

8. TIME STANDARDS**Short Course Meters & Long Course Meters****Women**

	SCM	LCM
50 Free	28.46	29.26
100 Free	1:02.33	1:03.93
200 Free	2:15.54	2:18.74
400 Free	4:43.97	4:50.37
800 Free	9:54.17	10:06.97
1500 Free	19:00.06	19:18.36
50 Back	33.59	34.16
100 Back	1:12.02	1:13.22
200 Back	2:33.90	2:36.30
50 Breast	36.60	37.60
100 Breast	1:19.70	1:21.07
200 Breast	2:51.26	2:55.26
50 Fly	30.59	31.29
100 Fly	1:08.50	1:09.90
200 Fly	2:36.15	2:38.95
100 IM	1:10.15	
200 IM	2:35.70	2:38.90
400 IM	5:31.46	5:37.86

Men

	SCM	LCM
50 Free	25.25	26.05
100 Free	56.00	57.60
200 Free	2:02.05	2:05.25
400 Free	4:23.84	4:30.24
800 Free	9:11.06	9:15.20
1500 Free	17:00.44	17:24.44
50 Back	29.12	29.72
100 Back	1:04.12	1:05.32
200 Back	2:18.61	2:21.01
50 Breast	31.77	32.77
100 Breast	1:09.97	1:11.97
200 Breast	2:36.02	2:40.02
50 Fly	27.82	28.52
100 Fly	1:01.36	1:02.76
200 Fly	2:17.69	2:20.49
100 IM	1:01.96	
200 IM	2:20.43	2:23.63
400 IM	5:00.81	5:07.21