



Missouri Valley Championship Time Standards

10-Under

Women						Men							
Districts			Championships			Championships				Districts			
LCM	SCM	SCY	LCM	SCM	SCY	SCY	SCM	LCM	SCY	SCM	LCM		
						Events							
43.59	43.69	39.29	38.19	36.39	32.79	50 Free	32.99	36.69	38.09	39.99	44.39	42.79	
1:40.09	1:41.19	1:31.09	1:26.29	1:21.09	1:12.99	100 Free	1:13.79	1:21.99	1:25.89	1:30.89	1:40.89	1:35.59	
3:27.89	3:29.09	3:08.29	3:06.09	2:59.59	2:41.79	200 Free	2:44.09	3:02.19	3:06.09	3:08.69	3:29.09	3:19.69	
			6:51.59	6:42.09	7:39.49	400/500 Free	7:32.59	6:36.09	6:44.59				
53.09	53.79	48.39	45.99	42.99	38.69	50 Back	39.49	43.89	46.69	47.69	52.99	53.09	
1:56.99	2:01.69	1:49.59	1:40.99	1:34.79	1:25.39	100 Back	1:26.29	1:35.79	1:40.89	1:51.59	2:03.89	1:56.99	
56.49	1:01.29	55.19	51.49	48.93	44.09	50 Breast	44.89	49.89	51.89	56.19	1:02.39	58.99	
2:06.79	2:15.07	2:01.69	1:53.79	1:48.29	1:37.49	100 Breast	1:39.29	1:50.29	1:53.79	2:04.19	2:17.89	2:06.79	
56.99	55.79	50.19	45.69	42.19	37.99	50 Fly	38.99	43.29	47.79	50.29	55.89	56.99	
1:59.99	2:03.19	1:50.99	1:46.99	1:42.39	1:32.19	100 Fly	1:34.29	1:44.69	1:46.99	1:51.99	2:04.39	1:59.99	
3:54.79	1:48.69	1:37.89	3:33.59	1:33.59	1:24.29	100 IM	1:25.59	1:35.09	1:37.89	1:48.69			
	3:44.09	3:21.89	3:22.39	3:02.29		200 IM	3:05.29	3:25.69	3:33.09	3:26.69	3:49.49	3:55.99	
		2:50.09	2:32.89	2:17.69	200 Free Relay	2:18.89	2:34.19	2:50.09					
		5:40.39	5:06.59	400 Free Relay	5:09.79	5:43.89							
3:10.09	2:59.29	2:41.49	200 Medley Relay	2:44.69	3:02.89	3:10.09							



Missouri Valley Championship Time Standards

11-12

Women						Men							
Districts			Championships			Championships				Districts			
LCM	SCM	SCY	LCM	SCM	SCY	SCY	SCM	LCM	SCY	SCM	LCM		
						Events							
36.19	38.59	34.69	32.69	31.79	28.59	50 Free	28.59	31.79	32.99	34.59	38.39	37.09	
1:22.59	1:23.99	1:15.59	1:12.09	1:09.39	1:02.49	100 Free	1:02.89	1:09.89	1:13.79	1:15.49	1:23.79	1:23.09	
2:52.89	2:51.19	2:34.19	2:37.09	2:31.69	2:16.59	200 Free	2:17.19	2:32.29	2:39.09	2:33.29	2:50.19	2:51.19	
6:04.59	6:01.39	6:56.59	5:36.29	5:19.39	6:08.19	400 / 500 Free	6:11.59	5:22.29	5:38.99	6:51.59	5:56.99	6:03.99	

43.19	45.19	40.69	39.39	37.39	33.69	50 Back	34.49	38.29	39.89	42.39	47.09	45.59
1:36.09	1:36.59	1:26.99	1:24.89	1:19.49	1:11.59	100 Back	1:13.19	1:21.29	1:26.99	1:33.09	1:43.39	1:37.99
			3:00.19	2:53.09	2:35.89	200 Back	2:32.89	2:48.79	2:56.00			
48.99	50.19	45.19	44.29	42.69	38.39	50 Breast	38.89	43.19	45.59	45.79	50.89	50.59
1:46.99	1:49.29	1:38.39	1:36.89	1:32.09	1:22.89	100 Breast	1:24.09	1:33.39	1:39.09	1:39.29	1:50.29	1:49.59
			3:23.69	3:16.39	2:56.89	200 Breast	2:52.89	3:11.99	3:20.79			
42.09	42.79	38.49	36.79	35.79	32.19	50 Fly	32.79	36.39	37.79	39.99	44.39	42.59
1:43.09	1:42.89	1:32.69	1:25.79	1:20.99	1:12.89	100 Fly	1:14.69	1:22.99	1:28.49	1:32.79	1:42.99	1:43.09
			2:59.29	2:56.09	2:38.59	200 Fly	2:35.29	2:52.39	2:58.49			
		1:32.39	1:23.19		1:19.09	100 IM	1:13.29	1:21.39		1:22.09	1:31.19	
3:17.69	3:14.59	2:55.29	2:58.59	2:51.49	2:34.49	200 IM	2:36.99	2:54.29	3:02.39	2:55.99	3:15.39	3:17.49

2:22.09	2:13.19	1:59.99	200 Free Relay	2:00.89	2:14.19	2:22.09
5:14.09	4:51.29	4:22.39	400 Free Relay	4:26.39	4:55.69	5:14.09

2:50.09	2:36.79	2:21.19	200 Medley Relay	2:23.59	2:39.39	2:50.09
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Missouri Valley Championship Time Standards

13-14

Women						Men						
Districts			Championships			Championships			Districts			
LCM	SCM	SCY	LCM	SCM	SCY	SCY	SCM	LCM	SCY	SCM	LCM	
						Events						
34.39	36.59	32.89	31.09	29.99	26.99	50 Free	25.49	28.29	29.39	29.99	33.29	33.59
1:15.99	1:16.09	1:08.49	1:07.79	1:05.09	58.59	100 Free	55.49	1:01.59	1:04.49	1:05.59	1:12.89	1:13.59
2:42.09	2:42.99	2:26.79	2:27.39	2:21.59	2:07.49	200 Free	2:02.49	2:15.99	2:21.29	2:15.69	2:30.69	2:39.09
5:48.99	5:39.89	6:31.79	5:12.59	4:57.69	5:43.19	400 / 500 Free	5:35.49	4:50.99	5:02.39	6:16.99	5:30.99	5:38.19
11:58.79	12:08.59	13:59.99	11:05.09	10:46.29	12:25.09	800 / 1000 Free	11:44.69	10:11.19	10:31.39	12:48.99	11:06.99	11:20.09
22:20.09	22:28.99	22:46.49	20:31.09	20:24.19	20:40.09	1500 / 1650 Free	19:39.49	19:24.39	20:14.39	20:58.39	20:42.29	20:55.09
1:31.99	1:29.09	1:20.19	1:19.59	1:14.29	1:06.89	100 Back	1:04.69	1:11.89	1:16.69	1:18.59	1:27.29	1:31.09
3:17.69	3:11.99	2:52.89	2:50.49	2:41.49	2:25.49	200 Back	2:21.49	2:37.09	2:45.09	2:45.19	3:03.39	3:09.69
1:43.09	1:42.69	1:32.49	1:31.49	1:26.09	1:17.49	100 Breast	1:13.79	1:21.99	1:28.09	1:28.09	1:37.79	1:44.09
3:41.99	3:39.69	3:17.89	3:15.79	3:07.09	2:48.49	200 Breast	2:41.89	2:59.69	3:16.19	3:00.09	3:19.89	3:36.99
1:35.09	1:31.79	1:22.69	1:17.59	1:14.09	1:06.69	100 Fly	1:04.69	1:11.89	1:14.59	1:19.49	1:28.29	1:31.09
3:18.69	3:16.69	2:57.19	3:01.99	2:49.89	2:32.99	200 Fly	2:27.69	2:43.99	2:53.09	2:47.59	3:06.09	3:15.69
3:07.89	3:06.29	2:47.79	2:48.79	2:40.29	2:24.39	200 IM	2:18.29	2:33.59	2:40.99	2:34.19	2:51.19	3:01.29
7:00.19	6:44.99	6:04.79	6:03.49	5:44.99	5:10.79	400 IM	5:03.99	5:37.49	5:57.39	5:40.79	6:18.29	6:39.99
			2:15.09	2:06.59	1:53.99	200 Free Relay	1:47.99	1:59.89	2:08.09			
			4:50.09	4:34.09	4:06.89	400 Free Relay	3:55.79	4:21.79	4:34.09			
			2:41.69	2:22.19	2:08.09	200 Medley Relay	2:03.39	2:16.99	2:29.09			
			5:38.09	5:15.89	4:44.59	400 Medley Relay	4:34.19	5:04.39	5:26.19			



Missouri Valley Championship Time Standards

Senior

Women						Men							
Districts			Championships			Championships				Districts			
LCM	SCM	SCY	LCM	SCM	SCY	SCY	SCM	LCM	SCY	SCM	LCM		
						Events							
35.09	37.19	33.49	30.19	29.19	26.29	50 Free	23.29	25.89	27.09	29.89	33.19	30.09	
1:14.09	1:20.19	1:12.19	1:05.09	1:02.59	56.39	100 Free	50.59	56.19	59.19	1:04.79	1:11.99	1:06.09	
2:40.09	2:40.27	2:24.39	2:19.79	2:15.69	2:02.19	200 Free	1:51.49	2:30.69	2:08.99	2:11.09	2:25.59	2:21.09	
5:39.79	5:34.79	6:25.99	4:57.09	4:43.79	5:27.19	400 / 500 Free	5:03.99	4:23.69	4:37.39	5:46.09	5:00.19	5:00.09	
11:45.09	11:20.39	13:04.39	10:24.29	10:00.39	11:32.19	800 / 1000 Free	10:45.09	9:19.49	9:40.09	12:16.99	10:39.19	10:30.09	
22:00.09	21:51.69	22:08.69	20:13.49	19:34.89	19:50.09	1500 / 1650 Free	18:16.09	18:02.09	18:30.09	20:39.19	20:23.29	20:00.00	
1:29.09	1:33.19	1:23.89	1:16.39	1:12.19	1:04.99	100 Back	58.69	1:05.19	1:09.99	1:16.09	1:24.49	1:20.09	
3:02.79	3:09.49	2:50.69	2:44.69	2:35.79	2:20.29	200 Back	2:09.19	2:23.49	2:30.59	2:35.29	2:52.39	2:47.89	
1:42.09	1:40.99	1:30.99	1:28.09	1:23.19	1:14.89	100 Breast	1:07.49	1:14.99	1:20.39	1:22.09	1:31.19	1:29.09	
3:32.99	3:36.19	3:14.69	3:08.49	2:59.59	2:41.79	200 Breast	2:28.99	2:45.39	2:56.69	2:48.49	3:07.09	3:13.79	
1:29.09	1:35.19	1:25.69	1:12.99	1:09.99	1:02.99	100 Fly	56.89	1:03.19	1:05.49	1:13.89	1:22.09	1:17.09	
3:12.69	3:10.39	2:51.49	2:42.89	2:39.79	2:23.89	200 Fly	2:15.39	2:30.29	2:31.99	2:35.39	2:52.49	2:44.79	
3:05.49	2:55.29	2:37.89	2:40.19	2:33.09	2:17.89	200 IM	2:05.89	2:19.79	2:27.19	2:26.09	2:42.19	2:42.09	
6:28.99	6:07.89	5:31.39	5:38.99	5:27.69	4:55.19	400 IM	4:39.59	5:10.39	5:15.09	5:29.29	6:05.59	5:53.29	
			2:10.09	2:02.69	1:50.49	200 Free Relay	1:37.99	1:48.79	1:55.09				
			4:45.09	4:22.99	3:56.89	400 Free Relay	3:32.49	3:55.89	4:13.09				
			10:00.09	9:29.79	8:33.29	800 Free Relay	7:48.39	8:39.99	10:00.09				
			2:35.09	2:15.96	2:02.49	200 Medley Relay	1:50.39	2:02.59	2:17.09				
			5:30.09	5:02.24	4:32.29	400 Medley Relay	4:05.39	4:32.39	4:50.09				