



# TIME STANDARDS

# 2019

## PHILLIPS 66 NATIONAL CHAMPIONSHIPS

Women		Men		
SCY	LCM		LCM	SCY
22.29	25.99	50 Freestyle	23.19	19.79
48.89	56.39	100 Freestyle	50.49	43.09
1:45.89	2:01.79	200 Freestyle	1:51.39	1:35.59
4:43.79	4:16.89	400/500 Freestyle	3:57.79	4:19.39
9:48.09	8:48.09	800/1000 Freestyle	8:12.99	9:04.99
16:18.09	16:49.19	1650/1500 Freestyle	15:44.89	15:10.09
53.29	1:02.99	100 Backstroke	56.79	46.79
1:55.39	2:15.59	200 Backstroke	2:03.29	1:44.79
1:00.69	1:10.99	100 Breaststroke	1:03.29	53.39
2:11.69	2:33.79	200 Breaststroke	2:18.09	1:58.29
52.99	1:00.89	100 Butterfly	54.49	47.29
1:57.79	2:14.59	200 Butterfly	2:01.69	1:45.09
1:58.29	2:17.99	200 Individual Medley	2:04.69	1:45.19
4:12.09	4:53.19	400 Individual Medley	4:26.89	3:46.99
x	3:52.69	4x100 Free Relay	3:29.29	x
x	8:22.19	4x200 Free Relay	7:42.79	x
x	4:18.29	4x100 Medley Relay	3:50.09	x

Women		18 & Under Bonus		
SCY	LCM		LCM	SCY
22.79	26.59	50 Freestyle	23.99	20.49
49.69	57.59	100 Freestyle	51.99	44.39
1:47.39	2:04.29	200 Freestyle	1:54.29	1:38.39
4:48.09	4:21.39	400/500 Freestyle	4:02.79	4:28.29
9:56.79	8:58.69	800/1000 Freestyle	8:23.09	9:13.19
16:32.59	17:11.29	1650/1500 Freestyle	16:05.09	15:34.19
54.49	1:04.39	100 Backstroke	58.79	49.69
1:57.69	2:18.29	200 Backstroke	2:06.99	1:47.99
1:02.89	1:13.29	100 Breaststroke	1:06.09	55.79
2:15.49	2:38.29	200 Breaststroke	2:23.29	2:01.19
53.99	1:02.39	100 Butterfly	56.49	48.99
1:59.39	2:16.99	200 Butterfly	2:05.09	1:47.89
2:00.59	2:20.99	200 Individual Medley	2:08.29	1:48.89
4:15.19	4:57.29	400 Individual Medley	4:33.09	3:52.69

Qualification Period 6/1/2018 through Entry Deadline