

MISSOURI VALLEY SHORT COURSE CHAMPS TIME STANDARDS

SCY Champs 2026

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
01:39.69	01:25.79	01:38.09	01:24.19	01:28.39	01:19.59	01:15.89	100 Free	01:16.29	01:20.09	01:28.19	01:24.59	01:37.89	01:26.19	01:39.49
03:25.89	03:10.79	03:22.69	03:07.59	03:02.59	02:57.39	02:48.99	200 Free	02:49.89	02:57.29	03:02.99	03:07.39	03:23.19	03:10.59	03:26.39
06:00.69	05:41.49	05:53.59	05:35.09	06:44.09	06:41.79	06:22.69	400/500 Free	06:27.29	06:46.59	06:51.89	05:39.19	05:49.29	05:45.59	05:56.29
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
01:59.19	01:38.59	01:57.99	01:37.59	01:46.29	01:32.39	01:27.99	100 Back	01:28.99	01:33.39	01:48.19	01:38.69	02:00.19	01:39.89	02:01.39
01:00.39	51.89	59.39	50.89	53.49	48.09	45.89	50 Breast	46.59	48.89	54.49	51.69	01:00.49	52.69	01:00.49
02:12.99	01:53.39	02:10.09	01:51.39	01:57.99	01:45.39	01:40.39	100 Breast	01:41.79	01:46.79	02:00.49	01:52.99	02:13.69	01:54.99	02:15.69
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
02:14.79	01:50.79	01:59.49	01:49.39	01:47.69	01:43.49	01:38.59	100 Fly	01:42.39	01:47.49	01:48.59	01:53.59	02:00.59	01:54.99	02:10.69
		01:45.39	01:36.89	01:34.99	01:31.59	01:27.29	100 IM	01:27.89	01:32.19	01:34.99	01:37.49	01:45.39		
03:40.59	03:39.39	03:37.39	03:36.19	03:29.79	03:24.49	03:14.79	200 IM	03:14.39	03:24.09	03:29.79	03:35.69	03:42.49	03:38.89	03:54.69
						02:21.09	200 Free Relay	02:22.69						
						05:18.29	400 Free Relay	05:20.29						
						02:47.59	200 Medley Relay	02:51.69						
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	28.99	30.49	33.59	32.09	37.19	32.89	37.99
01:22.89	01:12.99	01:21.39	01:11.39	01:13.29	01:07.59	01:04.39	100 Free	01:04.09	01:07.29	01:13.19	01:11.09	01:21.29	01:12.69	01:22.89
02:49.19	02:39.99	02:45.99	02:36.79	02:30.89	02:28.29	02:21.29	200 Free	02:22.49	02:29.59	02:31.89	02:38.09	02:45.09	02:41.29	02:48.29
06:00.69	05:41.49	05:53.59	05:35.09	06:44.09	06:41.79	06:22.69	400/500 Free	06:27.29	06:46.59	06:51.89	05:39.19	05:49.29	05:45.59	05:56.29
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	34.89	36.59	41.09	38.69	45.59	39.29	46.19
01:34.89	01:23.49	01:33.69	01:22.29	01:24.39	01:17.89	01:14.19	100 Back	01:15.79	01:19.59	01:30.29	01:24.29	01:40.19	01:25.49	01:41.39
	03:03.19		03:00.79		02:50.99	02:42.89	200 Back	03:02.39	03:11.49		03:23.19		03:25.59	
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
01:47.89	01:34.39	01:45.89	01:32.39	01:35.39	01:27.39	01:23.29	100 Breast	01:26.79	01:31.19	01:36.29	01:36.29	01:46.89	01:38.29	01:48.89
	03:34.09		03:30.09		03:18.69	03:09.29	200 Breast	03:24.29	03:34.49		03:46.69		03:50.69	
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
01:41.19	01:26.49	01:39.79	01:25.09	01:29.89	01:20.49	01:16.69	100 Fly	01:17.99	01:21.89	01:29.99	01:26.49	01:39.89	01:27.89	01:41.29
	03:38.39		03:35.79		03:24.19	03:14.49	200 Fly	02:59.89	03:08.79		03:19.59		03:22.39	
		01:29.59	01:21.29	01:20.69	01:16.89	01:13.29	100 IM	01:15.19	01:18.99	01:23.89	01:23.79	01:28.39		
03:11.89	03:02.09	03:08.69	02:58.89	02:54.89	02:49.19	02:41.19	200 IM	02:44.99	02:53.19	02:58.89	03:03.09	03:09.49	03:06.29	03:12.69
						02:01.89	200 Free Relay	02:03.09						
						04:30.29	400 Free Relay	04:29.09						
						02:20.99	200 Medley Relay	02:22.79						
						05:13.29	400 Medley Relay	05:19.89						

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
01:15.29	01:06.79	01:13.69	01:05.19	01:06.39	01:01.69	00:58.79	100 Free	55.59	58.39	01:03.59	01:01.69	01:10.59	01:03.29	01:12.19
02:41.29	02:26.89	02:38.09	02:23.69	02:22.39	02:15.99	02:09.49	200 Free	02:02.29	02:08.39	02:11.59	02:15.69	02:26.09	02:18.89	02:29.29
05:39.19	05:16.49	05:22.79	05:10.09	06:19.99	06:16.09	05:54.69	400/500 Free	05:41.19	05:58.19	06:05.69	04:58.09	05:14.39	05:03.99	05:26.39
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
01:27.49	01:14.39	01:26.29	01:13.19	01:17.79	01:09.29	01:05.99	100 Back	01:04.49	01:07.69	01:16.19	01:11.49	01:24.59	01:12.69	01:25.79
03:08.59	02:42.19	03:06.09	02:39.79	02:47.69	02:31.19	02:23.99	200 Back	02:23.59	02:30.79	02:40.19	02:39.29	02:57.89	02:41.69	03:00.29
01:41.59	01:28.89	01:39.59	01:26.89	01:29.69	01:22.49	01:18.29	100 Breast	01:14.19	01:17.99	01:25.49	01:22.29	01:34.89	01:24.29	01:36.89
03:37.09	03:12.49	03:33.09	03:08.49	03:11.99	02:58.59	02:49.89	200 Breast	02:43.99	02:52.19	02:57.89	03:01.99	03:13.89	03:05.99	03:17.89
01:30.39	01:14.69	01:28.99	01:13.29	01:20.19	01:09.39	01:06.09	100 Fly	01:02.09	01:05.19	01:17.09	01:08.89	01:25.59	01:10.29	01:26.99
03:13.59	03:03.99	03:10.79	03:01.39	02:51.89	02:51.69	02:43.49	200 Fly	02:35.79	02:43.49	02:46.89	02:52.89	03:00.39	02:55.69	03:03.19
03:03.89	02:46.89	03:00.69	02:43.69	02:42.79	02:34.89	02:27.49	200 IM	02:20.59	02:27.59	02:29.59	02:35.99	02:45.99	02:39.19	02:49.19
06:39.19	06:01.09	06:32.79	05:54.69	05:53.89	05:35.59	05:19.59	400 IM	05:09.59	05:24.99	05:30.59	05:43.59	06:06.89	05:49.99	06:13.29
						01:52.29	200 Free Relay	01:46.39						
						04:06.69	400 Free Relay	03:53.59						
						09:03.89	800 Free Relay	08:33.69						
						04:42.59	200 Medley Relay	04:29.59						
						04:42.59	400 Medley Relay	04:29.39						
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	01:19.29	01:17.69	01:08.59	100 Free	01:01.69	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	02:17.29	200 Free	02:04.69	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	06:06.99	400/500 Free	05:28.99	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	1:07.89	1:00.99	59.99	01:31.49	01:30.29	01:19.79	100 Back	01:12.39	01:21.89	01:23.09	54.19	55.19	1:01.99	1:02.39
2:29.39	2:27.39	2:11.89	2:09.89	03:06.19	03:03.79	02:24.29	200 Back	02:27.59	02:47.19	02:49.59	1:57.79	1:59.79	2:13.79	2:15.19
1:18.99	1:17.99	1:09.49	1:08.49	01:39.99	01:37.99	01:26.59	100 Breast	01:18.09	01:28.39	01:30.39	1:00.69	1:01.69	1:09.69	1:10.39
2:50.59	2:48.59	2:30.29	2:28.29	03:33.59	03:29.59	03:05.19	200 Breast	02:40.19	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	01:21.49	100 Fly	01:10.29	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	02:43.09	200 Fly	02:27.69	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	02:30.19	200 IM	02:18.89	02:37.29	02:40.49	01:58.59	2:00.59	2:15.19	2:16.79
5:24.99	5:20.99	4:47.39	4:43.39	06:03.19	05:56.79	05:15.09	400 IM	05:34.89	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						