

State Qualifying Standards

Event	Qualifying Time		Gold Standard	
	<u>Y</u>	<u>M</u>	<u>Y</u>	<u>M</u>
200 Medley Relay	2:05.49	2:19.92	1:46.49	1:58.73
200 Freestyle	2:00.69	2:13.72	1:52.49	2:04.64
200 Individual Medley	2:18.09	2:33.42	2:07.19	2:21.31
50 Freestyle	24.19	27.06	22.79	25.50
100 Butterfly	1:01.99	1:09.05	56.09	1:02.48
100 Freestyle	53.89	59.87	50.59	56.20
500/400 Freestyle	5:34.39	4:53.59	5:12.09	4:34.00
200 Freestyle Relay	1:54.49	2:07.77	1:35.36	1:46.42
100 Backstroke	1:03.79	1:10.87	58.49	1:04.98
100 Breaststroke	1:10.49	1:18.24	1:04.39	1:11.47
400 Freestyle Relay	4:08.99	4:37.37	3:32.99	3:57.26

Event	Time that Qualified		16 th Place Time		8 th Place Time	
	<u>Y</u>	<u>M</u>	<u>Y</u>	<u>M</u>	<u>Y</u>	<u>M</u>
200 Medley Relay	1:48.09	2:00.52	1:43.79	1:55.72	1:40.02	1:51.52
200 Freestyle	1:55.37	2:07.83	1:50.42	2:02.35	1:46.73	1:58.26
200 Individual Medley	2:09.72	2:24.12	2:02.70	2:16.32	1:59.08	2:12.30
50 Freestyle	23.30	26.07	22.56	25.24	22.26	24.91
100 Butterfly	57.54	1:04.09	54.00	1:00.15	52.15	58.09
100 Freestyle	51.97	57.74	49.89	55.43	48.09	53.43
500/400 Freestyle	5:20.62	4:41.49	5:04.13	4:27.01	4:53.22	4:17.44
200 Freestyle Relay	1:36.85	1:48.08	1:33.35	1:44.17	1:31.50	1:42.11
100 Backstroke	59.67	1:06.29	55.69	1:01.87	53.27	59.18
100 Breaststroke	1:05.80	1:13.04	1:02.34	1:09.20	1:00.74	1:07.42
400 Freestyle Relay	3:37.81	4:02.63	3:26.36	3:49.88	3:20.49	3:43.34

For Qualifying Time and Gold Standard, first time is for yards, and second time is for meters.

If a relay achieves at least a Qualifying time for State, the top 8 (4 participants and 4 alternates) in each relay will be expected to continue to practice past SWMO Championships. If a relay officially qualifies for State, the top 8 in the relays that qualify will be expected to continue to practice through State Championships, go to State Championships, participate in all activities at State, and at least warmup with the team in Prelims. If you are not willing to make this commitment, Coach Smith needs to know within the first 2 weeks of the season.