



2022 MSI Long Course State Championship Qualifying Standards

10 & U Girls				10 & U Boys		
SCY	SCM	LCM	Events	LCM	SCM	SCY
37.04	40.94	41.99	50 Free	41.54	40.04	36.29
1:24.79	1:33.69	1:36.59	100 Free	1:35.39	1:31.99	1:23.29
3:08.09	3:28.04	3:33.39	200 Free	3:22.79	3:15.99	2:57.34
8:00.14	7:00.74	7:13.94	400/500 Free	7:06.94	6:52.94	7:51.84
44.44	49.14	51.89	50 Back	52.24	49.74	44.89
1:36.34	1:46.44	1:52.59	100 Back	1:49.09	1:44.89	1:34.54
50.34	55.69	57.24	50 Breast	56.49	54.49	49.34
1:51.54	2:03.24	2:07.29	100 Breast	2:02.69	1:59.09	1:47.54
44.59	49.29	50.49	50 Fly	48.89	47.64	43.09
1:46.54	1:57.74	2:01.29	100 Fly	1:58.94	1:56.24	1:44.24
1:37.14	1:47.34	X	100 IM	X	1:44.29	1:33.84
3:27.04	3:48.84	3:56.29	200 IM	3:53.49	3:45.79	3:24.34
2:28.16	2:43.76	2:47.96	200 Free Relay	2:46.16	2:40.16	2:25.16
X	X	3:48.88	200 Medley Relay	3:43.01	X	X
11-12 Girls				11 - 12 Boys		
SCY	SCM	LCM	Events	LCM	SCM	SCY
32.44	35.99	37.04	50 Free	35.99	34.69	31.44
1:10.94	1:18.39	1:21.09	100 Free	1:18.39	1:15.69	1:08.44
2:34.69	2:51.74	2:55.74	200 Free	2:51.19	2:45.94	2:29.04
6:53.49	6:02.09	6:10.19	400/500 Free	6:02.09	5:52.14	6:42.39
14:16.39	12:29.44	12:55.39	800/1000 Free	12:43.44	12:16.30	14:01.39
36.74	40.84	42.39	50 Back	42.04	40.59	36.44
1:21.44	1:30.44	1:34.84	100 Back	1:31.74	1:27.29	1:18.94
41.49	45.89	47.24	50 Breast	47.09	45.54	41.19
1:30.64	1:40.44	1:44.89	100 Breast	1:42.49	1:38.34	1:27.94
35.19	39.14	39.79	50 Fly	40.24	39.39	35.64
1:20.99	1:30.24	1:32.34	100 Fly	1:30.14	1:28.29	1:19.49
1:21.09	1:29.89	X	100 IM	X	1:26.14	1:17.94
2:53.74	3:12.54	3:18.74	200 IM	3:16.14	3:08.84	2:50.64
2:09.76	2:23.96	2:28.16	200 Free Relay	2:23.96	2:18.76	2:05.76
X	X	3:06.58	200 Medley Relay	3:01.38	X	X

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13-14 Girls				13-14 Boys		
SCY	SCM	LCM	Events	LCM	SCM	SCY
30.19	33.49	34.49	50 Free	31.99	30.79	27.79
1:05.49	1:12.69	1:14.79	100 Free	1:09.89	1:07.29	1:00.89
2:21.29	2:37.19	2:41.79	200 Free	2:32.29	2:26.69	2:12.79
6:18.69	5:32.69	5:40.59	400/500 Free	5:24.09	5:14.19	5:58.99
13:01.79	11:24.19	11:44.99	800/1000 Free (BB)	11:13.99	10:51.09	12:23.89
21:43.19	21:35.69	22:23.09	1500/1650 Free (BB)	21:27.39	20:35.99	20:43.19
1:11.19	1:19.19	1:23.59	100 Back	1:17.89	1:13.89	1:06.39
2:34.89	2:51.69	2:58.69	200 Back	2:49.09	2:41.19	2:25.09
1:21.69	1:30.99	1:34.79	100 Breast	1:28.09	1:23.49	1:15.49
2:57.29	3:16.99	3:23.99	200 Breast	3:10.79	3:02.99	2:43.99
1:10.89	1:18.89	1:20.39	100 Fly	1:15.49	1:13.29	1:06.09
2:36.89	2:54.49	2:59.19	200 Fly	2:47.99	2:42.49	2:26.89
2:37.59	2:55.89	3:01.79	200 IM	2:51.39	2:44.19	2:28.49
5:37.59	6:15.39	6:25.89	400 IM	6:04.69	5:50.69	5:17.09
2:00.79	2:13.99	2:17.99	200 Free Relay	2:07.99	2:03.19	1:51.19
4:21.99	4:50.79	4:59.19	400 Free Relay	4:39.59	4:29.19	4:03.59
2:24.79	2:40.89	2:46.59	200 Medley Relay	2:35.69	2:28.99	2:14.49
4:49.29	5:21.79	5:33.09	400 Medley Relay	5:11.39	4:57.99	4:28.89
15 & 16 Girls				15 & 16 Boys		
SCY	SCM	LCM	Events	LCM	SCM	SCY
29.49	32.89	33.79	50 Free	30.19	29.59	26.39
1:03.99	1:11.39	1:13.49	100 Free	1:06.89	1:04.49	57.89
2:18.69	2:33.79	2:38.29	200 Free	2:26.09	2:20.89	2:06.79
6:11.99	5:25.59	5:32.89	400/500 Free	5:09.89	5:02.79	5:44.09
12:49.99	11:13.89	11:28.39	800/1000 Free (BB)	10:50.09	10:28.19	11:57.79
21:26.19	21:18.69	22:02.19	1500/1650 Free (BB)	20:33.99	19:55.89	20:02.89
1:09.39	1:17.39	1:21.09	100 Back	1:14.39	1:10.19	1:03.19
2:31.39	2:48.39	2:54.99	200 Back	2:41.39	2:33.79	2:17.49
1:19.69	1:29.19	1:32.39	100 Breast	1:23.49	1:19.59	1:11.09
2:52.79	3:13.09	3:20.49	200 Breast	3:01.39	2:53.09	2:36.19
1:09.39	1:17.29	1:19.29	100 Fly	1:11.79	1:10.09	1:02.69
2:33.49	2:51.09	2:53.99	200 Fly	2:39.39	2:35.39	2:20.49
2:34.89	2:52.59	2:58.19	200 IM	2:43.99	2:36.69	2:20.89
5:30.49	6:06.89	6:18.79	400 IM	5:47.29	5:37.69	5:03.69
1:57.99	2:11.59	2:15.19	200 Free Relay	2:00.79	1:58.39	1:46.59
4:15.99	4:45.59	4:54.39	400 Free Relay	4:27.59	4:17.99	3:51.99
2:18.69	2:37.69	2:43.19	200 Medley Relay	2:28.29	2:22.19	2:07.49
4:37.79	5:15.29	5:26.29	400 Medley Relay	4:56.59	4:44.39	4:14.89
17 & Over Girls				17 & Over Boys		
SCY	SCM	LCM	Events	LCM	SCM	SCY
29.09	32.29	33.59	50 Free	30.09	28.69	25.89
1:03.29	1:09.99	1:12.99	100 Free	1:05.29	1:02.99	56.69
2:17.89	2:32.49	2:37.49	200 Free	2:23.59	2:18.19	2:03.59
6:07.39	5:24.39	5:31.59	400/500 Free	5:05.69	4:57.19	5:36.29
12:47.19	11:11.39	11:24.29	800/1000 Free (BB)	10:37.09	10:23.69	11:48.89
21:10.69	21:12.39	21:49.59	1500/1650 Fr (BB)	20:20.79	19:35.39	19:37.99
1:08.49	1:16.39	1:20.39	100 Back	1:12.99	1:07.99	1:01.49
2:28.39	2:45.39	2:53.59	200 Back	2:38.39	2:29.99	2:14.59
1:18.79	1:28.09	1:31.69	100 Breast	1:21.69	1:17.89	1:09.79
2:50.69	3:09.79	3:17.89	200 Breast	2:57.89	2:49.89	2:31.69
1:08.29	1:16.09	1:18.29	100 Fly	1:10.09	1:07.59	1:01.19
2:31.89	2:48.69	2:53.39	200 Fly	2:36.09	2:32.39	2:16.99
2:32.69	2:49.99	2:56.99	200 IM	2:41.29	2:33.99	2:17.09
5:26.09	6:02.09	6:16.29	400 IM	5:42.99	5:29.29	4:56.99