

**2019 - 2020
FGC Senior Championship
Time Standards**

LCM	SCM	SCY	15-16/OPEN	SCY	SCM	LCM
30.49	29.39	26.59	50 Free	24.49	27.09	28.09
1:06.49	1:04.09	57.99	100 Free	53.69	58.99	1:00.99
2:22.49	2:18.49	2:05.59	200 Free	1:54.79	2:07.59	2:11.59
4:55.29	4:47.29	5:31.59	400/500 Free	5:09.89	4:30.39	4:38.39
10:13.39	10:00.59	11:22.49	800/1000 Free	10:46.39	9:31.19	9:41.89
19:43.09	19:05.99	19:12.69	1500/1650 Free	18:10.99	17:59.99	18:29.99
36.19	34.59	31.29	50 Back	29.09	32.29	33.89
1:16.89	1:12.89	1:05.99	100 Back	1:00.59	1:07.99	1:10.29
2:45.39	2:38.29	2:23.19	200 Back	2:13.59	2:26.99	2:30.99
39.99	38.89	35.19	50 Breast	32.59	35.99	36.99
1:27.49	1:23.79	1:15.79	100 Breast	1:09.09	1:16.49	1:18.49
3:09.59	3:01.69	2:44.39	200 Breast	2:32.69	2:48.69	2:55.79
33.69	33.19	29.99	50 Fly	27.99	30.19	30.89
1:12.89	1:10.89	1:04.59	100 Fly	58.59	1:03.39	1:05.39
2:40.39	2:36.39	2:23.49	200 Fly	2:11.59	2:25.99	2:29.99
---	1:15.69	1:07.99	100 IM	1:01.99	1:09.09	---
2:41.89	2:35.39	2:20.69	200 IM	2:10.79	2:24.19	2:28.19
5:42.39	5:31.79	5:00.29	400 IM	4:40.59	5:09.49	5:17.49