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| **Bonus Time Standards** |
| **Women**  | **Men**  |
| **SCY**  | **SCM**  | **LCM**  | **Event**  | **LCM**  | **SCM**  | **SCY**  |
| **26.59**  | **29.29**  | **30.39**  | **50 Free**  | **26.79**  | **26.29**  | **23.79**  |
| **57.49**  | **1:03.49**  | **1:05.49**  | **100 Free**  | **59.59**  | **57.39**  | **51.99**  |
| **2:03.89**  | **2:16.89**  | **2:21.09**  | **200 Free**  | **2:10.79**  | **2:05.49**  | **1:53.59**  |
| **NA**  | **NA**  | **NA**  | **400/500 Free**  | **NA**  | **NA**  | **NA**  |
| **NA**  | **NA**  | **NA**  | **800/1000 Free**  | **NA**  | **NA**  | **NA**  |
| **NA**  | **NA**  | **NA**  | **1500/1650 Free**  | **NA**  | **NA**  | **NA**  |
| **1:03.69**  | **1:10.19**  | **1:13.79**  | **100 Back**  | **1:07.79**  | **1:04.29**  | **58.29**  |
| **2:17.29**  | **2:31.59**  | **2:37.49**  | **200 Back**  | **2:24.69**  | **2:19.59**  | **2:06.49**  |
| **1:13.49**  | **1:21.09**  | **1:24.09**  | **100 Breast**  | **1:16.59**  | **1:12.89**  | **1:06.09**  |
| **2:37.99**  | **2:54.39**  | **2:59.99**  | **200 Breast**  | **2:44.89**  | **2:38.89**  | **2:23.99**  |
| **1:03.59**  | **1:10.09**  | **1:11.79**  | **100 Fly**  | **1:05.29**  | **1:03.39**  | **57.49**  |
| **2:18.99**  | **2:33.39**  | **2:37.59**  | **200 Fly**  | **2:24.89**  | **2:21.09**  | **2:07.89**  |
| **2:18.69**  | **2:33.29**  | **2:39.49**  | **200 IM**  | **2:26.39**  | **2:20.09**  | **2:06.79**  |
| **NA**  | **NA**  | **NA**  | **400 IM**  | **NA**  | **NA**  | **NA**  |