**WEST CENTRAL DISTRICT III  
2019-2020 4A SWIMMING & DIVING CHAMPIONSHIP STANDARDS**

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|  | **2019 Girls’ 4A** |  |
| **WCD 3** |  | **STATE** |
| **02:11.70** | 200 Md. Relay | 1:53.50 |
| **02:11.10** | 200 Free | 1:59.70 |
| **02:30.40** | 200 IM | 2:12.00 |
| **00:26.90** | 50 Free | 24.90 |
| **225/11** | 11 Dives | 325/11.6 |
| **01:07.45** | 100 Fly | 0:59.00 |
| **00:59.55** | 100 Free | 55.00 |
| **06:03.55** | 500 Free | 5:19.00 |
| **01:58.00** | 200 Fr. Relay | 1:42.50 |
| **01:07.80** | 100 Back | 1:00.80 |
| **01:16.25** | 100 Breast | 1:08.25 |
| **04:27.65** | 400 Fr. Relay | 3:45.90 |

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|  | **2020 Boys’ 4A** |  |
| **WCD 3** |  | **STATE** |
| **01:55.35** | 200 Md. Relay | 1:41.00 |
| **02:00.90** | 200 Free | 1:48.00 |
| **02:18.40** | 200 IM | 2:01.00 |
| **00:23.50** | 50 Free | 22.25 |
| **230/11** | 11 Dives | 335/11.6 |
| **01:00.30** | 100 Fly | 53.90 |
| **00:52.10** | 100 Free | 49.00 |
| **05:42.40** | 500 Free | 4:56.00 |
| **01:42.00** | 200 Fr. Relay | 1:31.00 |
| **01:03.15** | 100 Back | 54.50 |
| **01:08.10** | 100 Breast | 1:00.70 |
| **03:53.55** | 400 Fr. Relay | 3:21.50 |