

2009-2010 CIS TIME STANDARDS

		EVENT					
		WOMEN		MEN			
scy	lcm	scm		scm	lcm	scy	
24.04	27.97	27.16	50 FREE	23.89	24.61	21.14	
51.96	1:00.47	58.71	100 FREE	52.07	53.63	46.08	
1:51.85	2:10.17	2:06.38	200 FREE	1:53.66	1:57.07	1:40.59	
3:57.58	4:36.50	4:28.45	400 FREE	4:03.86	4:11.18	3:35.82	
8:11.41	9:31.92	9:15.26	800 FREE				
			1500 FREE	16:30.08	16:59.78		
			1650yd free			16:48.59	
27.51	32.01	31.08	50 BACK	27.37	28.19	24.22	
58.42	1:07.99	1:06.01	100 BACK	0:58.34	1:00.09	0:51.63	
2:05.75	2:26.35	2:22.09	200 BACK	2:07.69	2:11.52	1:53.01	
30.65	35.67	34.63	50 BREAST	30.21	31.12	26.74	
1:06.03	1:16.85	1:14.61	100 BREAST	1:05.43	1:07.39	0:57.91	
2:23.02	2:46.46	2:41.61	200 BREAST	2:23.81	2:28.12	2:07.27	
25.94	30.19	29.31	50 FLY	25.94	26.72	22.96	
0:57.31	1:06.70	1:04.76	100 FLY	0:57.25	0:58.97	0:50.67	
2:07.20	2:28.04	2:23.73	200 FLY	2:07.41	2:11.23	1:52.76	
2:08.09	2:29.08	2:24.74	200 IM	2:08.87	2:12.74	1:54.05	
4:31.30	5:15.75	5:06.55	400 IM	4:35.08	4:43.33	4:03.45	
3:28.70	4:02.89	3:55.82	400 FREE Relay	3:30.29	3:36.60	3:06.11	
7:32.57	8:46.72	8:31.38	800 FREE Relay	7:44.93	7:58.88	6:51.46	
3:51.46	4:29.39	4:21.54	400 MED Relay	3:51.91	3:58.87	3:25.24	