

	MISSOURI VALLEY LONG COURSE TIME STANDARDS													Summer LC 2025	
Girls								Boys							
SCY		SCM		LCM			10 & Under	LCM			SCM		SCY		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
38.09	33.69	42.29	36.99	43.09	41.99	39.99	50 Free	40.09	42.09	43.89	37.69	43.09	33.99	38.79	
01:28.39	01:15.89	01:38.09	01:24.19	01:39.69	01:35.86	01:31.29	100 Free	01:29.89	01:34.39	01:39.49	01:24.59	01:37.89	01:16.29	01:28.19	
03:02.59	02:48.99	03:22.69	03:07.59	03:29.89	03:25.89	03:17.89	200 Free	03:16.89	03:26.39	03:26.39	03:07.39	03:23.19	02:49.89	03:02.99	
	06:22.69		05:35.09		07:23.19	07:10.89	400 Free	07:10.89	07:23.19		05:39.19		06:27.29		
46.89	40.59	52.09	44.99	52.69	50.19	47.89	50 Back	48.09	50.49	51.99	45.49	51.39	40.99	46.29	
01:46.29	01:27.99	01:57.99	01:37.59	01:59.19	01:50.09	01:44.89	100 Back	01:46.69	01:51.99	02:01.39	01:38.69	02:00.19	01:28.99	01:48.19	
53.49	44.39	59.39	49.29	01:00.39	57.89	55.19	50 Breast	50.29	52.79	01:00.49	49.29	01:00.49	44.39	54.49	
01:57.99	01:40.39	02:10.09	01:51.39	02:12.99	02:08.49	02:02.39	100 Breast	02:05.29	02:11.59	02:15.69	01:52.99	02:13.69	01:41.79	02:00.49	
48.69	39.79	54.09	44.09	54.69	52.89	50.39	50 Fly	50.89	53.39	54.89	46.69	54.19	42.09	48.79	
01:47.69	01:38.59	01:59.49	01:49.39	02:21.29	02:14.89	02:08.89	100 Fly	02:09.89	02:16.29	02:22.89	01:53.59	02:00.59	01:42.39	01:48.59	
03:15.79	03:14.79	03:37.39	03:36.19	03:55.99	03:54.99	03:40.59	200 IM	03:47.89	03:59.19	04:00.89	03:35.69	03:42.49	03:14.39	03:20.49	
							Mixed Free Relay								
							02:48.09								
							Mixed Medley Relay								
							03:09.79								
						02:47.89	200 Free Relay		02:48.29						
						03:22.89	200 Medley Relay		03:18.69						
SCY		SCM		LCM			11-12	LCM			SCM		SCY		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
33.59	29.09	37.39	32.29	38.19	35.59	33.89	50 Free	33.19	34.79	37.99	32.39	37.19	29.09	33.59	
01:13.29	01:04.39	01:21.39	01:11.39	01:22.89	01:19.59	01:15.89	100 Free	01:14.99	01:18.69	01:22.89	01:11.09	01:21.29	01:04.09	01:13.19	
02:29.59	02:21.29	02:45.99	02:36.79	02:49.19	02:49.19	02:44.89	200 Free	02:45.89	02:48.89	02:48.29	02:38.09	02:45.09	02:22.49	02:28.69	
06:44.09	06:22.69	05:53.59	05:35.09	06:00.69	05:59.89	05:51.89	400/500 Free	05:53.89	05:59.89	06:00.69	05:39.19	05:49.29	06:27.29	06:39.19	
39.49	33.99	43.79	37.69	44.39	43.39	39.89	50 Back	40.79	42.89	46.19	38.79	45.59	34.99	41.09	
01:24.39	01:14.19	01:33.69	01:22.29	01:34.89	01:32.69	01:28.29	100 Back	01:28.59	01:32.09	01:41.39	01:24.29	01:40.19	01:15.79	01:30.29	
	02:42.89		03:00.79		03:20.39	03:10.89	200 Back	03:04.89	03:14.09		03:23.19		03:02.39		
43.79	38.59	48.69	42.79	49.69	48.49	45.89	50 Breast	46.79	49.19	53.29	43.79	49.29	39.49	44.39	
01:35.39	01:23.29	01:45.89	01:32.39	01:47.89	01:45.89	01:40.89	100 Breast	01:42.89	01:47.99	01:48.89	01:36.29	01:46.89	01:26.79	01:36.29	
	03:09.29		03:30.09		03:48.69	03:37.89	200 Breast	03:36.89	03:38.28		03:31.89		03:24.29		
37.39	32.79	41.39	36.39	42.19	41.39	37.89	50 Fly	38.59	40.49	43.79	35.59	43.09	32.09	38.79	
01:29.89	01:16.69	01:39.79	01:25.09	01:41.19	01:34.29	01:29.89	100 Fly	01:31.89	01:36.39	01:41.29	01:26.49	01:39.89	01:17.99	01:29.99	
	03:10.99		03:32.09		03:45.59	03:26.59	200 Fly	03:10.19	03:19.79		03:19.59		02:59.89		
02:49.99	02:41.19	03:08.69	02:58.89	03:23.89	03:16.19	03:06.89	200 IM	03:09.89	03:19.29	03:23.89	03:03.09	03:09.49	02:44.99	02:50.69	
						02:22.29	200 Free Relay	02:19.09							
						05:19.89	400 Free Relay	05:14.69							
						02:48.79	200 Medley Relay	02:47.39							
SCY		SCM		LCM			13-14	LCM			SCM		SCY		
Districts	Champs	Districts	Champs	Districts	Bonus	Champs		Champs	Bonus	Districts	Champs	Districts	Champs	Districts	
31.89	26.79	35.39	29.69	36.19	32.52	30.89	50 Free	29.09	30.59	33.09	27.99	32.29	25.29	29.09	
01:06.39	58.79	01:13.69	01:05.19	01:15.29	01:11.49	01:08.09	100 Free	01:03.99	01:07.19	01:12.19	01:01.69	01:10.59	55.59	01:03.59	
02:22.39	02:09.49	02:38.09	02:23.69	02:41.29	02:36.59	02:29.09	200 Free	02:22.29	02:29.29	02:29.29	02:15.69	02:26.09	02:02.29	02:11.59	
06:19.99	05:54.69	05:22.79	05:10.09	05:39.19	05:35.99	05:19.99	400/500 Free	05:05.89	05:21.09	05:26.39	04:58.09	05:14.39	05:41.19	06:05.69	
13:34.79	12:25.19	15:04.39	10:52.19	12:07.19		11:25.89	800/1000 Free	10:55.89		11:05.69	10:16.09	13:47.99	11:44.69	12:25.89	
22:05.49	20:40.19	24:31.29	20:40.99	22:31.99		20:59.89	1500/1650 Free	20:45.89		21:35.89	19:38.99	22:34.89	19:39.49	20:20.59	
01:17.79	01:05.99	01:26.29	01:13.19	01:27.49	01:22.09	01:18.19	100 Back	01:16.49	01:20.39	01:25.79	01:11.49	01:24.59	01:04.49	01:16.19	
02:47.69	02:23.99	03:06.09	02:39.79	03:08.59	02:58.59	02:50.09	200 Back	02:44.89	02:53.09	03:00.29	02:39.29	02:57.89	02:23.59	02:40.19	
01:29.69	01:18.29	01:39.59	01:26.89	01:41.59	01:36.79	01:32.19	100 Breast	01:27.79	01:32.19	01:36.89	01:22.59	01:34.89	01:14.29	01:25.49	
03:11.99	02:49.89	03:33.09	03:08.49	03:37.09	03:32.79	03:22.69	200 Breast	03:14.69	03:24.49	03:28.89	03:04.09	03:13.89	02:44.79	02:54.69	
01:20.19	01:06.09	01:28.99	01:13.29	01:30.39	01:0										