

2018-2020 North Dakota LSC Long Course Championship Qualification Standards ;(LCM)

Females								Events		Male							
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
33.59	33.59	33.79	34.59	38.49	44.09		1:04.66	50	Free	1:04.66		43.79	37.79	34.39	32.50	32.59	32.59
1:12.99	1:12.99	1:13.59	1:15.39	1:24.49	1:42.39		2:08.02	100	Free	2:08.02		1:41.29	1:22.19	1:16.19	1:12.59	1:11.49	1:11.49
2:37.49	2:37.49	2:38.69	2:42.59	3:03.49		3:45.79		200	Free		3:34.79		2:58.59	2:45.69	2:39.19	2:37.09	2:37.09
5:32.89	5:32.89	5:32.89	5:40.89	6:23.89		7:36.79		400	Free		7:29.49		6:15.49	5:53.19	5:53.19	5:32.59	5:32.59
11:25.39	11:25.39	11:28.39	11:41.99	13:26.79				800	Free				13:16.49	12:14.29	11:40.79	11:33.29	11:33.29
21:57.19	21:57.19	22:02.19	22:23.09	25:45.79				1500	Free				23:14.99	23:14.99	22:18.99	22:00.59	22:00.59
39.85	39.85	39.85	39.85	44.29	54.89		1:07.31	50	Back	1:07.31		55.69	44.89	44.89	44.89	44.89	44.89
1:21.29	1:21.29	1:21.99	1:23.59	1:38.89		1:59.19	2:17.99	100	Back	2:17.99		1:56.09	1:37.79	1:24.99	1:21.29	1:20.09	1:37.79
2:54.59	2:54.59	2:55.59	2:59.39	3:24.79				200	Back				3:22.79	3:02.99	2:53.79	2:52.99	2:52.99
43.90	43.90	43.90	43.90	48.99	1:00.49		1:17.09	50	Breast	1:17.09		1:01.19	49.89	47.99	47.99	47.99	47.99
1:32.49	1:32.49	1:32.49	1:34.99	1:49.49		2:16.69	2:38.89	100	Breast	2:38.89	2:11.29		1:48.29	1:34.89	1:31.99	1:29.89	1:29.89
3:17.89	3:17.89	3:20.79	3:25.59	3:52.69				200	Breast				3:49.99	3:29.49	3:18.29	3:13.69	3:13.69
41.01	41.01	41.01	41.01	41.29	53.59		1:26.19	50	Fly	1:26.19		52.79	43.49	43.49	43.49	43.49	43.49
1:18.59	1:18.59	1:19.49	1:21.09	1:36.19		2:09.99	2:30.49	100	Fly	2:30.49		2:09.39	1:36.19	1:22.19	1:18.19	1:16.29	1:16.29
2:54.49	2:54.49	2:54.79	2:59.49	3:24.89				200	Fly				3:22.49	3:02.59	2:53.89	2:50.29	2:50.29
2:56.99	2:56.99	2:59.69	3:03.39	3:26.29		4:09.39		200	IM		4:08.09		3:26.99	3:07.09	2:58.19	2:55.19	2:55.19
6:16.29	6:16.29	6:18.79	6:27.59	7:19.69				400	IM				7:13.59	6:37.09	6:18.50	6:12.89	6:12.89

Where available time standards follow published 2017-2020 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 2018 HOD meeting the Male Time standards were adjusted to 2016 "B" Motivational Time standards to all for increased participation for our athletes at the LC Championships.

2017-2020 North Dakota LSC State Short Course Qualification Standards – Relays (LCM)							
All Time Standards are for Girls, Boys and *Mixed Relays							
	8 and U**	10 & U	12 & U	13-14	15-16	17-18	Open
200 Free Relay	4:18.64	2:59.96	2:36.39	2:30.36	2:27.96	2:27.96	2:30.36
400 Free Relay			5:51.19	5:25.16	5:19.16	5:19.16	5:25.16
800 Free Relay							11:43.19
200 Medley Relay	5:00.00	3:36.79	3:06.79	2:56.19	2:47.38	2:47.38	2:56.19
400 Medley Relay			6:56.79	6:02.37	5:35.65	5:35.65	6:02.37
* 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 Under may consist of all girls, all boys, or any combo of girls & boys							

