Senior Time Standards 2018-2019

WOMEN'S STANDARDS									
SR PNS	AGR	SECTIONALS	NCSA JUNIORS	FUTURES	WINTER JRS	WINTER NATS	JUNIORS	NATIONALS	EVENTS
25.59	25.99	24.68	24.39	24.09	23.49	22.89	22.79	22.29	50 FR
55.59	56.19	53.45	52.39	52.09	50.89	49.89	49.69	48.89	100 FR
2:01.09	2:01.59	1:55.74	1:53.19	1:52.59	1:49.69	1:47.79	1:47.39	1:45.89	200 FR
5:30.39	5:28.79	5:13.13	4:59.99	5:03.49	4:53.09	4:49.09	4:48.09	4:43.79	500 FR
11:40.19		10:52.09	10:15.99	10:20.49	10:03.59	9:58.79	9:56.79	9:48.09	1000 FR
19:14.99	19:14.79	18:19.78	17:12.89	17:14.39	16:46.19	16:35.89	16:32.59	16:18.09	1650 FR
30.29									50 BACK
1:02.99	1:02.39	59.39	57.99	58.09	56.09	54.69	54.49	53.29	100 BACK
2:18.69	2:14.19	2:07.80	2:05.99	2:04.99	2:01.29	1:58.09	1:57.69	1:55.39	200 BACK
36.09									50 BREAST
1:12.89	1:11.19	1:07.76	1:06.39	1:05.99	1:03.69	1:03.09	1:02.89	1:00.69	100 BREAST
2:40.29	2:35.39	2:27.99	2:23.29	2:22.69	2:19.79	2:15.89	2:15.49	2:11.69	200 BREAST
29.49									50 FLY
1:01.49	1:01.39	58.44	57.29	57.49	55.79	54.19	53.99	52.99	100 FLY
2:22.99	2:18.39	2:11.77	2:06.39	2:05.39	2:02.69	1:59.59	1:59.39	1:57.79	200 FLY
2:17.19	2:17.29	2:10.69	2:07.99	2:08.29	2:03.09	2:00.99	2:00.59	1:58.29	200 IM
5:00.39	5:53.39	4:39.34	4:29.99	4:30.69	4:23.29	4:15.59	4:15.19	4:12.09	400 IM

MEN'S STANDARDS									
SR PNS	AGR	SECTIONALS	NCSA JUNIORS	FUTURES	WINTER JRS	WINTER NATS	JUNIORS	NATIONALS	EVENTS
23.09	23.19	22.03	21.69	21.39	20.89	20.59	20.49	19.79	50 FR
50.19	50.29	47.89	47.09	46.49	45.39	44.59	44.39	43.09	100 FR
1:50.99	1:50.49	1:45.18	1:43.09	1:41.79	1:39.79	1:38.79	1:38.39	1:35.59	200 FR
5:07.39	5:03.69	4:49.15	4:39.59	4:37.09	4:31.49	4:28.89	4:28.29	4:19.39	500 FR
10:50.59		10:10.58	9:39.79	9:34.29	9:25.49	9:15.19	9:13.19	9:04.99	1000 FR
17:45.59	18:04.89	17:13.16	15:13.69	16:05.49	15:46.99	15:34.89	15:34.19	15:10.09	1650 FR
27.99									50 BACK
57.89	56.59	53.87	52.89	52.09	50.79	49.89	49.69	46.79	100 BACK
2:07.29	2:04.09	1:58.15	1:54.79	1:52.79	1:50.59	1:48.39	1:47.99	1:44.79	200 BACK
31.69									50 BREAST
1:05.19	1:02.99	59.99	59.49	58.69	57.39	55.99	55.79	53.39	100 BREAST
2:23.99	2:19.49	2:12.85	2:09.79	2:08.59	2:05.69	2:01.59	2:01.19	1:58.29	200 BREAST
26.49									50 FLY
55.59	54.89	52.26	51.69	51.09	49.89	49.19	48.99	47.29	100 FLY
2:09.09	2:04.49	1:58.55	1:54.89	1:53.69	1:52.09	1:48.29	1:47.89	1:45.09	200 FLY
2:05.29	2:04.29	1:58.31	1:56.29	1:55.09	1:51.49	1:49.29	1:48.89	1:45.19	200 IM
4:34.79	4:26.39	4:13.70	4:08.09	4:07.59	4:00.19	3:53.49	3:52.69	3:46.99	400 IM