



OFFICIAL TIME STANDARDS

Winter National Championships

WOMEN

MEN

SCY	SCM	LCM	EVENT	LCM	SCM	SCY
22.89	25.49	26.69	50 Free	23.59	22.99	20.59
49.89	55.49	57.69	100 Free	51.79	49.49	44.59
1:47.79	1:59.49	2:04.59	200 Free	1:53.29	1:49.39	1:38.79
4:49.09	4:10.79	4:20.79	400/500 Free	4:01.09	3:56.09	4:28.89
9:58.79	8:39.39	8:54.49	800/1000 Free	8:21.49	8:01.49	9:15.19
16:35.89	16:23.19	17:06.69	1500/1650 Free	15:59.99	15:22.89	15:34.89
54.69	1:00.79	1:04.59	100 Back	58.59	55.39	49.89
1:58.09	2:11.19	2:18.69	200 Back	2:06.69	2:00.39	1:48.39
1:03.09	1:10.09	1:13.49	100 Breast	1:05.59	1:02.09	55.99
2:15.89	2:31.09	2:38.69	200 Breast	2:22.89	2:14.99	2:01.59
54.19	1:00.19	1:02.59	100 Fly	55.99	54.79	49.19
1:59.59	2:12.89	2:17.39	200 Fly	2:04.59	2:00.59	1:48.29
2:00.99	2:14.29	2:21.39	200 IM	2:08.19	2:01.39	1:49.29
4:15.59	4:43.69	4:58.09	400 IM	4:32.59	4:19.39	3:53.49
3:23.39		3:52.69	4X100 Free - Relay	3:29.29		3:00.69
7:18.99		8:22.19	4X200 Free - Relay	7:42.79		6:41.29
3:44.19		4:18.29	4X100 Medley - Relay	3:50.09		3:16.99

WOMEN

18 & UNDER BONUS

MEN

SCY	SCM	LCM	EVENT	LCM	SCM	SCY
23.49	26.19	26.99	50 Free	24.39	23.49	20.99
50.99	56.69	58.39	100 Free	52.89	50.89	45.79
1:49.79	2:01.59	2:05.39	200 Free	1:56.29	1:51.09	1:40.29
4:52.09	4:13.29	4:23.79	400/500 Free	4:06.29	3:59.39	4:32.69
10:03.59	8:43.49	9:03.49	800/1000 Free	8:33.79	8:10.49	9:25.49
16:46.19	16:33.29	17:20.49	1500/1650 Free	16:14.99	15:34.79	15:46.99
56.59	1:02.89	1:05.59	100 Back	59.69	56.59	50.99
2:01.29	2:14.79	2:20.69	200 Back	2:09.59	2:02.89	1:50.69
1:04.29	1:11.49	1:14.29	100 Breast	1:07.59	1:03.99	57.69
2:19.79	2:35.49	2:40.09	200 Breast	2:27.19	2:19.69	2:05.89
55.99	1:02.19	1:03.39	100 Fly	57.39	55.79	50.09
2:03.29	2:16.99	2:19.59	200 Fly	2:08.19	2:04.29	1:51.59
2:03.79	2:17.39	2:22.49	200 IM	2:10.49	2:04.99	1:52.49
4:23.69	4:50.59	5:01.89	400 IM	4:38.39	4:27.09	4:00.19

*Qualifying period is November 1, 2016 through the entry deadline.