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**TIMESTD STANDARDS Yards****Women**

	<b>STQT</b>	<b>CCQT</b>
50 Free	26.50	29.00
100 Free	58.50	1:05.50
200 Free	2:07.00	2:32.00
500 Free	5:40.00	6:45.00
100 Back	1:06.00	1:18.00
100 Breast	1:15.00	1:26.00
100 Fly	1:05.00	1:25.00
200 IM	2:24.00	2:55.00
200 Free Relay	1:53.00	
400 Free Relay	4:12.00	
200 Medley Relay	2:07.00	

**Men**

	<b>STQT</b>	<b>CCQT</b>
50 Free	23.50	26.00
100 Free	52.00	1:00.00
200 Free	1:55.00	2:22.50
500 Free	5:20.00	6:25.00
100 Back	1:00.00	1:15.00
100 Breast	1:07.00	1:16.50
100 Fly	58.00	1:11.50
200 IM	2:12.00	2:45.00
200 Free Relay	1:40.00	
400 Free Relay	3:44.00	
200 Medley Relay	1:51.00	

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