

## 2020 Fred Rams De-qualifying Time Standards

FEMALE	10 & under	11-12 Yr old	13-14 Yr Old
	SC	SC	SC
50 Free	37.11	33.54	31.07
100 Free	1:24.52	1:15.05	1:08.40
200 Free	3:09.64	2:45.30	2:29.53
400 Free	6:45.56	6:05.75	5:11.22
50 Back	44.37	40.85	36.48
100 Back	1:39.09	1:27.78	1:18.18
200 Back	3:36.13	3:13.80	2:46.06
50 Breast	50.64	46.55	42.37
100 Breast	1:50.96	1:36.42	1:29.30
200 Breast	N/A	3:25.20	3:10.95
50 Fly	47.12	41.04	36.48
100 Fly	1:47.73	1:36.90	1:19.51
100 IM	1:37.47	N/A	N/A
200 IM	3:33.75	3:11.90	2:49.76
400 IM	N/A	6:27.12	5:55.30

MALE	10 & under	11-12 Yr old	13-14 Yr Old
	SC	SC	SC
50 Free	39.52	34.96	30.35
100 Free	1:31.20	1:22.17	1:08.40
200 Free	3:24.25	2:54.32	2:26.30
400 Free	6:39.00	5:49.12	5:08.75
50 Back	51.30	41.80	36.29
100 Back	1:48.30	1:32.91	1:17.90
200 Back	3:36.13	3:06.72	2:46.25
50 Breast	57.00	46.07	40.09
100 Breast	2:01.60	1:44.50	1:29.30
200 Breast	N/A	3:25.66	3:10.95
50 Fly	53.20	40.56	34.96
100 Fly	1:54.00	1:37.37	1:16.00
100 IM	1:50.20	N/A	N/A
200 IM	3:43.25	3:14.75	2:47.20
400 IM	N/A	6:28.50	5:42.00

**Please note:** The de-qualifying times are 5% faster than the 2018 Dave Kensit Time Standards.

  Indicates change from 2018 to 2019