

SA "Starting Off Grid"			
2016 Recruiting Range Time Standards			
Examples (SCY)			
Women	National	Jr National	Sectional
50 Fr	22.89	23.49	24.99
100 Fr	49.89	50.99	53.71
200 Fr	1:47.79	1:49.79	1:56.22
500 Fr	4:49.09	4:52.09	5:13.17
1000 Fr	9:58.79	10:03.59	10:52.09
1650 Fr	16:35.89	16:46.19	18:19.78
100 Bk	54.69	56.59	59.50
200 Bk	1:58.09	2:01.29	2:07.80
100 Br	1:03.09	1:04.29	1:08.46
200 Br	2:15:89	2:19.79	2:29.07
100 Fly	54.19	55.99	58.86
200 Fly	1:59.59	2:03.29	2:12.29
200 IM	2:00.99	2:03.79	2:11.81
400 IM	4:15.59	4:23.69	4:39.34
Men	National	Jr National	Sectional
50 Fr	20.59	20.99	22.41
100 Fr	44.59	45.79	48.46
200 Fr	1:38.79	1:40.29	1:45.84
500 Fr	4:28.89	4:32.69	4:49.98
1000 Fr	9:15.19	9:25.49	10:10.60
1650 Fr	15:34.89	15:46.99	17:13.16
100 Bk	49.89	50.99	54.42
200 Bk	1:48.39	1:50.69	1:58.45
100 Br	55.99	57.69	1:01.53
200 Br	2:01.59	2:05.89	2:15.19
100 Fly	49.19	50.09	53.46
200 Fly	1:48.29	1:51.59	2:00.94
200 IM	1:49.29	1:52.29	1:59.85
400 IM	3:53.49	4:00.19	4:18.37