

SOUTHERN CRESCENT AQUATIC TEAM

TEAM STD STANDARDS Team Level Standards Long Course Meters

Women Senior

	5	4	3	2	1
50 Free	27.59	29.19	31.09	33.69	40.79
100 Free	59.89	1:02.89	1:07.39	1:13.49	1:32.99
200 Free	2:08.29	2:14.99	2:25.39	2:37.69	3:23.59
400 Free	4:30.69	4:43.19	5:03.49	5:32.39	6:51.59
800 Free	9:14.69	9:44.09	10:20.99	11:35.69	
1500 Free	17:44.89	18:45.99	19:48.09	22:20.69	
50 Back	30.59	32.99	34.99	38.99	49.89
100 Back	1:07.19	1:09.89	1:14.59	1:23.29	1:48.89
200 Back	2:23.99	2:30.69	2:40.39	3:00.19	
50 Breast	35.09	37.59	39.99	42.09	54.89
100 Breast	1:14.69	1:19.49	1:25.29	1:33.79	2:02.29
200 Breast	2:42.19	2:50.19	3:03.99	3:23.69	
50 Fly	29.99	32.59	34.59	36.29	48.59
100 Fly	1:04.19	1:08.09	1:13.29	1:22.89	1:55.19
200 Fly	2:21.39	2:29.09	2:41.29	2:59.29	
200 IM	2:25.09	2:33.39	2:44.29	2:59.79	3:46.49
400 IM	5:07.99	5:21.39	5:45.99	6:23.33	

Men Senior

	5	4	3	2	1
50 Free	24.49	26.39	29.09	32.59	40.19
100 Free	54.09	57.89	1:03.29	1:11.39	1:31.09
200 Free	1:57.99	2:05.79	2:17.29	2:34.89	3:13.99
400 Free	4:11.29	4:26.09	4:50.19	5:27.09	6:52.69
800 Free	8:44.19	9:11.79	10:03.19	11:30.99	
1500 Free	16:38.19	17:37.29	19:05.89	22:14.19	
50 Back	27.49	29.49	32.69	38.69	50.09
100 Back	1:00.49	1:04.79	1:11.39	1:23.59	1:45.69
200 Back	2:12.19	2:18.69	2:33.99	2:56.39	
50 Breast	32.99	34.99	37.09	43.09	55.09
100 Breast	1:08.59	1:13.09	1:17.89	1:32.49	1:59.79
200 Breast	2:28.79	2:39.69	2:54.39	3:20.79	
50 Fly	27.09	29.99	32.09	36.19	46.89
100 Fly	58.29	1:02.09	1:08.09	1:21.49	1:53.19
200 Fly	2:08.29	2:18.09	2:32.19	2:58.49	
200 IM	2:12.39	2:22.89	2:35.69	2:58.09	3:44.79
400 IM	4:41.59	4:59.89	5:30.09	6:20.19	