

100 Meter Fly Goal Time Splits

<u>Goal</u>	<u>1st 50</u>	<u>2nd 50</u>
01:06.0	00:31.0	00:35.0
01:07.0	00:31.5	00:35.5
01:08.0	00:32.0	00:36.0
01:09.0	00:32.4	00:36.6
01:10.0	00:32.9	00:37.1
01:11.0	00:33.4	00:37.6
01:11.5	00:33.6	00:37.9
01:12.0	00:33.8	00:38.2
01:12.5	00:34.1	00:38.4
01:13.0	00:34.3	00:38.7
01:13.5	00:34.5	00:39.0
01:14.0	00:34.8	00:39.2
01:14.5	00:35.0	00:39.5
01:15.0	00:35.2	00:39.7
01:15.5	00:35.5	00:40.0
01:16.0	00:35.7	00:40.3
01:16.5	00:36.0	00:40.5
01:17.0	00:36.2	00:40.8
01:17.5	00:36.4	00:41.1
01:18.0	00:36.7	00:41.3

1st 50 = Goal x 0.47

<u>Goal</u>	<u>1st 50</u>	<u>2nd 50</u>
01:19.0	00:37.1	00:41.9
01:19.5	00:37.4	00:42.1
01:20.0	00:37.6	00:42.4
01:20.5	00:37.8	00:42.7
01:21.0	00:38.1	00:42.9
01:21.5	00:38.3	00:43.2
01:22.0	00:38.5	00:43.5
01:22.5	00:38.8	00:43.7
01:23.0	00:39.0	00:44.0
01:23.5	00:39.2	00:44.3
01:24.0	00:39.5	00:44.5
01:24.5	00:39.7	00:44.8
01:25.0	00:40.0	00:45.1
01:25.5	00:40.2	00:45.3
01:26.0	00:40.4	00:45.6
01:26.5	00:40.7	00:45.8
01:27.0	00:40.9	00:46.1
01:27.5	00:41.1	00:46.4
01:28.0	00:41.4	00:46.6
01:28.5	00:41.6	00:46.9

2nd 50 = Goal x 0.53

<u>Goal</u>
01:29.0
01:29.5
01:30.0
01:31.0
01:32.0
01:33.0
01:34.0
01:35.0
01:36.0
01:37.0
01:38.0
01:39.0
01:40.0
01:41.0
01:42.0
01:43.0
01:44.0
01:45.0
01:46.0
01:47.0

100 Meter Breast Goal Splits

	<u>1st 50</u>	<u>2nd 50</u>
01:18.0	00:36.7	00:41.3
01:18.5	00:36.9	00:41.6
01:19.0	00:37.1	00:41.9
01:19.5	00:37.4	00:42.1
01:20.0	00:37.6	00:42.4
01:20.5	00:37.8	00:42.7
01:21.0	00:38.1	00:42.9
01:21.5	00:38.3	00:43.2
01:22.0	00:38.5	00:43.5
01:22.5	00:38.8	00:43.7
01:23.0	00:39.0	00:44.0
01:23.5	00:39.2	00:44.3
01:24.0	00:39.5	00:44.5
01:24.5	00:39.7	00:44.8
01:25.0	00:40.0	00:45.1
01:25.5	00:40.2	00:45.3
01:26.0	00:40.4	00:45.6
01:26.5	00:40.7	00:45.8
01:27.0	00:40.9	00:46.1
01:27.5	00:41.1	00:46.4

1st 50 = Goal x 0.47

<u>Goal</u>	<u>1st 50</u>	<u>2nd 50</u>
01:28.0	00:41.4	00:46.6
01:28.5	00:41.6	00:46.9
01:29.0	00:41.8	00:47.2
01:29.5	00:42.1	00:47.4
01:30.0	00:42.3	00:47.7
01:31.0	00:42.8	00:48.2
01:32.0	00:43.2	00:48.8
01:33.0	00:43.7	00:49.3
01:34.0	00:44.2	00:49.8
01:35.0	00:44.7	00:50.4
01:36.0	00:45.1	00:50.9
01:37.0	00:45.6	00:51.4
01:38.0	00:46.1	00:51.9
01:39.0	00:46.5	00:52.5
01:40.0	00:47.0	00:53.0
01:41.0	00:47.5	00:53.5
01:42.0	00:47.9	00:54.1
01:43.0	00:48.4	00:54.6
01:44.0	00:48.9	00:55.1
01:45.0	00:49.3	00:55.7

2nd 50 = Goal x 0.53

<u>Goal</u>
01:46.0
01:47.0
01:48.0
01:49.0
01:50.0
01:51.0
01:52.0
01:53.0
01:54.0
01:55.0
01:56.0
01:57.0
01:58.0
01:59.0
02:00.0
02:01.0
02:02.0
02:03.0
02:04.0
02:05.0

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100 Meter Free Goal Split Times

<u>Goal</u>	<u>1st 50</u>	<u>2nd 50</u>
00:57.0	00:26.7	00:30.3
00:57.5	00:26.9	00:30.6
00:58.0	00:27.2	00:30.8
00:58.5	00:27.4	00:31.1
00:59.0	00:27.6	00:31.4
00:59.5	00:27.9	00:31.6
01:00.0	00:28.1	00:31.9
01:00.5	00:28.3	00:32.2
01:01.0	00:28.6	00:32.4
01:01.5	00:28.8	00:32.7
01:02.0	00:29.0	00:33.0
01:02.5	00:29.3	00:33.2
01:03.0	00:29.5	00:33.5
01:03.5	00:29.7	00:33.8
01:04.0	00:30.0	00:34.0
01:04.5	00:30.2	00:34.3
01:05.0	00:30.4	00:34.5
01:05.5	00:30.7	00:34.8
01:06.0	00:30.9	00:35.1
01:06.5	00:31.1	00:35.3

1st 50 = Goal x 0.4684

<u>Goal</u>	<u>1st 50</u>	<u>2nd 50</u>
01:07.0	00:31.4	00:35.6
01:07.5	00:31.6	00:35.9
01:08.0	00:31.9	00:36.1
01:08.5	00:32.1	00:36.4
01:09.0	00:32.3	00:36.7
01:09.5	00:32.6	00:36.9
01:10.0	00:32.8	00:37.2
01:10.5	00:33.0	00:37.5
01:11.0	00:33.3	00:37.7
01:11.5	00:33.5	00:38.0
01:12.0	00:33.7	00:38.3
01:12.5	00:34.0	00:38.5
01:13.0	00:34.2	00:38.8
01:13.5	00:34.4	00:39.1
01:14.0	00:34.7	00:39.3
01:14.5	00:34.9	00:39.6
01:15.0	00:35.1	00:39.9
01:15.5	00:35.4	00:40.1
01:16.0	00:35.6	00:40.4
01:16.5	00:35.8	00:40.7

2nd 50 = Goal x 0.5315

<u>Goal</u>
01:17.0
01:18.0
01:19.0
01:20.0
01:21.0
01:22.0
01:23.0
01:24.0
01:25.0
01:26.0
01:27.0
01:28.0
01:29.0
01:30.0
01:31.0
01:32.0
01:33.0
01:34.0
01:35.0
01:36.0

100 Meter Back Goal Time Splits

<u>Goal</u>	<u>1st 50</u>	<u>2nd 50</u>
01:09.0	00:33.7	00:35.3
01:09.5	00:33.9	00:35.6
01:10.0	00:34.2	00:35.8
01:10.5	00:34.4	00:36.1
01:11.0	00:34.6	00:36.4
01:11.5	00:34.9	00:36.6
01:12.0	00:35.1	00:36.9
01:12.5	00:35.4	00:37.1
01:13.0	00:35.6	00:37.4
01:13.5	00:35.9	00:37.6
01:14.0	00:36.1	00:37.9
01:14.5	00:36.4	00:38.1
01:15.0	00:36.6	00:38.4
01:15.5	00:36.8	00:38.7
01:16.0	00:37.1	00:38.9
01:16.5	00:37.3	00:39.2
01:17.0	00:37.6	00:39.4
01:17.5	00:37.8	00:39.7
01:18.0	00:38.1	00:39.9
01:18.5	00:38.3	00:40.2

1st 50 = Goal x 0.488

<u>Goal</u>	<u>1st 50</u>	<u>2nd 50</u>
01:19.0	00:38.6	00:40.4
01:19.5	00:38.8	00:40.7
01:20.0	00:39.0	00:41.0
01:20.5	00:39.3	00:41.2
01:21.0	00:39.5	00:41.5
01:21.5	00:39.8	00:41.7
01:22.0	00:40.0	00:42.0
01:22.5	00:40.3	00:42.2
01:23.0	00:40.5	00:42.5
01:23.5	00:40.7	00:42.8
01:24.0	00:41.0	00:43.0
01:24.5	00:41.2	00:43.3
01:25.0	00:41.5	00:43.5
01:25.5	00:41.7	00:43.8
01:26.0	00:42.0	00:44.0
01:26.5	00:42.2	00:44.3
01:27.0	00:42.5	00:44.5
01:27.5	00:42.7	00:44.8
01:28.0	00:42.9	00:45.1
01:28.5	00:43.2	00:45.3

2nd 50 = Goal x 0.512

<u>Goal</u>
01:29.0
01:30.0
01:31.0
01:32.0
01:33.0
01:34.0
01:35.0
01:36.0
01:37.0
01:38.0
01:39.0
01:40.0
01:41.0
01:42.0
01:43.0
01:44.0
01:45.0
01:46.0
01:47.0
01:48.0

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<u>1st 50</u>	<u>2nd 50</u>
00:41.8	00:47.2
00:42.1	00:47.4
00:42.3	00:47.7
00:42.8	00:48.2
00:43.2	00:48.8
00:43.7	00:49.3
00:44.2	00:49.8
00:44.7	00:50.4
00:45.1	00:50.9
00:45.6	00:51.4
00:46.1	00:51.9
00:46.5	00:52.5
00:47.0	00:53.0
00:47.5	00:53.5
00:47.9	00:54.1
00:48.4	00:54.6
00:48.9	00:55.1
00:49.3	00:55.7
00:49.8	00:56.2
00:50.3	00:56.7

<u>1st 50</u>	<u>2nd 50</u>
00:49.8	00:56.2
00:50.3	00:56.7
00:50.8	00:57.2
00:51.2	00:57.8
00:51.7	00:58.3
00:52.2	00:58.8
00:52.6	00:59.4
00:53.1	00:59.9
00:53.6	01:00.4
00:54.0	01:01.0
00:54.5	01:01.5
00:55.0	01:02.0
00:55.5	01:02.5
00:55.9	01:03.1
00:56.4	01:03.6
00:56.9	01:04.1
00:57.3	01:04.7
00:57.8	01:05.2
00:58.3	01:05.7
00:58.7	01:06.3

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1st 50 **2nd 50**

00:36.1	00:40.9
00:36.5	00:41.5
00:37.0	00:42.0
00:37.5	00:42.5
00:37.9	00:43.1
00:38.4	00:43.6
00:38.9	00:44.1
00:39.3	00:44.6
00:39.8	00:45.2
00:40.3	00:45.7
00:40.8	00:46.2
00:41.2	00:46.8
00:41.7	00:47.3
00:42.2	00:47.8
00:42.6	00:48.4
00:43.1	00:48.9
00:43.6	00:49.4
00:44.0	00:50.0
00:44.5	00:50.5
00:45.0	00:51.0

1st 50 **2nd 50**

00:43.4	00:45.6
00:43.9	00:46.1
00:44.4	00:46.6
00:44.9	00:47.1
00:45.4	00:47.6
00:45.9	00:48.1
00:46.4	00:48.6
00:46.8	00:49.2
00:47.3	00:49.7
00:47.8	00:50.2
00:48.3	00:50.7
00:48.8	00:51.2
00:49.3	00:51.7
00:49.8	00:52.2
00:50.3	00:52.7
00:50.8	00:53.2
00:51.2	00:53.8
00:51.7	00:54.3
00:52.2	00:54.8
00:52.7	00:55.3

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