**WEST CENTRAL DISTRICT III  
2019-2020 FINAL 3A SWIMMING & DIVING CHAMPIONSHIP STANDARDS**

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|  | **2019 Girls’ 3A** |  |
| **Yards** |  | **Meters** |
| 2:38.00 | 200 Md. Relay | 2:55.00 |
| 2:23.00 | 200 Free | 2:38.50 |
| 2:41.00 | 200 IM | 2:59.00 |
| 28.75 | 50 Free | 32.00 |
| 250 pts. | 11 Dives | 250 pts. |
| 1:15.00 | 100 Fly | 1:24.00 |
| 1:03.00 | 100 Free | 1:10.00 |
| 6:30.00 | 500 Free | 5:43.00 |
| 2:20.00 | 200 Fr. Relay | 2:35.00 |
| 1:13.00 | 100 Back | 1:22.50 |
| 1:26.00 | 100 Breast | 1:35.00 |
| 5:08.00 | 400 Fr. Relay | 5:42.50 |

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|  | **2020 Boys’ 3A** |  |
| **Yards** |  | **Meters** |
| 2:22.50 | 200 Md. Relay | 2:39.00 |
| 2:08.00 | 200 Free | 2:22.00 |
| 2:28.00 | 200 IM | 2:44.50 |
| 25.00 | 50 Free | 28.00 |
| 250 pts. | 11 Dives | 250 pts. |
| 1:05.00 | 100 Fly | 1:12.00 |
| 56.25 | 100 Free | 1:02.75 |
| 6:00.00 | 500 Free | 5:17.00 |
| 2:00.00 | 200 Fr. Relay | 2:13.00 |
| 1:07.00 | 100 Back | 1:14.50 |
| 1:14.00 | 100 Breast | 1:22.50 |
| 5:00.00 | 400 Fr. Relay | 5:30.00 |