27.99	100 Back	1:28.99	1:33.39	1:48.19	1:38.69	2:00.19	1:39.89	2:01.39
1:00.39	51.89	59.39	50.89	53.49	48.09	45.89	50 Breast	46.59	48.89	54.49	51.69	1:00.49	52.69	1:00.49
2:12.99	1:53.39	2:10.09	1:51.39	1:57.99	1:45.39	1:40.39	100 Breast	1:41.79	1:46.79	2:00.49	1:52.99	2:13.69	1:54.99	2:15.69
54.69	44.79	54.09	44.09	48.69	41.69	39.79	50 Fly	42.09	44.19	48.79	46.69	54.19	47.39	54.89
2:14.79	1:50.79	1:59.49	1:49.39	1:47.69	1:43.49	1:38.59	100 Fly	1:42.39	1:47.49	1:48.59	1:53.59	2:00.59	1:54.99	2:10.69
		1:45.39	1:36.89	1:34.99	1:31.59	1:27.29	100 IM	1:27.89	1:32.19	1:34.99	1:37.49	1:45.39		
3:40.59	3:39.39	3:37.39	3:36.19	3:29.79	3:24.49	3:14.79	200 IM	3:14.39	3:24.09	3:29.79	3:35.69	3:42.49	3:38.89	3:54.69
						2:21.09	200 Free Relay	2:22.69						
						5:18.29	400 Free Relay	5:20.29						
						2:47.59	200 Medley Relay	2:51.69						
LCM		SCM		SCY			11-12	SCY			SCM		LCM	
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts
38.19	33.09	37.39	32.29	33.59	30.49	29.09	50 Free	29.29	30.79	33.59	32.69	37.19	33.39	37.99
1:22.89	1:12.99	1:21.39	1:11.39	1:13.29	1:07.59	1:04.39	100 Free	1:04.09	1:07.29	1:13.19	1:11.09	1:21.29	1:12.69	1:22.89
2:49.19	2:39.99	2:45.99	2:36.79	2:30.89	2:28.29	2:21.29	200 Free	2:22.49	2:29.59	2:31.89	2:38.09	2:45.09	2:41.29	2:48.29
6:00.69	5:41.49	5:53.59	5:35.09	6:44.09	6:41.79	6:22.69	400/500 Free	6:27.29	6:46.59	6:51.89	5:39.19	5:49.29	5:45.59	5:56.29
12:07.19	11:04.99	15:04.39	10:52.19	13:34.79		12:25.19	800/1000 Free	11:44.69		12:25.89	10:16.09	13:47.99	10:28.89	11:05.69
44.39	38.29	43.79	37.69	39.49	35.69	33.99	50 Back	34.99	36.69	41.09	38.79	45.59	39.39	46.19
1:34.89	1:23.49	1:33.69	1:22.29	1:24.39	1:17.89	1:14.19	100 Back	1:15.79	1:19.59	1:30.29	1:24.29	1:40.19	1:25.49	1:41.39
	3:03.19		3:00.79		2:50.99	2:42.89	200 Back	3:02.39	3:11.49		3:23.19		3:25.59	
49.69	43.79	48.69	42.79	43.79	40.49	38.59	50 Breast	39.49	41.39	44.39	43.79	49.29	44.79	53.29
1:47.89	1:34.39	1:45.89	1:32.39	1:35.39	1:27.39	1:23.29	100 Breast	1:26.79	1:31.19	1:36.29	1:36.29	1:46.89	1:38.29	1:48.89
	3:34.09		3:30.09		3:18.69	3:09.29	200 Breast	3:24.29	3:34.49		3:04.59		3:50.69	
42.19	37.09	41.39	36.39	37.39	34.39	32.79	50 Fly	32.09	33.69	38.79	35.59	43.09	36.29	43.79
1:41.19	1:26.49	1:39.79	1:25.09	1:29.89	1:20.49	1:16.69	100 Fly	1:17.99	1:21.89	1:29.99	1:26.49	1:39.89	1:27.89	1:41.29
	3:38.39		3:35.79		3:24.19	3:14.49	200 Fly	2:59.89	3:08.79		3:19.59		3:22.39	
		1:29.59	1:21.29	1:20.69	1:16.89	1:13.29	100 IM	1:15.19	1:18.99	1:23.89	1:23.79	1:28.39		
3:11.89	3:02.09	3:08.69	2:58.89	2:54.89	2:49.19	2:41.19	200 IM	2:44.99	2:53.19	2:58.89	3:03.09	3:09.49	3:06.29	3:12.69
						02:01.89	200 Free Relay	2:03.49						
						04:30.29	400 Free Realy	4:29.09						
						02:20.99	200 Medley Relay	2:22.79						
						05:13.29	400 Medley Relay	5:20.09						
LCM		SCM		SCY			13-14	SCY			SCM		LCM	
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts
36.19	30.49	35.39	29.69	31.89	28.09	26.79	50 Free	25.29	26.59	29.09	27.99	32.29	28.79	33.09
1:15.29	1:06.79	1:13.69	1:05.19	1:06.39	1:01.69	0:58.79	100 Free	55.59	58.39	1:03.59	1:01.69	1:10.59	1:03.29	1:12.19
2:41.29	2:26.89	2:38.09	2:23.69	2:22.39	2:15.99	2:09.49	200 Free	2:02.29	2:08.39	2:11.59	2:15.69	2:26.09	2:18.89	2:29.29
5:39.19	5:16.49	5:22.79	5:10.09	6:19.99	6:16.09	5:54.69	400/500 Free	5:41.19	5:58.19	6:05.69	4:58.09	5:14.39	5:04.09	5:26.39
12:07.19	11:04.99	15:04.39	10:52.19	13:34.79		12:25.19	800/1000 Free	11:44.69		12:25.89	10:16.09	13:47.99	10:28.89	11:05.69
22:31.99	21:04.99	24:31.29	20:40.99	22:05.49		20:40.19	1500/1650 Free	19:39.49		20:20.59	19:38.99	22:34.89	20:02.99	20:45.09
1:27.49	1:14.39	1:26.29	1:13.19	1:17.79	1:09.29	1:05.99	100 Back	1:04.49	1:07.69	1:16.19	1:11.49	1:24.59	1:12.69	1:25.79
3:08.59	2:42.19	3:06.09	2:39.79	2:47.69	2:31.19	2:23.99	200 Back	2:23.59	2:30.79	2:40.19	2:39.29	2:57.89	2:41.69	3:00.29
1:41.59	1:28.89	1:39.59	1:26.89	1:29.69	1:22.49	1:18.29	100 Breast	1:14.29	1:17.99	1:25.49	1:22.59	1:34.89	1:24.59	1:36.89
3:37.09	3:12.49	3:33.09	3:08.49	3:11.99	2:58.59	2:49.89	200 Breast	2:44.79	2:52.99	2:57.89	3:04.09	3:13.89	3:08.09	3:17.89
1:30.39	1:14.69	1:28.99	1:13.29	1:20.19	1:09.39	1:06.09	100 Fly	1:02.09	1:05.19	1:17.09	1:08.89	1:25.59	1:10.29	1:26.99
3:13.59	3:03.99	3:10.79	3:01.39	2:51.89	2:51.69	2:43.49	200 Fly	2:35.79	2:43.49	2:46.89	2:52.89	3:00.39	2:55.69	3:03.19
3:03.89	2:46.89	3:00.69	2:43.69	2:42.79	2:34.89	2:27.49	200 IM	2:20.59	2:27.59	2:29.59	2:35.99	2:45.99	2:39.19	2:49.19
6:39.19	6:01.09	6:32.79	5:54.69	5:53.89	5:35.59	5:19.59	400 IM	5:09.59	5:24.99	5:30.59	5:43.59	6:06.89	5:49.99	6:13.29
						1:52.29	200 Free Relay	1:46.39						
						4:06.69	400 Free Relay	3:53.59						
						9:03.89	800 Free Relay	8:33.69						
						4:42.59	200 Medley Relay	4:29.59						
						4:42.59	400 Medley Relay	4:29.59						
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	31.89	50 Free	28.49	32.19	32.99	22.09	22.59	25.29	25.79
1:01.99	1:00.99	54.49	53.49	1:19.29	1:17.69	1:08.59	100 Free	1:01.69	1:09.79	1:11.39	48.19	49.19	55.09	56.09
2:14.59	2:12.59	1:58.59	01:56.59	2:38.69	2:35.69	2:17.29	200 Free	2:04.69	2:21.09	2:24.29	1:46.09	1:48.09	2:00.99	2:02.99
4:44.09	4:40.09	5:16.99	5:11.99	5:34.19	5:27.59	6:06.99	400/500 Free	5:28.99	4:53.69	4:59.59	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	1:07.89	1:00.99	59.99	1:31.49	1:30.29	1:19.79	100 Back	1:12.39	1:21.89	1:23.09	54.19	55.19	1:01.99	1:02.39
2:29.39	2:27.39	2:11.89	2:09.89	3:06.19	3:03.79	2:42.29	200 Back	2:27.59	2:47.19	2:49.59	1:57.79	1:59.79	2:13.79	2:15.19
1:18.99	1:17.99	1:09.49	1:08.49	1:39.99	1:37.99	1:26.59	100 Breast	1:18.09	1:28.39	1:30.39	1:00.69	1:01.69	1:09.69	1:10.39
2:50.59	2:48.59	2:30.29	2:28.29	3:33.59	3:29.59	3:05.19	200 Breast	2:40.19	3:01.39	3:05.39	02:12.39	2:14.39	2:30.99	2:32.99
1:08.49	1:07.49	1:00.59	59.59	1:33.69	1:32.29	1:21.49	100 Fly	1:10.29	1:19.49	1:20.99	52.89	53.89	1:00.09	1:01.09
2:33.99	2:31.99	2:14.99	2:12.99	3:07.39	3:04.69	2:43.09	200 Fly	2:27.69	2:47.29	2:50.09	01:59.09	2:01.09	2:14.99	2:16.99
2:31.79	2:29.79	2:14.09	2:12.09	2:53.19	2:49.99	2:30.19	200 IM	2:18.89	2:37.29	2:40.49	01:58.59	2:00.59	2:15.19	2:16.79
5:24.99	5:20.99	4:47.39	4:43.39	6:03.19	5:56.79	5:15.09	400 IM	5:34.89	6:19.29	6:25.69	04:16.39	4:20.89	4:51.59	4:55.59
						1:51.19	200 Free Relay	1:38.39						
						4:05.59	400 Free Relay	3:33.99						
						8:49.19	800 Free Relay	7:52.79						
						4:36.79	200 Medley Relay	4:04.99						
						4:36.79	400 Medley Relay	4:04.99						