



Missouri Valley Spring Division Time Standards

10-Under

Women									Men			
Division 2		Division 1							Division 1		Division 2	
LCM	SCY	LCM	SCY						SCY	LCM	SCY	LCM
				Events								
43.59	40.99	36.99	32.79	50 Free	33.09	37.49	40.89	42.79				
1:40.09	1:31.79	1:22.99	1:12.99	100 Free	1:13.79	1:23.59	1:31.49	1:35.59				
3:27.89	3:08.29	3:03.89	2:41.79	200 Free	2:44.09	3:04.59	3:08.69	3:19.69				
53.09	49.69	44.29	38.69	50 Back	39.89	44.49	49.59	53.09				
1:56.99	1:51.19	1:39.59	1:26.49	100 Back	1:27.99	1:39.99	1:51.59	1:56.99				
56.49	55.99	50.39	44.09	50 Breast	44.89	51.09	56.19	58.99				
2:06.79	2:03.89	1:51.29	1:37.89	100 Breast	1:39.29	1:53.19	2:04.19	2:06.79				
56.99	50.19	42.99	38.19	50 Fly	39.09	43.39	50.29	56.99				
1:59.99	1:50.99	1:43.39	1:32.19	100 Fly	1:34.29	1:44.29	1:51.99	1:59.99				
	1:37.89		1:24.29	100 IM	1:25.69		1:37.89					
3:54.79	3:21.89	3:26.19	3:02.29	200 IM	3:05.29	3:28.89	3:26.69	3:55.99				
	2:34.89	2:17.69	200 Free Relay	2:18.89	2:34.89							
	5:41.79	5:06.59	400 Free Relay	5:09.79	5:41.79							
	3:02.68	2:41.49	200 Medley Relay	2:44.69	3:02.68							



Missouri Valley Spring Division Time Standards

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Women				Men					
Division 2		Division 1		Division 1			Division 2		
LCM	SCY	LCM	SCY	SCY	LCM	SCY	LCM		
				Events					
36.19	35.79	32.79	28.59	50 Free	28.79	32.79	36.09	37.09	
1:22.59	1:17.39	1:12.79	1:02.49	100 Free	1:03.39	1:13.09	1:17.79	1:23.09	
2:52.89	2:34.19	2:34.59	2:16.79	200 Free	2:17.99	2:36.69	2:33.29	2:51.19	
6:04.59	6:56.59	5:31.99	6:08.89	500 Free	6:11.59	5:33.69	6:51.69	6:03.99	
				50 Back	35.19	40.19	43.29	45.59	
43.19	41.79	39.39	34.29	100 Back	1:13.79	1:25.09	1:30.89	1:37.99	
				50 Breast	39.49	45.29	45.79	50.59	
48.99	45.39	43.29	38.99	100 Breast	1:24.39	1:36.29	1:39.29	1:49.59	
				50 Fly	33.19	37.29	39.99	42.59	
42.09	39.69	36.49	32.59	100 Fly	1:15.19	1:24.99	1:32.79	1:43.09	
				100 IM	1:13.79	1:22.09			
1:23.19			1:12.19	200 IM	2:37.99	3:00.49	2:55.99	3:17.49	
3:17.69	2:57.89	2:56.49	2:34.49						
				200 Free Relay	2:00.89	2:16.89			
2:16.89	1:59.99			400 Free Relay	4:26.39	5:08.39			
5:08.39	4:22.39								
				200 Medley Relay	2:23.59	2:41.59			
2:41.59	2:21.19								



Missouri Valley Spring Division Time Standards

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Women									Men			
Division 2		Division 1							Division 1		Division 2	
LCM	SCY	LCM	SCY						SCY	LCM	SCY	LCM
				Events								
34.39	33.79	30.69	27.09	50 Free	25.69	29.99	31.39	33.59	25.69	29.99	31.39	33.59
1:15.99	1:12.19	1:06.59	58.79	100 Free	56.09	1:05.39	1:07.99	1:13.59	56.09	1:05.39	1:07.99	1:13.59
2:42.09	2:26.79	2:25.09	2:07.89	200 Free	2:03.19	2:22.79	2:15.69	2:39.09	2:03.19	2:22.79	2:15.69	2:39.09
5:48.99	6:31.79	5:07.79	5:43.19	500 Free	5:35.49	5:06.29	6:16.99	5:38.19	5:35.49	5:06.29	6:16.99	5:38.19
11:58.79	13:59.99	11:05.09	12:25.09	1000 Free	11:44.69	10:31.39	12:48.99	11:20.09	11:44.69	10:31.39	12:48.99	11:20.09
22:20.09	22:46.49	20:31.09	20:40.09	1650 Free	19.39.49	20:14.39	20:58.39	20:55.09	19.39.49	20:14.39	20:58.39	20:55.09
1:31.99	1:24.69	1:16.59	1:07.59	100 Back	1:05.09	1:14.99	1:21.39	1:31.09	1:05.09	1:14.99	1:21.39	1:31.09
3:17.69	2:54.29	2:45.99	2:26.79	200 Back	2:22.89	2:44.39	2:45.19	3:09.69	2:22.89	2:44.39	2:45.19	3:09.69
1:43.09	1:32.79	1:28.69	1:17.79	100 Breast	1:14.39	1:23.19	1:28.09	1:44.09	1:14.39	1:23.19	1:28.09	1:44.09
3:41.99	3:17.89	3:12.69	2:48.49	200 Breast	2:43.29	3:07.77	3:00.09	3:36.99	2:43.29	3:07.77	3:00.09	3:36.99
1:35.09	1:26.89	1:15.09	1:06.79	100 Fly	1:05.49	1:13.29	1:19.49	1:31.09	1:05.49	1:13.29	1:19.49	1:31.09
3:18.69	2:57.19	2:51.79	2:32.99	200 Fly	2:27.69	2:45.49	2:47.59	3:15.69	2:27.69	2:45.49	2:47.59	3:15.69
3:07.89	2:47.79	2:44.59	2:24.39	200 IM	2:18.89	2:41.09	2:34.19	3:01.29	2:18.89	2:41.09	2:34.19	3:01.29
7:00.19	6:04.79	5:52.29	5:10.79	400 IM	5:03.99	5:46.09	5:40.79	6:39.99	5:03.99	5:46.09	5:40.79	6:39.99
				200 Free Relay	1:47.99	2:01.99						
				400 Free Relay	3:55.79	4:25.79						
				200 Medley Relay	2:03.39	2:19.39						
				400 Medley Relay	4:34.19	5:26.19						



Missouri Valley Spring Division Time Standards

Senior

Women									Men			
Division 2		Division 1							Division 1		Division 2	
LCM	SCY	LCM	SCY						SCY	LCM	SCY	LCM
				Events								
35.09	33.49	29.89	26.29	50 Free	23.29	26.39	29.89	30.09	23.29	26.39	29.89	30.09
1:14.09	1:12.19	1:03.99	56.39	100 Free	50.59	58.19	1:04.79	1:06.09	50.59	58.19	1:04.79	1:06.09
2:40.09	2:24.39	2:18.39	2:02.19	200 Free	1:51.49	2:07.89	2:11.09	2:21.09	1:51.49	2:07.89	2:11.09	2:21.09
5:39.79	6:25.99	4:50.29	5:27.19	500 Free	5:03.99	4:31.49	5:46.09	5:00.09	5:03.99	4:31.49	5:46.09	5:00.09
11:45.09	13:04.39	10:24.29	11:32.19	1000 Free	10:45.09	9:37.69	12:16.99	10:30.09	10:45.09	9:37.69	12:16.99	10:30.09
22:00.09	22:08.69	20:13.49	19:50.09	1650 Free	18.16.09	18:30.09	20:39.19	20:00.09	18.16.09	18:30.09	20:39.19	20:00.09
1:29.09	1:23.89	1:14.29	1:04.99	100 Back	58.69	1:07.79	1:16.09	1:20.09	58.69	1:07.79	1:16.09	1:20.09
3:02.79	2:50.69	2:39.89	2:20.29	200 Back	2:09.19	2:27.39	2:35.29	2:47.89	2:09.19	2:27.39	2:35.29	2:47.89
1:42.09	1:30.99	1:25.49	1:14.89	100 Breast	1:07.49	1:17.89	1:22.09	1:29.09	1:07.49	1:17.89	1:22.09	1:29.09
3:32.99	3:14.69	3:03.79	2:41.79	200 Breast	2:28.99	2:52.09	2:48.49	3:13.79	2:28.99	2:52.09	2:48.49	3:13.79
1:29.09	1:25.69	1:10.49	1:02.99	100 Fly	56.89	1:04.49	1:13.89	1:17.09	56.89	1:04.49	1:13.89	1:17.09
3:12.69	2:51.49	2:41.29	2:23.89	200 Fly	2:15.39	2:31.99	2:35.39	2:44.79	2:15.39	2:31.99	2:35.39	2:44.79
3:05.49	2:37.89	2:39.59	2:17.89	200 IM	2:05.89	2:25.69	2:26.09	2:41.69	2:05.89	2:25.69	2:26.09	2:41.69
6:28.99	5:31.39	5:34.19	4:55.19	400 IM	4:39.59	5:15.09	5:29.29	5:53.29	4:39.59	5:15.09	5:29.29	5:53.29
				200 Free Relay	1:37.99	1:51.99						
				400 Free Relay	3:32.49	4:02.49						
				800 Free Relay	7:48.39	8:48.39						
				200 Medley Relay	1:50.39	2:06.39						
				400 Medley Relay	4:05.39	4:37.39						