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| **"A" Time Standards**  |
| **Women**  | **Men**  |
| **SCY**  | **SCM**  | **LCM**  | **Event**  | **LCM**  | **SCM**  | **SCY**  |
| **26.09**  | **28.79**  | **29.89**  | **50 Free**  | **26.29**  | **25.79**  | **23.29**  |
| **56.49**  | **1:02.49**  | **1:04.49**  | **100 Free**  | **58.59**  | **56.39**  | **50.99**  |
| **2:01.89**  | **2:14.89**  | **2:19.09**  | **200 Free**  | **2:08.79**  | **2:03.49**  | **1:51.59**  |
| **5:29.69**  | **4:48.49**  | **4:55.99**  | **400/500 Free**  | **4:36.69**  | **4:29.39**  | **5:07.79**  |
| **11:22.69**  | **9:57.49**  | **10:10.59**  | **800/1000 Free**  | **9:35.69**  | **9:18.59**  | **10:38.29**  |
| **18:59.69**  | **18:52.09**  | **19:36.29**  | **1500/1650 Free**  | **18:19.89**  | **17:49.09**  | **17:52.29**  |
| **1:02.69**  | **1:09.19**  | **1:12.79**  | **100 Back**  | **1:06.79**  | **1:03.29**  | **57.29**  |
| **2:15.29**  | **2:29.59**  | **2:35.49**  | **200 Back**  | **2:22.69**  | **2:17.59**  | **2:04.49**  |
| **1:12.49**  | **1:20.09**  | **1:23.09**  | **100 Breast**  | **1:15.59**  | **1:11.89**  | **1:05.09**  |
| **2:35.99**  | **2:52.39**  | **2:57.99**  | **200 Breast**  | **2:42.89**  | **2:36.89**  | **2:21.99**  |
| **1:02.59**  | **1:09.09**  | **1:10.79**  | **100 Fly**  | **1:04.29**  | **1:02.39**  | **56.49**  |
| **2:16.99**  | **2:31.39**  | **2:35.59**  | **200 Fly**  | **2:22.89**  | **2:19.09**  | **2:05.89**  |
| **2:16.69**  | **2:31.29**  | **2:37.49**  | **200 IM**  | **2:24.39**  | **2:18.09**  | **2:04.79**  |
| **4:54.49**  | **5:25.39**  | **5:35.09**  | **400 IM**  | **5:10.99**  | **5:00.79**  | **4:32.19**  |
| **3:49.96**  | **4:13.96**  | **4:21.96**  | **400 Free Relay**  | **3:58.36**  | **3:49.56**  | **3:27.96**  |
| **8:15.56**  | **9:07.16**  | **9:24.36**  | **800 Free Relay**  | **8:43.16**  | **8:21.96**  | **7:34.36**  |
| **4:12.46**  | **4:41.86**  | **4:52.16**  | **400 Medley Relay**  | **4:26.26**  | **4:14.96**  | **3:50.89**  |