**WEST CENTRAL DISTRICT III  
2019-2020 1A/2A SWIMMING & DIVING CHAMPIONSHIP STANDARDS**

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|  | **2019 Girls’ 1A/2A** |  |
| **WCD 3** |  | **STATE** |
| 2:28.00 | 200 Md. Relay | 2:01.50 |
| 2:23.50 | 200 Free | 2:06.00 |
| 2:43.00 | 200 IM | 2:22.50 |
| 28.40 | 50 Free | 26.10 |
| 200/11 | 11 Dives | 265/11.6 |
| 1:15.50 | 100 Fly | 1:04.00 |
| 1:05.00 | 100 Free | 57.60 |
| 6:38.00 | 500 Free | 5:45.00 |
| 2:10.00 | 200 Fr. Relay | 1:48.40 |
| 1:14.00 | 100 Back | 1:03.90 |
| 1:24.00 | 100 Breast | 1:13.00 |
| 4:50.00 | 400 Fr. Relay | 4:01.00 |

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|  | **2020 Boys’ 1A/2A** |  |
| **WCD 3** |  | **STATE** |
| 2:15.00 | 200 Md. Relay | 1:48.30 |
| 2:11.50 | 200 Free | 1:53.00 |
| 2:32.00 | 200 IM | 2:08.50 |
| 25.25 | 50 Free | 22.95 |
| 200/11 | 11 Dives | 265/11.6 |
| 1:08.00 | 100 Fly | 56.90 |
| 57.50 | 100 Free | 50.90 |
| 6:16.00 | 500 Free | 5:10.00 |
| 1:58.00 | 200 Fr. Relay | 1:36.20 |
| 1:11.50 | 100 Back | 58.50 |
| 1:17.00 | 100 Breast | 1:04.50 |
| 4:25.00 | 400 Fr. Relay | 3:34.00 |