

SOUTHERN CRESCENT AQUATIC TEAM

TEAM STD STANDARDS Team Level Standards Yards

Women Senior

	5	4	3	2	1
50 Free	24.29	25.69	27.49	29.49	35.99
100 Free	52.39	55.69	59.59	1:03.09	1:21.59
200 Free	1:53.29	1:59.49	2:08.19	2:19.89	2:58.59
500 Free	5:01.79	5:18.49	5:38.29	6:09.49	7:39.49
1000 Free	10:24.19	10:56.19	11:37.29	12:51.69	
1650 Free	17:19.69	18:18.19	19:21.69	21:39.59	
50 Back	26.59	27.59	28.89	33.89	43.49
100 Back	57.89	1:00.79	1:05.59	1:14.19	1:33.99
200 Back	2:05.49	2:11.89	2:21.19	2:35.89	
50 Breast	30.09	32.09	34.09	37.79	47.79
100 Breast	1:05.89	1:09.39	1:14.39	1:22.19	1:46.69
200 Breast	2:21.99	2:29.29	2:39.79	2:56.89	
50 Fly	26.09	27.99	29.09	32.39	42.99
100 Fly	57.29	1:00.79	1:04.99	1:13.99	1:42.09
200 Fly	2:04.89	2:12.39	2:22.39	2:38.99	
100 IM	1:01.99	1:04.99	1:08.99	1:13.99	1:42.09
200 IM	2:07.19	2:14.79	2:24.19	2:37.59	3:19.39
400 IM	4:30.99	4:44.09	5:04.59	5:36.09	

Men Senior

	5	4	3	2	1
50 Free	21.49	23.19	25.19	28.59	35.19
100 Free	46.89	50.59	55.09	1:02.69	1:19.99
200 Free	1:43.29	1:50.09	1:59.99	2:16.19	2:50.89
500 Free	4:37.99	4:57.29	5:21.29	6:04.69	7:35.19
1000 Free	9:40.89	10:16.19	11:07.39	12:42.89	
1650 Free	16:08.79	17:13.99	18:27.59	21:23.59	
50 Back	23.99	25.49	28.49	33.49	43.69
100 Back	51.79	55.99	1:01.49	1:12.29	1:32.09
200 Back	1:52.99	2:01.29	2:12.49	2:32.89	
50 Breast	27.29	29.29	32.29	37.29	47.89
100 Breast	59.09	1:03.19	1:09.99	1:20.49	1:43.69
200 Breast	2:08.69	2:17.59	2:29.79	2:52.89	
50 Fly	23.09	25.09	27.59	32.09	41.99
100 Fly	51.29	55.09	1:00.29	1:11.69	1:40.39
200 Fly	1:53.39	2:02.29	2:14.39	2:35.29	
100 IM	55.59	59.59	1:05.59	1:11.49	1:31.19
200 IM	1:55.19	2:03.89	2:14.39	2:35.59	3:18.09
400 IM	4:07.09	4:23.89	4:47.99	5:28.89	