

White Cap Standards Girls

<u>Event</u>	<u>Time</u>	
200 Freestyle	2:11.79	2:25.99
200 Individual Medley	2:34.79	2:51.79
50 Freestyle	26.49	29.49
100 Butterfly	1:10.29	1:18.09
100 Freestyle	59.09	1:05.69
500 (400) Freestyle	6:07.49	5:22.29
100 Backstroke	1:08.19	1:15.69
100 Breaststroke	1:19.19	1:27.99

- White Cap Standards must be achieved each year. Best Times from previous years will not count.

Girls Varsity Meet Standards

With the creation of the separate Varsity and Junior Varsity Girls Southwest Missouri Championships, a list of time standards for each event has been created. A swimmer must achieve at least this standard to be considered for the Varsity meet. It does not necessarily mean the swimmer will or must compete in the Varsity meet, but they will be considered, given that option, or encouraged to compete as Varsity. Swimmers not achieving these standards will automatically swim Junior Varsity at SWMO.

<u>Event</u>	<u>Time</u>	
200 Freestyle	2:32.79	2:49.29
200 Individual Medley	3:01.19	3:21.09
50 Freestyle	28.69	31.99
100 Butterfly	1:36.59	1:47.29
100 Freestyle	1:06.19	1:13.59
500 (400) Freestyle	7:17.59	6:23.79
100 Backstroke	1:21.99	1:31.09
100 Breaststroke	1:29.19	1:39.09