

SCY PACE CARD			Start 15	Start 25	Pace 25	Turn 10			
			GOAL	:21.69	6.8	10.5	11.2	4.3	
2020 Men NCSA Pace SCY	100	FR	BEST						
			GOAL	:47.09	6.8	10.6	22.7	12.2	24.3
		BK	BEST						
			GOAL	:52.89	8.0	12.5	25.9	13.5	26.9
		FLY	BEST						
			GOAL	:51.69	7.2	11.4	24.8	13.4	26.8
	BR	BEST							
		GOAL	:59.49	8.0	13.0	28.5	15.5	31.0	
	200	FR	BEST						
			GOAL	1:43.09	26.2	39.3	52.4	24.5	50.7
		BK	BEST						
			GOAL	1:54.79	28.9	43.4	57.9	27.9	56.9
FLY		BEST							
		GOAL	1:54.89	29.2	43.8	58.4	27.2	56.4	
BR	BEST								
	GOAL	2:09.79	33.1	49.7	66.3	30.3	63.5		
DISTANCE	500	BEST							
		GOAL	4:39.59	28.1	:56.3	1:24.4	26.4	:54.6	
	1000	BEST							
		GOAL	9:39.79	29.1	:58.1	1:27.3	27.1	:56.2	
	MILE	BEST							
		GOAL	16:13.69	29.6	:59.1	1:28.7	27.6	:57.1	

2020 Men SCM NCSA Pace Sheet

SCM EVENT	Time	1	2	3	4	5
50 FREE		Start 15m	Start 25m	Pace 25m	Turn 10m	
	:23.99	6.8	11.6	12.4	4.8	
100 FREE		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:52.09	7.0	11.8	25.2	13.4	26.8
200 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	1:54.19	29.0	43.5	:57.9	27.3	:56.2
400 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	4:02.09	30.5	45.7	1:00.9	28.8	:59.2
800 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	8:26.99	31.8	1:03.6	1:35.4	30.1	
1500 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	15:55.79	31.9	1:03.9	1:35.8	29.9	
100 FLY		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:56.89	7.3	12.7	27.4	14.7	29.4
200 FLY		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:05.79	31.9	:47.9	1:03.9	29.9	1:01.9
100 BACK		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:59.09	8.2	14.0	29.0	15.0	30.0
200 BACK		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:07.49	32.1	:48.2	1:04.2	31.1	1:03.2
100 BREAST		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:06.09	8.3	14.6	31.8	17.1	34.3
200 BREAST		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:25.59	37.1	:55.6	1:14.2	34.3	1:11.4

200 IM 2:08.49

400 IM 4:34.69

2020 Men SCM SECTIONAL Pace Sheet

SCM EVENT	Time	1	2	3	4	5
50 FREE		Start 15m	Start 25m	Pace 25m	Turn 10m	
	:24.69	7.0	11.9	12.8	4.9	
100 FREE		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:53.89	7.3	12.3	26.1	13.9	27.7
200 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	1:57.99	29.9	44.9	:59.8	28.2	:58.1
400 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	4:09.89	31.4	47.2	1:02.9	29.7	1:01.2
800 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	8:43.49	32.8	1:05.6	1:38.5	31.1	
1500 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	16:35.19	33.2	1:06.5	1:39.7	31.2	
100 FLY		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:58.99	7.6	13.2	28.5	15.2	30.5
200 FLY		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:14.19	34.0	:51.1	1:08.1	32.0	1:06.1
100 BACK		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:59.99	8.3	14.2	29.5	15.2	30.5
200 BACK		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:11.79	33.2	:49.8	1:06.4	32.2	1:05.4
100 BREAST		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:08.99	8.7	15.4	33.2	17.9	35.7
200 BREAST		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:29.89	38.2	:57.3	1:16.3	35.4	1:13.5

200 IM 2:12.59

400 IM 4:43.19

SCY PACE CARD			Start 15	Start 25	Pace 25	Turn 10		
#	FR	BEST						
		GOAL	:22.39	7.0	10.8	11.6	4.5	
			Start 15	Start 25	Start 50	Pace 25	Pace 50	
100	FR	BEST						
		GOAL	:48.49	7.1	10.9	23.4	12.5	25.0
	BK	BEST						
		GOAL	:54.49	8.2	12.9	26.7	13.9	27.7
	FLY	BEST						
		GOAL	:53.19	7.4	11.8	25.6	13.8	27.6
	BR	BEST						
		GOAL	1:01.49	8.4	13.5	29.5	16.0	32.0
			Pace 50	Pace 75	Pace 100	Start 50	Start 100	
200	FR	BEST						
		GOAL	1:46.29	27.0	40.5	54.0	25.3	52.3
	BK	BEST						
		GOAL	1:58.59	29.9	44.8	59.8	28.9	58.8
	FLY	BEST						
		GOAL	2:01.19	30.8	46.2	61.6	28.8	59.6
	BR	BEST						
		GOAL	2:14.99	34.4	51.7	68.9	31.6	66.1
			Pace 50	Pace 100	Pace 150	Start 50	Start 100	
DISTANCE	500	BEST						
		GOAL	4:47.39	28.9	:57.8	1:26.7	27.2	:56.1
	1000	BEST						
		GOAL	9:59.49	30.1	1:00.1	1:30.2	28.1	:58.1
	MILE	BEST						
		GOAL	16:43.99	30.5	1:01.0	1:31.5	28.5	:59.0

200 IM 1:59.39
400 IM 4:15.09

2020 Men Sectional Pace SCY

SCY PACE CARD			Start 15	Start 25	Pace 25	Turn 10		
#	FR	BEST						
		GOAL	:20.79	6.5	10.0	10.8	4.2	
			Start 15	Start 25	Start 50	Pace 25	Pace 50	
100	FR	BEST						
		GOAL	:45.39	6.6	10.1	21.9	11.7	23.5
	BK	BEST						
		GOAL	:49.99	7.5	11.7	24.5	12.7	25.5
	FLY	BEST						
		GOAL	:49.59	6.9	10.9	23.8	12.9	25.8
	BR	BEST						
		GOAL	:56.99	7.6	12.4	27.2	14.9	29.7
			Pace 50	Pace 75	Pace 100	Start 50	Start 100	
200	FR	BEST						
		GOAL	1:39.39	25.3	37.9	50.5	23.6	48.8
	BK	BEST						
		GOAL	1:49.99	27.7	41.6	55.5	26.7	54.5
	FLY	BEST						
		GOAL	1:51.59	28.4	42.6	56.8	26.4	54.8
	BR	BEST						
		GOAL	2:04.59	31.8	47.8	63.7	29.0	60.9
			Pace 50	Pace 100	Pace 150	Start 50	Start 100	
DISTANCE	500	BEST						
		GOAL	4:30.49	27.2	:54.4	1:21.7	25.5	:52.7
	1000	BEST						
		GOAL	9:25.49	28.4	:56.7	1:25.1	26.4	:54.7
	MILE	BEST						
		GOAL	15:46.99	28.8	:57.5	1:26.3	26.8	:55.5

200 IM 1:50.79
400 IM 3:59.09

2020 Men SCM Winter JNATS Pace Sheet

SCM EVENT	Time	1	2	3	4	5
50 FREE		Start 15m	Start 25m	Pace 25m	Turn 10m	
	:23.49	6.7	11.3	12.2	4.7	
100 FREE		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:50.05	6.7	11.3	24.2	12.9	25.8
200 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	1:50.95	28.2	42.2	:56.3	26.5	:54.6
400 FREE		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	3:58.00	30.0	44.9	:59.9	28.3	:58.2
800 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	8:10.39	30.8	1:01.5	1:32.3	29.1	
1500 FREE		Pace 50m	Pace 100m	Pace 150m	Start 50m	
	15:32.79	31.2	1:02.3	1:33.5	29.2	
100 FLY		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:55.54	7.1	12.4	26.8	14.4	28.8
200 FLY		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:01.55	30.9	:46.3	1:01.8	28.9	:59.8
100 BACK		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	:55.49	7.7	13.1	27.2	14.1	28.2
200 BACK		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:01.99	30.7	:46.1	1:01.5	29.7	1:00.5
100 BREAST		Start 15m	Start 25m	Start 50m	Pace 25m	Pace 50m
	1:02.99	7.8	13.9	30.2	16.4	32.7
200 BREAST		Pace 50m	Pace 75m	Pace 100m	Start 50m	Start 100m
	2:18.00	35.2	:52.8	1:10.4	32.4	1:07.6

200 IM 2:03.99

400 IM 4:26.00