

50	100	200	300	400	500	600	700	800	900	1000	1500	1650	2000	3000	5000
32.5	1:05	2:10	3:15	4:20	5:25	6:30	7:35	8:40	9:45	10:50	16:15	17:53	21:40	32:30	54:10
33	1:06	2:12	3:18	4:24	5:30	6:36	7:42	8:48	9:54	11:00	16:30	18:09	22:00	33:00	55:00
33.5	1:07	2:14	3:21	4:28	5:35	6:42	7:49	8:56	10:03	11:10	16:45	18:26	22:20	33:30	55:50
34	1:08	2:16	3:24	4:32	5:40	6:48	7:56	9:04	10:12	11:20	17:00	18:42	22:40	34:00	56:40
34.5	1:09	2:18	3:27	4:36	5:45	6:54	8:03	9:12	10:21	11:30	17:15	18:59	23:00	34:30	57:30
35	1:10	2:20	3:30	4:40	5:50	7:00	8:10	9:20	10:30	11:40	17:30	19:15	23:20	35:00	58:20
35.5	1:11	2:22	3:33	4:44	5:55	7:06	8:17	9:28	10:39	11:50	17:45	19:32	23:40	35:30	59:10
36	1:12	2:24	3:36	4:48	6:00	7:12	8:24	9:36	10:48	12:00	18:00	19:48	24:00	36:00	60:00
36.5	1:13	2:26	3:39	4:52	6:05	7:18	8:31	9:44	10:57	12:10	18:15	20:05	24:20	36:30	60:50
37	1:14	2:28	3:42	4:56	6:10	7:24	8:38	9:52	11:06	12:20	18:30	20:25	24:40	37:00	61:40
37.5	1:15	2:30	3:45	5:00	6:15	7:30	8:45	10:00	11:15	12:30	18:45	20:37	25:00	37:30	62:30
38	1:16	2:32	3:48	5:04	6:20	7:36	8:52	10:08	11:24	12:40	19:00	20:54	25:20	38:00	63:20
38.5	1:17	2:34	3:51	5:08	6:25	7:42	8:59	10:16	11:33	12:50	19:15	21:11	25:40	38:30	64:10
39	1:18	2:36	3:54	5:12	6:30	7:48	9:06	10:24	11:42	13:00	19:30	21:26	26:00	39:00	65:00
39.5	1:19	2:38	3:57	5:16	6:35	7:54	9:13	10:32	11:51	13:10	19:45	21:43	26:20	39:30	65:50
40	1:20	2:40	4:00	5:20	6:40	8:00	9:20	10:40	12:00	13:20	20:00	22:00	26:40	40:00	66:40
40.5	1:21	2:42	4:03	5:24	6:45	8:06	9:27	10:48	12:09	13:30	20:15	22:17	27:00	40:30	67:30
41	1:22	2:44	4:06	5:28	6:50	8:12	9:34	10:56	12:18	13:40	20:30	22:33	27:20	41:00	68:20
41.5	1:23	2:46	4:09	5:32	6:55	8:18	9:41	11:04	12:27	13:50	20:45	22:50	27:40	41:30	69:10
42	1:24	2:48	4:12	5:36	7:00	8:24	9:48	11:12	12:36	14:00	21:00	23:06	28:00	42:00	70:00
42.5	1:25	2:50	4:15	5:40	7:05	8:30	9:55	11:20	12:45	14:10	21:15	23:23	28:20	42:30	70:50
43	1:26	2:52	4:18	5:44	7:10	8:36	10:02	11:28	12:54	14:20	21:30	23:39	28:40	43:00	71:40
43.5	1:27	2:54	4:21	5:48	7:15	8:42	10:09	11:36	13:03	14:30	21:45	23:56	29:00	43:30	72:30
44	1:28	2:56	4:24	5:52	7:20	8:48	10:16	11:44	13:12	14:40	22:00	24:12	29:20	44:00	73:20
44.5	1:29	2:58	4:27	5:56	7:25	8:54	10:23	11:52	13:21	14:50	22:15	24:28	29:40	44:30	74:10
45	1:30	3:00	4:30	6:00	7:30	9:00	10:30	12:00	13:30	15:00	22:30	24:44	30:00	45:00	75:00
45.5	1:31	3:02	4:33	6:04	7:35	9:06	10:37	12:08	13:39	15:10	22:45	25:00	30:20	45:30	75:50
46	1:32	3:04	4:36	6:08	7:40	9:12	10:44	12:16	13:48	15:20	23:00	25:16	30:40	46:00	76:40
46.5	1:33	3:06	4:39	6:12	7:45	9:18	10:51	12:24	13:57	15:30	23:15	25:32	31:00	46:30	77:30
47	1:34	3:08	4:42	6:16	7:50	9:24	10:58	12:32	14:06	15:40	23:30	25:48	31:20	47:00	78:20
47.5	1:35	3:10	4:45	6:20	7:55	9:30	11:05	12:40	14:15	15:50	23:45	26:04	31:40	47:30	79:10
48	1:36	3:12	4:48	6:24	8:00	9:36	11:12	12:48	14:24	16:00	24:00	26:20	32:00	48:00	80:00
48.5	1:37	3:14	4:51	6:28	8:05	9:42	11:19	12:56	14:33	16:10	24:15	26:36	32:20	48:30	80:50
49	1:38	3:16	4:54	6:32	8:10	9:48	11:26	13:04	14:42	16:20	24:30	26:52	32:40	49:00	81:40
49.5	1:39	3:18	4:57	6:36	8:15	9:54	11:33	13:12	14:51	16:30	24:45	27:08	33:00	49:30	82:30
50	1:40	3:20	5:00	6:40	8:20	10:00	11:40	13:20	15:00	16:40	25:00	27:24	33:20	50:00	83:20



Delta Aquatic Club

Pacing Chart

<i>50</i>	<i>100</i>	200	300	400	500	600	700	800	900	1000	1500	1650	2000	3000	5000
32.5	1:05	2:10	3:15	4:20	5:25	6:30	7:35	8:40	9:45	10:50	16:15	17:53	21:40	32:30	54:10
32	1:04	2:08	3:12	4:16	5:20	6:24	7:28	8:32	9:36	10:40	16:00	17:36	21:20	32:00	53:20
31.5	1:03	2:06	3:09	4:12	5:15	6:18	7:21	8:24	9:27	10:30	15:45	17:20	21:00	31:30	52:30
31	1:02	2:04	3:06	4:08	5:10	6:12	7:14	8:16	9:18	10:20	15:30	17:03	20:40	31:00	51:40
30.5	1:01	2:02	3:03	4:04	5:05	6:06	7:07	8:08	9:09	10:10	15:15	16:47	20:20	30:30	50:50
30	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	15:00	16:30	20:00	30:00	50:00
29.5	:59	1:58	2:57	3:56	4:55	5:54	6:53	7:52	8:51	9:50	14:45	16:13	19:40	29:30	49:10
29	:58	1:56	2:54	3:52	4:50	5:48	6:46	7:44	8:42	9:40	14:30	15:57	19:20	29:00	48:20
28.5	:57	1:54	2:51	3:48	4:45	5:42	6:39	7:36	8:33	9:30	14:15	15:40	19:00	28:30	47:30
28	:56	1:52	2:48	3:44	4:40	5:36	6:32	7:28	8:24	9:20	14:00	15:23	18:40	28:00	46:40
27.5	:55	1:50	2:45	3:40	4:35	5:30	6:25	7:20	8:15	9:10	13:45	15:06	18:20	27:30	45:50
27	:54	1:48	2:42	3:36	4:30	5:24	6:18	7:12	8:06	9:00	13:30	14:50	18:00	27:00	45:00
26.5	:53	1:46	2:39	3:32	4:25	5:18	6:11	7:04	7:57	8:50	13:15	14:33	17:40	26:30	44:10
26	:52	1:44	2:36	3:28	4:20	5:12	6:04	6:56	7:48	8:40	13:00	14:16	17:20	26:00	43:20
25.5	:51	1:42	2:33	3:24	4:15	5:06	5:57	6:48	7:39	8:30	12:45	13:59	17:00	25:30	42:30
25	:50	1:40	2:30	3:20	4:10	5:00	5:50	6:40	7:30	8:20	12:30	13:42	16:40	25:00	41:40
24.5	:49	1:38	2:27	3:16	4:05	4:54	5:43	6:32	7:21	8:10	12:15	13:25	16:20	24:30	40:50
24	:48	1:36	2:24	3:12	4:00	4:48	5:36	6:24	7:12	8:00	12:00	13:12	16:00	24:00	40:00
23.5	:47	1:34	2:21	3:08	3:55	4:42	5:29	6:16	7:03	7:50	11:45	12:55	15:40	23:30	39:10
23	:46	1:32	2:18	3:04	3:50	4:36	5:22	6:08	6:54	7:40	11:30	12:39	15:20	23:00	38:20