



# OFFICIAL TIME STANDARDS

## Winter National Championships

### WOMEN

### MEN

SCY	SCM	LCM	EVENT	LCM	SCM	SCY
22.89	25.49	26.69	50 Free	23.59	22.99	20.59
49.89	55.49	57.69	100 Free	51.79	49.49	44.59
1:47.79	1:59.49	2:04.59	200 Free	1:53.29	1:49.39	1:38.79
4:49.09	4:10.79	4:20.79	400/500 Free	4:01.09	3:56.09	4:28.89
9:58.79	8:39.39	8:54.49	800/1000 Free	8:21.49	8:01.49	9:15.19
16:35.89	16:23.19	17:06.69	1500/1650 Free	15:59.99	15:22.89	15:34.89
54.69	1:00.79	1:04.59	100 Back	58.59	55.39	49.89
1:58.09	2:11.19	2:18.69	200 Back	2:06.69	2:00.39	1:48.39
1:03.09	1:10.09	1:13.49	100 Breast	1:05.59	1:02.09	55.99
2:15.89	2:31.09	2:38.69	200 Breast	2:22.89	2:14.99	2:01.59
54.19	1:00.19	1:02.59	100 Fly	55.99	54.79	49.19
1:59.59	2:12.89	2:17.39	200 Fly	2:04.59	2:00.59	1:48.29
2:00.99	2:14.29	2:21.39	200 IM	2:08.19	2:01.39	1:49.29
4:15.59	4:43.69	4:58.09	400 IM	4:32.59	4:19.39	3:53.49
3:23.39		3:52.69	4X100 Free - Relay	3:29.29		3:00.69
7:18.99		8:22.19	4X200 Free - Relay	7:42.79		6:41.29
3:44.19		4:18.29	4X100 Medley - Relay	3:50.09		3:16.99

### WOMEN

### 18 & UNDER BONUS

### MEN

SCY	SCM	LCM	EVENT	LCM	SCM	SCY
23.49	26.19	26.99	50 Free	24.39	23.49	20.99
50.99	56.69	58.39	100 Free	52.89	50.89	45.79
1:49.79	2:01.59	2:05.39	200 Free	1:56.29	1:51.09	1:40.29
4:52.09	4:13.29	4:23.79	400/500 Free	4:06.29	3:59.39	4:32.69
10:03.59	8:43.49	9:03.49	800/1000 Free	8:33.79	8:10.49	9:25.49
16:46.19	16:33.29	17:20.49	1500/1650 Free	16:14.99	15:34.79	15:46.99
56.59	1:02.89	1:05.59	100 Back	59.69	56.59	50.99
2:01.29	2:14.79	2:20.69	200 Back	2:09.59	2:02.89	1:50.69
1:04.29	1:11.49	1:14.29	100 Breast	1:07.59	1:03.99	57.69
2:19.79	2:35.49	2:40.09	200 Breast	2:27.19	2:19.69	2:05.89
55.99	1:02.19	1:03.39	100 Fly	57.39	55.79	50.09
2:03.29	2:16.99	2:19.59	200 Fly	2:08.19	2:04.29	1:51.59
2:03.79	2:17.39	2:22.49	200 IM	2:10.49	2:04.99	1:52.49
4:23.69	4:50.59	5:01.89	400 IM	4:38.39	4:27.09	4:00.19

\*Qualifying period is November 1, 2016 through the entry deadline.