



2026 MISCA JH/MS TIME STANDARDS

<u>Event</u>	<u>Boys</u>	<u>Girls</u>
200 Med Relay*	2:21.99	2:22.99
200 Freestyle	2:24.99	2:25.29
100 I.M.	1:16.59	1:15.59
50 Freestyle	28.29	29.29
Diving **	115 pts	115 pts
50 Butterfly	33.29	32.99
100 Freestyle	1:03.99	1:05.59
200 Free Relay*	2:03.59	2:03.99
100 Backstroke	1:17.59	1:16.59
100 Breaststroke	1:26.29	1:26.59
400 Free Relay*	4:44.99	4:44.99

*Only 1 relay per team (no aggregate times)

**Athletes must qualify with a 2 meet 6 dive average