|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **"A" Time Standards** | | | | | | | |
| **Women** | | | | **Men** | | | |
| **SCY** | **SCM** | **LCM** | **Event** | | **LCM** | **SCM** | **SCY** |
| **26.09** | **28.79** | **29.89** | **50 Free** | | **26.29** | **25.79** | **23.29** |
| **56.49** | **1:02.49** | **1:04.49** | **100 Free** | | **58.59** | **56.39** | **50.99** |
| **2:01.89** | **2:14.89** | **2:19.09** | **200 Free** | | **2:08.79** | **2:03.49** | **1:51.59** |
| **5:29.69** | **4:48.49** | **4:55.99** | **400/500 Free** | | **4:36.69** | **4:29.39** | **5:07.79** |
| **11:22.69** | **9:57.49** | **10:10.59** | **800/1000 Free** | | **9:35.69** | **9:18.59** | **10:38.29** |
| **18:59.69** | **18:52.09** | **19:36.29** | **1500/1650 Free** | | **18:19.89** | **17:49.09** | **17:52.29** |
| **1:02.69** | **1:09.19** | **1:12.79** | **100 Back** | | **1:06.79** | **1:03.29** | **57.29** |
| **2:15.29** | **2:29.59** | **2:35.49** | **200 Back** | | **2:22.69** | **2:17.59** | **2:04.49** |
| **1:12.49** | **1:20.09** | **1:23.09** | **100 Breast** | | **1:15.59** | **1:11.89** | **1:05.09** |
| **2:35.99** | **2:52.39** | **2:57.99** | **200 Breast** | | **2:42.89** | **2:36.89** | **2:21.99** |
| **1:02.59** | **1:09.09** | **1:10.79** | **100 Fly** | | **1:04.29** | **1:02.39** | **56.49** |
| **2:16.99** | **2:31.39** | **2:35.59** | **200 Fly** | | **2:22.89** | **2:19.09** | **2:05.89** |
| **2:16.69** | **2:31.29** | **2:37.49** | **200 IM** | | **2:24.39** | **2:18.09** | **2:04.79** |
| **4:54.49** | **5:25.39** | **5:35.09** | **400 IM** | | **5:10.99** | **5:00.79** | **4:32.19** |
| **3:49.96** | **4:13.96** | **4:21.96** | **400 Free Relay** | | **3:58.36** | **3:49.56** | **3:27.96** |
| **8:15.56** | **9:07.16** | **9:24.36** | **800 Free Relay** | | **8:43.16** | **8:21.96** | **7:34.36** |
| **4:12.46** | **4:41.86** | **4:52.16** | **400 Medley Relay** | | **4:26.26** | **4:14.96** | **3:50.89** |