

USA-Swimming/NTSC Developmental Standards

Short Course Meters 2009-2012

		Event	AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	Level 3	Level 2	Level 1	State Cut	Regionals	
Girls	10 & Under	50 Free	:31.29	:32.69	:34.09	:35.49	:39.79	:43.99	:48.29	:52.49	:56.79	:33.99	:37.39	
		100 Free	1:08.69	1:12.29	1:15.89	1:19.49	1:30.19	1:40.89	1:51.69	2:02.39	2:13.19	1:15.19	1:22.69	
		200 Free	2:28.59	2:36.59	2:44.69	2:52.79	3:16.99	3:41.19	4:05.49	4:29.69	4:53.99	2:45.79	3:02.39	
		400 Free	5:12.79	5:27.69	5:42.49	5:57.39	6:42.09	7:26.79	8:11.49	8:56.09	9:40.79		7:26.79	
		50 Back	:36.19	:38.19	:40.19	:42.09	:47.99	:53.89	:59.89	1:05.79	1:11.69		:39.89	:43.89
		100 Back	1:17.89	1:22.19	1:26.49	1:30.89	1:43.79	1:56.79	2:09.69	2:22.69	2:35.69		1:26.76	1:35.49
		50 Breast	:40.09	:42.19	:44.29	:46.49	:52.79	:59.19	1:05.59	1:11.99	1:18.39		:44.89	:49.39
		100 Breast	1:28.39	1:33.39	1:38.29	1:43.19	1:57.89	2:12.59	2:27.29	2:41.99	2:56.79		1:38.69	1:48.59
		50 Fly	:34.79	:36.89	:38.99	:41.19	:47.49	:53.89	1:00.29	1:06.59	1:12.99		:38.49	:42.29
		100 Fly	1:18.79	1:24.49	1:30.19	1:35.79	1:52.79	2:09.79	2:26.79	2:43.79	3:00.79		1:29.89	1:38.89
Boys	10 & Under	100 IM	1:18.99	1:23.09	1:27.19	1:31.29	1:43.59	1:55.99	2:08.29	2:20.69	2:32.99	1:26.19	1:34.79	
		200 IM	2:48.69	2:57.29	3:05.89	3:14.49	3:40.29	4:06.09	4:31.89	4:57.69	5:23.49	3:06.89	3:25.59	
		50 Free	:30.99	:32.29	:33.59	:34.89	:38.89	:42.89	:46.89	:50.89	:54.89		:34.29	:37.69
		100 Free	1:07.99	1:11.39	1:14.79	1:18.19	1:28.29	1:38.49	1:48.69	1:58.89	2:09.09		1:16.09	1:23.69
		200 Free	2:26.89	2:33.89	2:40.89	2:47.89	3:08.89	3:29.79	3:50.79	4:11.79	4:32.79		2:49.89	3:06.89
		400 Free	5:09.89	5:24.59	5:39.39	5:54.09	6:38.39	7:22.69	8:06.89	8:51.19	9:35.39			7:22.69
		50 Back	:36.29	:38.29	:40.29	:42.29	:48.29	:54.29	1:00.39	1:06.39	1:12.49		:40.59	:44.69
		100 Back	1:17.89	1:21.89	1:25.89	1:29.79	1:41.69	1:53.69	2:05.59	2:17.49	2:29.39		1:27.99	1:36.79
		50 Breast	:40.39	:42.49	:44.59	:46.69	:52.99	:59.29	1:05.49	1:11.79	1:18.09		:46.29	:50.89
		100 Breast	1:28.19	1:32.59	1:36.99	1:41.39	1:54.59	2:07.79	2:20.99	2:34.19	2:47.39		1:42.09	1:52.29
Girls	11-12	50 Fly	:34.59	:36.59	:38.49	:40.49	:46.39	:52.19	:58.09	1:03.99	1:09.89	:39.09	:42.99	
		100 Fly	1:18.19	1:23.69	1:29.09	1:34.59	1:50.89	2:07.29	2:23.69	2:39.99	2:56.39	1:33.89	1:43.29	
		100 IM	1:18.39	1:22.09	1:25.79	1:29.59	1:40.69	1:51.89	2:03.09	2:14.29	2:25.49	1:27.89	1:36.69	
		200 IM	2:48.49	2:56.89	3:05.29	3:13.69	3:38.89	4:04.09	4:29.29	4:54.49	5:19.79	3:11.19	3:30.29	
		50 Free	:28.69	:29.99	:31.29	:32.59	:35.19	:37.89	:40.49	:43.09	:45.69		:30.39	:33.39
		100 Free	1:00.99	1:03.89	1:06.79	1:09.69	1:15.49	1:21.29	1:27.09	1:32.89	1:38.69		1:06.29	1:12.89
		200 Free	2:15.29	2:21.69	2:28.09	2:34.59	2:47.39	3:00.29	3:13.19	3:26.09	3:38.99		2:25.19	2:39.69
		400 Free	4:42.79	4:56.29	5:09.69	5:23.19	5:50.09	6:17.09	6:43.99	7:10.89	7:37.79		5:07.69	5:38.49
		800 Free	9:50.89	10:19.09	10:47.19	11:15.39	12:11.59	13:07.89	14:04.19	15:00.39	15:56.69			
		1500 Free	18:50.59	19:44.39	20:38.19	21:32.09	23:19.69	25:07.39	26:55.09	28:42.69	30:30.39			
Boys	11-12	50 Back	:32.79	:34.39	:35.89	:37.49	:40.59	:43.69	:46.89	:49.99	:53.09	:35.29	:38.79	
		100 Back	1:10.49	1:14.29	1:18.09	1:21.99	1:29.59	1:37.29	1:44.99	1:52.59	2:00.29	1:16.29	1:23.89	
		200 Back	2:30.79	2:37.99	2:45.09	2:52.29	3:06.69	3:20.99	3:35.39	3:49.69	4:04.09		3:22.49	
		50 Breast	:36.49	:38.29	:39.99	:41.69	:45.19	:48.69	:52.19	:55.69	:59.09		:39.39	:43.29
		100 Breast	1:18.99	1:22.89	1:26.89	1:30.79	1:38.69	1:46.59	1:54.39	2:02.29	2:10.19		125.69	1:34.29
		200 Breast	2:51.09	2:59.19	3:07.39	3:15.49	3:31.79	3:48.09	4:04.39	4:20.69	4:36.99			3:49.09
		50 Fly	:31.39	:32.79	:34.29	:35.79	:38.79	:41.79	:44.79	:47.69	:50.69		:33.79	:37.19
		100 Fly	1:09.39	1:13.19	1:17.09	1:20.89	1:28.59	1:36.29	1:43.99	1:51.69	1:59.39		116.59	1:24.29
		200 Fly	2:33.29	2:40.59	2:47.89	2:55.19	3:09.79	3:24.39	3:39.09	3:53.69	4:08.29			3:25.89
		100 IM	1:11.49	1:14.89	1:18.29	1:21.69	1:28.59	1:35.39	1:42.19	1:48.99	1:55.79		1:16.59	1:24.29
Boys	11-12	200 IM	2:32.29	2:39.59	2:46.79	2:54.09	3:08.59	3:23.09	3:37.59	3:52.09	4:06.59	2:44.79	3:01.29	
		400 IM	5:24.99	5:40.49	5:55.99	6:11.39	6:42.39	7:13.29	7:44.29	8:15.19	8:46.19		7:15.79	
		50 Free	:27.69	:28.99	:30.29	:31.59	:34.29	:36.89	:39.49	:42.09	:44.79		:30.09	:33.09
		100 Free	1:00.59	1:03.49	1:06.29	1:09.19	1:14.99	1:20.79	1:26.49	1:32.29	1:38.09		1:05.69	1:12.29
		200 Free	2:11.69	2:17.99	2:24.19	2:30.49	2:42.99	2:55.59	3:08.09	3:20.69	3:33.19		2:24.69	2:39.19
		400 Free	4:39.29	4:52.59	5:05.89	5:19.19	5:45.79	6:12.39	6:38.99	7:05.49	7:32.09		5:08.69	5:39.59
		800 Free	9:44.19	10:11.99	10:39.89	11:07.69	12:03.29	12:58.89	13:54.59	14:50.19	15:45.89			
		1500 Free	18:36.59	19:29.79	20:22.89	21:16.09	23:02.49	24:48.79	26:35.09	28:21.39	30:07.79			
		50 Back	:31.99	:33.69	:35.29	:36.99	:40.29	:43.69	:46.99	:50.39	:53.69		:35.59	:39.19
		100 Back	1:08.69	1:12.39	1:16.19	1:19.89	1:27.39	1:34.79	1:42.29	1:49.79	1:57.29		1:16.09	1:23.69
Boys	11-12	200 Back	2:27.79	2:34.89	2:41.89	2:48.89	3:02.99	3:17.09	3:31.19	3:45.29	3:59.29		3:18.29	
		50 Breast	:35.49	:37.39	:39.29	:41.19	:45.09	:48.89	:52.79	:56.59	1:00.49		:39.99	:43.99
		100 Breast	1:16.99	1:20.99	1:24.99	1:28.99	1:36.99	1:44.99	1:53.09	2:01.09	2:09.09		1:27.49	1:36.29
		200 Breast	2:47.09	2:55.09	3:03.09	3:10.99	3:26.89	3:42.79	3:58.79	4:14.69	4:30.59			3:42.99
		50 Fly	:30.39	:32.09	:33.79	:35.49	:38.89	:42.29	:45.59	:48.99	:52.39		:34.09	:37.49
		100 Fly	1:07.49	1:11.39	1:15.29	1:19.19	1:26.99	1:34.79	1:42.59	1:50.39	1:58.19		1:17.19	1:24.89
		200 Fly	2:30.19	2:37.29	2:44.49	2:51.59	3:05.89	3:20.19	3:34.49	3:48.79	4:03.09			3:24.09
		100 IM	1:08.89	1:12.29	1:15.69	1:18.99	1:25.69	1:32.39	1:39.19	1:45.89	1:52.59		1:16.49	1:24.19
		200 IM	2:29.09	2:36.69	2:44.29	2:51.89	3:07.09	3:22.29	3:37.59	3:52.79	4:07.99		2:46.49	3:03.19
		400 IM	5:17.99	5:33.09	5:48.29	6:03.39	6:33.69	7:03.99	7:34.29	8:04.59	8:34.89			7:07.99

USA-Swimming/NTSC Developmental Standards

Short Course Meters 2009-2012

Event		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	Level 3	Level 2	Level 1	State Cut	Regionals	
13-14	Girls	50 Free	:27.69	:28.99	:30.29	:31.69	:34.29	:36.89	:39.59	:42.19	:44.89	:28.89	:31.79
	100 Free	1:00.09	1:02.99	1:05.79	1:08.69	1:14.39	1:20.19	1:25.89	1:31.59	1:37.29	1:02.69	1:08.99	
	200 Free	2:09.39	2:15.49	2:21.69	2:27.89	2:40.19	2:52.49	3:04.79	3:17.09	3:29.49	2:15.89	2:29.49	
	400 Free	4:30.29	4:43.19	4:55.99	5:08.89	5:34.59	6:00.39	6:26.09	6:51.89	7:17.59	4:46.89	5:15.59	
	800 Free	9:17.19	9:43.69	10:10.29	10:36.79	11:29.89	12:22.89	13:15.99	14:08.99	15:02.09	10:02.69		
	1500 Free	17:34.49	18:24.69	19:14.89	20:05.09	21:45.59	23:25.99	25:06.39	26:46.79	28:27.29	19:19.99		
	100 Back	1:06.19	1:09.39	1:12.49	1:15.69	1:21.99	1:28.29	1:34.59	1:40.89	1:47.19	1:11.39	1:18.49	
	200 Back	2:22.39	2:29.19	2:35.99	2:42.79	2:56.29	3:09.89	3:23.39	3:36.99	3:50.59	2:34.49	2:49.99	
	100 Breast	1:15.09	1:18.59	1:22.19	1:25.79	1:32.89	1:40.09	1:47.19	1:54.39	2:01.49	1:21.09	1:29.19	
	200 Breast	2:41.29	2:48.89	2:56.59	3:04.29	3:19.69	3:34.99	3:50.39	4:05.69	4:21.09	2:56.19	3:13.79	
	100 Fly	1:05.59	1:08.69	1:11.79	1:14.89	1:21.19	1:27.39	1:33.69	1:39.89	1:46.19	1:10.69	1:17.79	
	200 Fly	2:23.69	2:30.59	2:37.39	2:44.19	2:57.89	3:11.59	3:25.29	3:38.99	3:52.69	2:41.39	2:57.49	
	200 IM	2:25.49	2:32.39	2:39.29	2:46.29	3:00.09	3:13.99	3:27.79	3:41.69	3:55.49	2:34.59	2:50.09	
	400 IM	5:07.29	5:21.89	5:36.49	5:51.19	6:20.39	6:49.69	7:18.99	7:48.19	8:17.49	5:28.39	6:01.19	
13-14	Boys	50 Free	:25.49	:26.69	:27.89	:29.09	:31.49	:33.89	:36.29	:38.69	:41.19	:27.19	:29.89
	100 Free	:55.49	:58.19	1:00.79	1:03.49	1:08.79	1:13.99	1:19.29	1:24.59	1:29.89	:59.09	1:04.99	
	200 Free	2:01.09	2:06.89	1:72.59	2:18.39	2:29.89	2:41.49	2:52.99	3:04.49	3:16.09	2:09.29	2:22.19	
	400 Free	4:16.69	4:28.99	4:41.19	4:53.39	5:17.79	5:42.29	6:06.69	6:31.19	6:55.59	4:38.59	5:06.49	
	800 Free	8:53.29	9:18.69	9:44.09	10:09.49	11:00.29	11:50.99	12:41.79	13:32.59	14:23.39	9:46.79		
	1500 Free	16:45.39	17:33.29	18:21.09	19:08.99	20:44.69	22:20.49	23:56.19	25:31.99	27:07.69	18:50.69		
	100 Back	1:02.09	1:04.99	1:07.99	1:10.99	1:16.89	1:22.79	1:28.69	1:34.59	1:40.49	1:08.69	1:15.59	
	200 Back	2:13.69	2:19.99	2:26.39	2:32.79	2:45.49	2:58.19	3:10.89	3:23.69	3:36.39	2:29.69	2:44.69	
	100 Breast	1:09.69	1:12.99	1:16.29	1:19.59	1:26.29	1:32.89	1:39.59	1:46.19	1:52.89	1:17.59	1:25.39	
	200 Breast	2:31.19	2:38.39	2:45.59	2:52.69	3:07.09	3:21.49	3:35.89	3:50.29	4:04.69	2:50.69	3:07.79	
	100 Fly	1:00.79	1:03.69	1:06.59	1:09.49	1:15.29	1:20.99	1:26.79	1:32.59	1:38.39	1:07.39	1:14.09	
	200 Fly	2:15.59	2:22.09	2:28.49	2:34.99	2:47.89	3:00.79	3:13.79	3:26.69	3:39.59	2:36.59	2:52.29	
	200 IM	2:15.59	2:22.09	2:28.49	2:34.99	2:47.89	3:00.79	3:13.79	3:26.69	3:39.59	2:28.19	2:42.99	
	400 IM	4:50.49	5:04.39	5:18.19	5:31.99	5:59.69	6:27.39	6:55.09	7:22.69	7:50.39	5:20.69	5:52.79	
15-16	Girls	50 Free	:27.09	:28.39	:29.69	:30.99	:33.59	:36.09	:38.69	:41.29	:43.89	:28.29	:31.09
	100 Free	:58.69	1:01.49	1:04.29	1:07.09	1:12.69	1:18.29	1:23.89	1:29.49	1:35.09	1:01.19	1:07.29	
	200 Free	2:05.99	2:11.99	2:17.99	2:23.99	2:35.99	2:47.99	3:00.09	3:12.09	3:24.09	2:13.49	2:26.79	
	400 Free	4:25.99	4:38.69	4:51.39	5:03.99	5:29.39	5:54.69	6:19.99	6:45.39	7:10.69	4:42.29	5:10.49	
	800 Free	9:08.19	9:34.29	10:00.39	10:26.49	11:18.69	12:10.89	13:03.09	13:55.29	14:47.49	9:50.29	10:49.29	
	1500 Free	17:22.99	18:12.59	19:02.29	19:51.99	21:31.29	23:10.59	24:49.99	26:29.29	28:08.59	18:43.79	20:52.69	
	100 Back	1:04.39	1:07.39	1:10.49	1:13.59	1:19.69	1:25.79	1:31.99	1:38.09	1:44.19	1:09.79	1:16.79	
	200 Back	2:19.09	2:25.69	2:32.39	2:38.99	2:52.19	3:05.49	3:18.69	3:31.99	3:45.19	2:31.79	2:46.99	
	100 Breast	1:13.19	1:16.69	1:20.09	1:23.59	1:30.59	1:37.59	1:44.49	1:51.49	1:58.49	1:19.19	1:27.09	
	200 Breast	2:37.39	2:44.89	2:52.39	2:59.89	3:14.89	3:29.89	3:44.89	3:59.89	4:14.89	2:53.09	3:10.39	
	100 Fly	1:04.09	1:07.19	1:10.19	1:13.29	1:19.39	1:25.49	1:31.59	1:37.69	1:43.79	1:08.99	1:15.89	
	200 Fly	2:19.69	2:26.29	2:32.99	2:39.59	2:52.89	3:06.19	3:19.59	3:32.89	3:46.19	2:34.99	2:50.49	
	200 IM	2:22.19	2:28.89	2:35.69	2:42.49	2:55.99	3:09.49	3:23.09	3:36.59	3:50.19	2:31.49	2:46.59	
	400 IM	4:59.59	5:13.89	5:28.19	5:42.39	6:10.99	6:39.49	7:07.99	7:36.59	8:05.09	5:24.39	5:56.79	
15-16	Boys	50 Free	:24.49	:25.69	:26.79	:27.99	:30.29	:32.59	:34.99	:37.29	:39.59	:25.39	:27.89
	100 Free	:53.39	:55.99	:58.49	1:00.99	1:06.09	1:11.19	1:16.19	1:21.29	1:26.39	:55.39	1:00.89	
	200 Free	1:56.09	2:01.59	2:07.19	2:12.69	2:23.69	2:34.79	2:45.89	2:56.89	3:07.99	2:03.19	2:15.49	
	400 Free	4:08.39	4:20.19	4:31.99	4:43.79	5:07.49	5:31.09	5:54.79	6:18.39	6:42.09	4:26.09	4:52.69	
	800 Free	8:34.69	8:59.19	9:23.79	9:48.29	10:37.29	11:26.29	12:15.29	13:04.39	13:53.39	9:10.59	10:26.59	
	1500 Free	16:21.19	17:07.89	17:54.69	18:41.39	20:14.79	21:48.29	23:21.69	24:55.19	26:28.59	17:43.99	20:05.09	
	100 Back	:59.09	1:01.89	1:04.69	1:07.49	1:13.19	1:18.79	1:24.39	1:29.99	1:35.69	1:04.69	1:11.19	
	200 Back	2:07.99	2:14.09	2:20.19	2:26.29	2:38.39	2:50.59	3:02.79	3:14.99	3:27.19	2:20.69	2:34.79	
	100 Breast	1:06.59	1:09.79	1:12.99	1:16.09	1:22.49	1:28.79	1:35.19	1:41.49	1:47.89	1:12.69	1:19.99	
	200 Breast	2:25.19	2:32.09	2:38.99	2:45.89	2:59.69	3:13.49	3:27.29	3:41.19	3:54.99	2:41.39	2:57.49	
	100 Fly	:58.09	1:00.89	1:03.69	1:06.39	1:11.99	1:17.49	1:22.99	1:28.49	1:34.09	1:02.59	1:08.89	
	200 Fly	2:08.99	2:15.09	2:21.29	2:27.39	2:39.69	2:51.99	3:04.19	3:16.49	3:28.79	2:25.59	2:40.19	
	200 IM	2:10.69	2:16.89	2:23.09	2:29.29	2:41.79	2:54.19	3:06.69	3:19.09	3:31.59	2:20.29	2:34.29	
	400 IM	4:38.29	4:51.59	5:04.79	5:18.09	5:44.59	6:11.09	6:37.59	7:04.09	7:30.59	5:07.69	5:38.49	

USA-Swimming/NTSC Developmental Standards

Short Course Meters 2009-2012

Event		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min	Level 3	Level 2	Level 1	State Cut	Regionals
Girls	50 Free	:26.89	:28.09	:29.39	:30.69	:33.19	:35.79	:38.39	:40.89	:43.49	:28.29	:31.09
	100 Free	:57.89	1:00.69	1:03.39	1:06.19	1:11.69	1:17.19	1:22.69	1:28.19	1:33.79	1:01.19	1:07.29
	200 Free	2:05.19	2:11.09	2:17.09	2:23.09	2:34.99	2:46.89	2:58.79	3:10.79	3:22.69	2:13.49	2:26.79
	400 Free	4:24.19	4:36.69	4:49.29	5:01.89	5:27.09	5:52.19	6:17.29	6:42.49	7:07.69	4:42.29	5:10.49
	800 Free	9:06.49	9:32.49	9:58.49	10:24.49	11:16.59	12:08.59	13:00.69	13:52.69	14:44.79	9:50.29	10:49.29
	1500 Free	17:13.59	18:02.79	18:52.09	19:41.29	21:19.69	22:58.19	24:36.59	26:14.99	27:53.49	18:43.79	20:52.69
	100 Back	1:03.99	1:06.99	1:10.09	1:13.09	1:19.19	1:25.29	1:31.39	1:37.49	1:43.59	1:09.79	1:16.79
	200 Back	2:18.69	2:25.29	2:31.89	2:38.49	2:51.69	3:04.89	3:18.09	3:31.29	3:44.49	2:31.79	2:46.99
	100 Breast	1:12.79	1:16.19	1:19.69	1:23.19	1:30.09	1:36.99	1:43.99	1:50.89	1:57.79	1:19.19	1:27.09
	200 Breast	2:36.89	2:44.29	2:51.79	2:59.29	3:14.19	3:29.19	3:44.09	3:59.09	4:13.99	2:53.09	3:10.39
	100 Fly	1:03.29	1:06.29	1:09.39	1:12.39	1:18.39	1:24.39	1:30.49	1:36.49	1:42.49	1:08.99	1:15.89
	200 Fly	2:17.99	2:24.49	2:31.09	2:37.69	2:50.79	3:03.89	3:17.09	3:30.19	3:43.39	2:34.99	2:50.49
	200 IM	2:20.49	2:27.19	2:33.89	2:40.59	2:53.99	3:07.29	3:20.69	3:34.09	3:47.49	2:31.49	2:46.59
	400 IM	4:59.39	5:13.69	5:27.99	5:42.19	6:10.69	6:39.19	7:07.79	7:36.29	8:04.79	5:24.39	5:56.79
Boys	50 Free	:23.69	:24.79	:25.99	:27.09	:29.29	:31.59	:33.89	:36.09	:38.39	:25.39	:27.89
	100 Free	:51.89	:54.29	:56.79	:59.29	1:04.19	1:09.09	1:14.09	1:18.99	1:23.89	:55.39	1:00.89
	200 Free	1:54.19	1:59.59	2:04.99	2:10.49	2:21.29	2:32.19	2:43.09	2:53.89	3:04.79	2:03.19	2:15.49
	400 Free	4:03.29	4:14.89	4:26.49	4:37.99	5:01.19	5:24.39	5:47.49	6:10.69	6:33.89	4:26.09	4:52.69
	800 Free	8:28.39	8:52.59	9:16.79	9:40.99	10:29.39	11:17.79	12:06.19	12:54.59	13:43.09	9:10.59	10:26.59
	1500 Free	16:03.19	16:48.99	17:34.89	18:20.69	19:52.49	21:24.19	22:55.89	24:27.59	25:59.39	17:43.99	20:05.09
	100 Back	:57.29	:59.99	1:02.69	1:05.49	1:10.89	1:16.39	1:21.79	1:27.29	1:32.69	1:04.69	1:11.19
	200 Back	2:04.79	2:10.79	2:16.69	2:22.59	2:34.49	2:46.39	2:58.29	3:10.19	3:22.09	2:20.69	2:34.79
	100 Breast	1:05.29	1:08.39	1:11.59	1:14.69	1:20.89	1:27.09	1:33.29	1:39.49	1:45.79	1:12.69	1:19.99
	200 Breast	2:22.19	2:28.99	2:35.69	2:42.49	2:55.99	3:09.59	3:23.09	3:36.69	3:50.19	2:41.39	2:57.49
	100 Fly	:56.69	:59.39	1:02.09	1:04.79	1:10.19	1:15.59	1:20.99	1:26.39	1:31.79	1:02.59	1:08.89
	200 Fly	2:05.29	2:11.29	2:17.29	2:23.19	2:35.19	2:47.09	2:58.99	3:10.89	3:22.89	2:25.59	2:40.19
	200 IM	2:07.29	2:13.39	2:19.39	2:25.49	2:37.59	2:49.69	3:01.89	3:13.99	3:26.09	2:20.29	2:34.29
	400 IM	4:33.09	4:46.09	4:59.09	5:12.09	5:38.09	6:04.09	6:30.09	6:56.09	7:22.09	5:07.69	5:38.49