

	WOMEN		Short Course Standards		MEN	
GOLD	SILVER	BRONZE		BRONZE	SILVER	GOLD
22.79	23.69	24.39	50 Freestyle	21.49	21.09	20.49
49.69	50.99	52.19	100 Freestyle	46.69	45.69	44.39
1.47.39	1.50.19	1.52.99	200 Freestyle	1.42.09	1.40.29	1.38.39
4.48.09	4.55.79	5.03.49	500 Freestyle	4.37.09	4.32.69	4.28.29
9.56.79	10.08.69	10.20.49	1000 Freestyle	9.34.29	9.24.49	9.13.19
16.32.59	16.53.59	17.14.39	1650 Freestyle	16.05.49	15.49.79	15.34.19
54.49	56.49	58.49	100 Backstroke	52.49	51.09	49.69
1.57.09	2.01.79	2.05.79	200 Backstroke	1.53.59	1.50.89	1.47.99
1.02.89	1.04.59	1.06.29	100 Breaststroke	58.89	57.59	55.79
2.15.49	2.19.59	2.23.09	200 Breaststroke	2.08.59	2.05.69	2.01.19
53.99	5.99	57.89	100 Butterfly	51.59	50.29	4.99
1.59.39	2.03.09	2.06.19	200 Butterfly	1.53.69	1.51.29	1.47.89
2.00.59	2.04.49	2.08.29	200 IM	1.55.09	1.52.29	1.48.89
4.15.19	4.23.49	4.30.69	400 IM	4.07.59	4.00.39	3.52.69

	WOMEN		Long Course Standards		MEN	
GOLD	SILVER	BRONZE		BRONZE	SILVER	GOLD
26.59	27.09	27.49	50 Freestyle	24.89	24.49	23.99
57.59	58.59	59.59	100 Freestyle	53.79	52.89	51.19
2.04.29	2.06.29	2.08.19	200 Freestyle	1.58.09	1.56.19	1.54.29
4.21.39	4.25.09	4.28.79	400 Freestyle	4.09.99	4.06.39	4.02.79
8.58.69	9.06.29	9.13.79	800 Freestyle	8.40.69	8.22.99	8.23.09
17.11.29	17.25.79	17.40.19	1500 Freestyle	16.38.99	16.22.09	16.05.09
1.04.39	1.05.89	1.07.29	100 Backstroke	1.00.79	59.79	58.79
2.18.29	2.21.59	2.24.79	200 Backstroke	2.11.89	2.09.49	2.06.99
1.13.29	1.14.79	1.16.19	100 Breaststroke	1.08.69	1.07.49	1.06.09
2.38.29	2.41.19	2.43.79	200 Breaststroke	2.29.09	2.26.99	2.23.29
1.02.39	1.03.79	1.05.19	100 Butterfly	58.39	57.49	56.49
2.16.99	2.18.19	2.21.89	200 Butterfly	2.10.19	2.07.99	2.05.09
2.20.99	2.23.69	2.26.39	200 IM	2.12.79	2.10.59	2.08.29
4.587.29	5.02.29	5.07.29	400 IM	4.42.39	4.37.99	4.33.09