

# THE HARTFORD NATIONALS

Below are Swimming time standards for long course and short course at the 2024 The Hartford Nationals conducted by Move United.

## Long Course – A Standards

An athlete MUST hit at minimum one (1) A standard to compete in long course.

- 1 A standard time allows not more than 3 events in Long Course
- 2 A standard times allow not more than 5 events in Long Course
- 3 or more A standards may swim all in Long Course

Note to above standard: An athlete MUST have met at minimum a B standard in an event to swim that event either Long Course or Short Course.

## Short Course – B Standards

B standards will be used for qualifying to swim short course.

## Entries

- Athletes may enter in up to seven (7) individual events and two (2) relays. This is a total of long course and short course events.
- An athlete may compete in an event in both long course and short course as long as the athlete has qualified to compete in both courses.

## Qualification Period

Athletes have from August 1, 2023 until the close of Nationals registration to meet the qualifying standards. These can be met at the following: Move United Sanctioned Competition, USA Swimming meet, YMCA meet, High School meet, NCAA meet, U.S. Paralympics Swimming meet, and/or World Para Swimming meet.

## Classification

Athletes that have not been classified prior to Nationals, should sign up for an appointment to be seen at Nationals.

Athletes that have previously gone through classification and will compete in the Move United classifications of MU90 and MU91, are referred to as S20/SB20/SM20 on the below qualification standards. For more information on the MU90 and MU91 classifications visit <https://moveunitedsport.org/events/nationals/eligibility-and-classification-and-rules>.

**To convert the times for yards to meters multiply the time by a factor of 1.093.**

Ex: 25 yard freestyle – 0:30.00 → converts to 25 meter freestyle – 0:32.79

Men's Swimming A Standards  
Long Course Course

SC YARD	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	SC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	LC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11
50 Free	S1	M	2:41.72	2:49.81	3:05.98	3:14.06	3:22.15	50 Free	S1	M	2:59.52	3:08.50	3:26.45	3:35.42	03:44.40	50 Free	S1	M	2:56.00	3:04.80	3:22.40	3:31.20	03:40.00
50 Free	S2	M	1:41.08	1:46.13	1:56.24	2:01.30	2:06.35	50 Free	S2	M	1:52.20	1:57.81	2:09.03	2:14.64	02:20.25	50 Free	S2	M	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
50 Free	S3	M	1:20.86	1:24.90	1:32.99	1:37.03	1:41.07	50 Free	S3	M	1:29.76	1:34.25	1:43.22	1:47.71	01:52.20	50 Free	S3	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
50 Free	S4	M	1:10.75	1:14.29	1:21.36	1:24.90	1:28.44	50 Free	S4	M	1:18.54	1:22.47	1:30.32	1:34.25	01:38.17	50 Free	S4	M	1:17.00	1:20.85	1:28.55	1:32.40	01:36.25
50 Free	S5	M	0:54.50	0:57.23	1:02.67	1:05.40	1:08.12	50 Free	S5	M	1:00.50	1:03.53	1:09.57	1:12.60	01:15.62	50 Free	S5	M	1:00.50	1:03.53	1:09.57	1:12.60	01:15.62
50 Free	S6	M	0:44.59	0:46.82	0:51.28	0:53.51	0:55.74	50 Free	S6	M	0:49.50	0:51.98	0:56.93	0:59.40	01:01.88	50 Free	S6	M	0:49.50	0:51.98	0:56.93	0:59.40	01:01.88
50 Free	S7	M	0:34.96	0:36.71	0:40.20	0:41.95	0:43.70	50 Free	S7	M	0:38.81	0:40.75	0:44.63	0:46.57	00:48.51	50 Free	S7	M	0:39.60	0:41.58	0:45.54	0:47.52	00:49.50
50 Free	S8	M	0:33.99	0:35.69	0:39.09	0:40.79	0:42.49	50 Free	S8	M	0:37.73	0:39.62	0:43.39	0:45.28	00:47.16	50 Free	S8	M	0:38.50	0:40.43	0:44.28	0:46.20	00:48.13
50 Free	S9	M	0:31.08	0:32.63	0:35.74	0:37.30	0:42.49	50 Free	S9	M	0:34.50	0:36.22	0:39.68	0:41.40	00:43.13	50 Free	S9	M	0:35.20	0:36.96	0:40.48	0:42.24	00:44.00
50 Free	S10/S20	M	0:30.10	0:31.60	0:34.61	0:36.12	0:38.85	50 Free	S10/S20	M	0:33.42	0:35.09	0:38.43	0:40.10	00:41.78	50 Free	S10/S20	M	0:34.10	0:35.81	0:39.21	0:40.92	00:42.63
50 Free	S11	M	0:38.84	0:40.78	0:44.67	0:46.61	0:37.62	50 Free	S11	M	0:43.12	0:45.28	0:49.59	0:51.74	00:53.90	50 Free	S11	M	0:44.00	0:46.20	0:50.60	0:52.80	00:55.00
50 Free	S12	M	0:33.99	0:35.69	0:39.09	0:40.79	0:48.55	50 Free	S12	M	0:37.73	0:39.62	0:43.39	0:45.28	00:47.16	50 Free	S12	M	0:38.50	0:40.43	0:44.28	0:46.20	00:48.13
50 Free	S13	M	0:31.08	0:32.63	0:35.74	0:37.30	0:42.49	50 Free	S13	M	0:34.50	0:36.22	0:39.68	0:41.40	00:43.13	50 Free	S13	M	0:35.20	0:36.96	0:40.48	0:42.24	00:44.00
50 Free	S14	M	0:31.08	0:32.63	0:35.74	0:37.30	0:38.85	50 Free	S14	M	0:34.50	0:36.22	0:39.68	0:41.40	00:43.13	50 Free	S14	M	0:35.20	0:36.96	0:40.48	0:42.24	00:44.00
100 Free	S1	M	4:57.29	5:12.15	5:41.88	5:56.75	6:11.61	100 Free	S1	M	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50	100 Free	S1	M	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50
100 Free	S2	M	3:32.27	3:42.88	4:04.11	4:14.72	4:25.34	100 Free	S2	M	3:55.62	4:07.40	4:30.96	4:42.74	04:54.53	100 Free	S2	M	3:51.00	4:02.55	4:25.65	4:37.20	04:48.75
100 Free	S3	M	3:01.94	3:11.04	3:29.23	3:38.33	3:47.43	100 Free	S3	M	3:21.96	3:32.06	3:52.25	4:02.35	04:12.45	100 Free	S3	M	3:18.00	3:27.90	3:47.70	3:57.60	04:07.50
100 Free	S4	M	2:31.62	2:39.20	2:54.36	3:01.94	3:09.53	100 Free	S4	M	2:48.30	2:56.72	3:13.54	3:21.96	03:30.38	100 Free	S4	M	2:45.00	2:53.25	3:09.75	3:18.00	03:26.25
100 Free	S5	M	1:58.91	2:04.86	2:16.75	2:22.69	2:28.64	100 Free	S5	M	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00	100 Free	S5	M	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
100 Free	S6	M	1:34.14	1:38.85	1:48.26	1:52.97	1:57.67	100 Free	S6	M	1:44.50	1:49.72	2:00.17	2:05.40	02:10.63	100 Free	S6	M	1:44.50	1:49.72	2:00.17	2:05.40	02:10.63
100 Free	S7	M	1:25.91	1:30.21	1:38.80	1:43.09	1:47.39	100 Free	S7	M	1:35.37	1:40.14	1:49.68	1:54.44	01:59.21	100 Free	S7	M	1:33.50	1:38.17	1:47.52	1:52.20	01:56.87
100 Free	S8	M	1:20.86	1:24.90	1:32.99	1:37.03	1:41.07	100 Free	S8	M	1:29.76	1:34.25	1:43.22	1:47.71	01:52.20	100 Free	S8	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
100 Free	S9	M	1:10.75	1:14.29	1:21.36	1:24.90	1:28.44	100 Free	S9	M	1:18.54	1:22.47	1:30.32	1:34.25	01:38.17	100 Free	S9	M	1:17.00	1:20.85	1:28.55	1:32.40	01:36.25
100 Free	S10/S20	M	1:06.71	1:10.05	1:16.72	1:20.05	1:23.39	100 Free	S10/S20	M	1:14.05	1:17.75	1:25.16	1:28.86	01:32.56	100 Free	S10/S20	M	1:12.60	1:16.23	1:23.49	1:27.12	01:30.75
100 Free	S11	M	1:17.69	1:21.57	1:29.34	1:33.23	1:37.11	100 Free	S11	M	1:26.24	1:30.55	1:39.18	1:43.49	01:47.80	100 Free	S11	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
100 Free	S12	M	1:12.83	1:16.47	1:23.75	1:27.40	1:31.04	100 Free	S12	M	1:20.85	1:24.89	1:32.98	1:37.02	01:41.06	100 Free	S12	M	1:22.50	1:26.62	1:34.87	1:39.00	01:43.12
100 Free	S13	M	1:07.98	1:11.38	1:18.18	1:21.58	1:24.97	100 Free	S13	M	1:15.46	1:19.23	1:26.78	1:30.55	01:34.33	100 Free	S13	M	1:17.00	1:20.85	1:28.55	1:32.40	01:36.25
100 Free	S14	M	1:07.98	1:11.38	1:18.18	1:21.58	1:24.97	100 Free	S14	M	1:15.46	1:19.23	1:26.78	1:30.55	01:34.33	100 Free	S14	M	1:17.00	1:20.85	1:28.55	1:32.40	01:36.25
200 Free	S1	M	9:54.59	10:24.32	11:23.78	11:53.51	12:23.24	200 Free	S1	M	11:00.00	11:33.00	12:39.00	13:12.00	13:45.00	200 Free	S1	M	11:00.00	11:33.00	12:39.00	13:12.00	13:45.00
200 Free	S2	M	7:02.70	7:23.84	8:06.11	8:27.24	8:48.38	200 Free	S2	M	7:49.20	8:12.66	8:59.58	9:23.04	09:46.50	200 Free	S2	M	7:40.00	8:03.00	8:49.00	9:12.00	09:35.00
200 Free	S3	M	5:25.29	5:41.55	6:14.08	6:30.35	6:46.61	200 Free	S3	M	6:01.08	6:19.13	6:55.24	7:13.30	07:31.35	200 Free	S3	M	5:54.00	6:11.70	6:47.10	7:04.80	07:22.50
200 Free	S4	M	5:03.24	5:18.40	5:48.73	6:03.89	6:19.05	200 Free	S4	M	5:36.60	5:53.43	6:27.09	6:43.92	07:00.75	200 Free	S4	M	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50
200 Free	S5	M	4:37.47	4:51.34	5:19.09	5:32.96	5:46.84	200 Free	S5	M	5:08.00	5:23.40	5:54.20	6:09.60	06:25.00	200 Free	S5	M	5:08.00	5:23.40	5:54.20	6:09.60	06:25.00
200 Free	S6	M	3:16.39	3:26.21	3:45.85	3:55.67	4:05.49	200 Free	S6	M	3:38.00	3:48.90	4:10.70	4:21.60	04:32.50	200 Free	S6	M	3:38.00	3:48.90	4:10.70	4:21.60	04:32.50
200 Free	S7	M	3:01.02	3:10.07	3:28.17	3:37.22	3:46.27	200 Free	S7	M	3:20.94	3:30.99	3:51.08	4:01.13	04:11.18	200 Free	S7	M	3:17.00	3:26.85	3:46.55	3:56.40	04:06.25
200 Free	S8	M	2:50.91	2:59.46	3:16.55	3:25.09	3:33.64	200 Free	S8	M	3:09.72	3:19.21	3:38.18	3:47.66	03:57.15	200 Free	S8	M	3:06.00	3:15.30	3:33.90	3:43.20	03:52.50
200 Free	S9	M	2:30.70	2:38.23	2:53.30	3:00.84	3:08.37	200 Free	S9	M	2:47.28	2:55.64	3:12.37	3:20.74	03:29.10	200 Free	S9	M	2:44.00	2:52.20	3:08.60	3:16.80	03:25.00
200 Free	S10/S20	M	2:21.51	2:28.59	2:42.74	2:49.81	2:56.89	200 Free	S10/S20	M	2:37.08	2:44.93	3:00.64	3:08.50	03:16.35	200 Free	S10/S20	M	2:34.00	2:41.70	2:57.10	3:04.80	03:12.50
200 Free	S11	M	2:44.21	2:52.42	3:08.84	3:17.05	3:25.26	200 Free	S11	M	3:02.28	3:11.39	3:29.62	3:38.74	03:47.85	200 Free	S11	M	3:06.00	11:07.80	3:33.90	3:43.20	03:52.50
200 Free	S12	M	2:34.50	2:42.22	2:57.67	3:05.40	3:13.13	200 Free	S12	M	2:51.50	3:00.07	3:17.22	3:25.80	03:34.37	200 Free	S12	M	2:55.00	3:03.75	3:21.25	3:30.00	03:38.75
200 Free	S13	M	2:24.79	2:32.03	2:46.51	2:53.75	3:00.99	200 Free	S13	M	2:40.72	2:48.76	3:04.83	3:12.86	03:20.90	200 Free	S13	M	2:44.00	2:52.20	3:08.60	3:16.80	03:25.00
200 Free	S14	M	2:24.79	2:32.03	2:46.51	2:53.75	3:00.99	200 Free	S14	M	2:40.72	2:48.76	3:04.83	3:12.86	03:20.90	200 Free	S14	M	2:44.00	2:52.20	3:08.60	3:16.80	03:25.00
500 Free	S5	M	12:06.85	12:43.19	13:55.88	14:32.22	15:08.56	400 Free	S5	M	10:36.00	11:07.80	12:11.40	12:43.20	13:15.00	400 Free	S5	M	10:36.00	11:07.80	12:11.40	12:43.20	13:15.00
500 Free	S6	M	8:48.00	9:14.40	10:07.20	10:33.60	11:00.00	400 Free	S6	M	7:42.00	8:05.10	8:51.30	9:14.40	09:37.50	400 Free	S6	M	7:42.00	8:05.10	8:51.30	9:14.40	09:37.50
500 Free	S7	M	8:32.91	8:58.56	9:49.85	10:15.49	10:41.14	400 Free	S7	M	7:28.80	7:51.24	8:36.12	8:58.56	09:21.00	400 Free	S7	M	7:20.00	7:42.00	8:26.00	8:48.00	09:10.00
500 Free	S8	M	8:20.09	8:45.09	9:35.10	10:00.11	10:25.11	400 Free	S8	M	7:17.58	7:39.46	8:23.22	8:45.10	09:06.98	400 Free	S8	M	7:09.00	7:30.45	8:13.35	8:34.80	08:56.25

Men's Swimming A Standards  
Long Course Course

SC YARD	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	SC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	LC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11
500 Free	S9	M	7:41.62	8:04.70	8:50.86	9:13.94	9:37.03	400 Free	S9	M	6:43.92	7:04.12	7:44.51	8:04.70	08:24.90	400 Free	S9	M	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00
500 Free	S10/S20	M	7:28.80	7:51.24	8:36.12	8:58.56	9:21.00	400 Free	S10/S20	M	6:32.70	6:52.34	7:31.60	7:51.24	08:10.88	400 Free	S10/S20	M	6:25.00	6:44.25	7:22.75	7:42.00	08:01.25
500 Free	S11	M	8:37.44	9:03.31	9:55.06	10:20.93	10:46.80	400 Free	S11	M	7:32.76	7:55.40	8:40.67	9:03.31	09:25.95	400 Free	S11	M	7:42.00	8:05.10	8:51.30	9:14.40	09:37.50
500 Free	S12	M	7:48.16	8:11.57	8:58.38	9:21.79	9:45.20	400 Free	S12	M	6:49.64	7:10.12	7:51.09	8:11.57	08:32.05	400 Free	S12	M	6:58.00	7:18.90	8:00.70	8:21.60	08:42.50
500 Free	S13	M	7:26.88	7:49.22	8:33.91	8:56.26	9:18.60	400 Free	S13	M	6:31.02	6:50.57	7:29.67	7:49.22	08:08.77	400 Free	S13	M	6:39.00	6:58.95	7:38.85	7:58.80	08:18.75
500 Free	S14	M	5:49.62	6:07.10	6:42.06	6:59.54	7:17.03	400 Free	S14	M	6:28.08	6:47.48	7:26.29	7:45.70	08:05.10	400 Free	S14	M	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00
50 Back	S1	M	2:38.55	2:46.48	3:02.33	3:10.26	3:18.19	50 Back	S1	M	2:56.00	3:04.80	3:22.40	3:31.20	03:40.00	50 Back	S1	M	2:56.00	3:04.80	3:22.40	3:31.20	03:40.00
50 Back	S2	M	2:01.29	2:07.35	2:19.48	2:25.55	2:31.61	50 Back	S2	M	2:14.64	2:21.37	2:34.84	2:41.57	02:48.30	50 Back	S2	M	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
50 Back	S3	M	1:41.08	1:46.13	1:56.24	2:01.30	2:06.35	50 Back	S3	M	1:52.20	1:57.81	2:09.03	2:14.64	02:20.25	50 Back	S3	M	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
50 Back	S4	M	1:20.86	1:24.90	1:32.99	1:37.03	1:41.07	50 Back	S4	M	1:29.76	1:34.25	1:43.22	1:47.71	01:52.20	50 Back	S4	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
50 Back	S5	M	0:59.45	1:02.42	1:08.37	1:11.34	1:14.31	50 Back	S5	M	1:06.00	1:09.30	1:15.90	1:19.20	01:22.50	50 Back	S5	M	1:06.00	1:09.30	1:15.90	1:19.20	01:22.50
50 Back	S6	M	0:50.00	0:52.50	0:57.50	1:00.00	1:02.50	50 Back	S6	M	0:55.50	0:58.28	1:03.82	1:06.60	01:09.37	50 Back	S6	M	0:55.50	0:58.28	1:03.82	1:06.60	01:09.37
50 Back	S7	M	0:45.90	0:48.19	0:52.78	0:55.08	0:57.37	50 Back	S7	M	0:51.00	0:53.55	0:58.65	1:01.20	01:03.75	50 Back	S7	M	0:50.00	0:52.50	0:57.50	1:00.00	01:02.50
50 Back	S8	M	0:43.41	0:45.58	0:49.92	0:52.09	0:54.26	50 Back	S8	M	0:48.19	0:50.60	0:55.42	0:57.83	01:00.24	50 Back	S8	M	0:47.25	0:49.61	0:54.34	0:56.70	00:59.06
50 Back	S9	M	0:35.83	0:37.62	0:41.20	0:43.00	0:44.79	50 Back	S9	M	0:39.78	0:41.77	0:45.75	0:47.74	00:49.73	50 Back	S9	M	0:39.00	0:40.95	0:44.85	0:46.80	00:48.75
50 Back	S10/S20	M	0:34.82	0:36.56	0:40.04	0:41.78	0:43.53	50 Back	S10/S20	M	0:38.66	0:40.59	0:44.46	0:46.39	00:48.32	50 Back	S10/S20	M	0:37.90	0:39.79	0:43.58	0:45.48	00:47.38
50 Back	S11	M	0:49.00	0:51.45	0:56.35	0:58.80	1:01.25	50 Back	S11	M	0:54.39	0:57.11	1:02.55	1:05.27	01:07.99	50 Back	S11	M	0:55.50	0:58.28	1:03.82	1:06.60	01:09.37
50 Back	S12	M	0:44.14	0:46.35	0:50.76	0:52.97	0:55.18	50 Back	S12	M	0:49.00	0:51.45	0:56.35	0:58.80	01:01.25	50 Back	S12	M	0:50.00	0:52.50	0:57.50	1:00.00	01:02.50
50 Back	S13	M	0:39.28	0:41.24	0:45.17	0:47.14	0:49.10	50 Back	S13	M	0:43.61	0:45.79	0:50.15	0:52.33	00:54.51	50 Back	S13	M	0:44.50	0:46.73	0:51.18	0:53.40	00:55.63
50 Back	S14	M	0:34.43	0:36.15	0:39.59	0:41.32	0:43.04	50 Back	S14	M	0:38.22	0:40.13	0:43.95	0:45.86	00:47.78	50 Back	S14	M	0:39.00	0:40.95	0:44.85	0:46.80	00:48.75
100 Back	S5	M	2:03.42	2:09.59	2:21.93	2:28.10	2:34.28	100 Back	S5	M	2:17.00	2:23.85	2:37.55	2:44.40	02:51.25	100 Back	S5	M	2:17.00	2:23.85	2:37.55	2:44.40	02:51.25
100 Back	S6	M	1:49.00	1:54.45	2:05.35	2:10.80	2:16.25	100 Back	S6	M	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25	100 Back	S6	M	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
100 Back	S7	M	1:41.08	1:46.13	1:56.24	2:01.30	2:06.35	100 Back	S7	M	1:52.20	1:57.81	2:09.03	2:14.64	02:20.25	100 Back	S7	M	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Back	S8	M	1:46.02	1:51.32	2:01.92	2:07.22	2:12.53	100 Back	S8	M	1:46.59	1:51.92	2:02.58	2:07.91	02:13.24	100 Back	S8	M	1:44.55	1:49.78	2:00.23	2:05.46	02:10.69
100 Back	S9	M	1:20.86	1:24.90	1:32.99	1:37.03	1:41.07	100 Back	S9	M	1:29.76	1:34.25	1:43.22	1:47.71	01:52.20	100 Back	S9	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
100 Back	S10/S20	M	1:18.10	1:22.00	1:29.81	1:33.72	1:37.62	100 Back	S10/S20	M	1:26.70	1:31.03	1:39.70	1:44.04	01:48.38	100 Back	S10/S20	M	1:25.00	1:29.25	1:37.75	1:42.00	01:46.25
100 Back	S11	M	1:46.82	1:52.16	2:02.84	2:08.18	2:13.52	100 Back	S11	M	1:58.58	2:04.51	2:16.37	2:22.30	02:28.22	100 Back	S11	M	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
100 Back	S12	M	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	100 Back	S12	M	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	100 Back	S12	M	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Back	S13	M	1:27.40	1:31.77	1:40.51	1:44.88	1:49.25	100 Back	S13	M	1:37.02	1:41.87	1:51.57	1:56.42	02:01.28	100 Back	S13	M	1:39.00	1:43.95	1:53.85	1:58.80	02:03.75
100 Back	S14	M	1:17.69	1:21.57	1:29.34	1:33.23	1:37.11	100 Back	S14	M	1:26.24	1:30.55	1:39.18	1:43.49	01:47.80	100 Back	S14	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
50 Breast	SB1	M	3:16.39	3:26.21	3:45.85	3:55.67	4:05.49	50 Breast	SB1	M	3:38.00	3:48.90	4:10.70	4:21.60	04:32.50	50 Breast	SB1	M	3:38.00	3:48.90	4:10.70	4:21.60	04:32.50
50 Breast	SB2	M	2:01.29	2:07.35	2:19.48	2:25.55	2:31.61	50 Breast	SB2	M	2:14.64	2:21.37	2:34.84	2:41.57	02:48.30	50 Breast	SB2	M	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
50 Breast	SB3	M	1:41.08	1:46.13	1:56.24	2:01.30	2:06.35	50 Breast	SB3	M	1:52.20	1:57.81	2:09.03	2:14.64	02:20.25	50 Breast	SB3	M	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
50 Breast	SB4	M	1:06.16	1:09.47	1:16.08	1:19.39	1:22.70	50 Breast	SB4	M	1:13.44	1:17.11	1:24.46	1:28.13	01:31.80	50 Breast	SB4	M	1:12.00	1:15.60	1:22.80	1:26.40	01:30.00
50 Breast	SB5	M	1:02.38	1:05.50	1:11.74	1:14.86	1:17.98	50 Breast	SB5	M	1:09.25	1:12.71	1:19.64	1:23.10	01:26.56	50 Breast	SB5	M	1:09.25	1:12.71	1:19.64	1:23.10	01:26.56
50 Breast	SB6	M	0:59.60	1:02.58	1:08.54	1:11.52	1:14.50	50 Breast	SB6	M	1:06.50	1:09.83	1:16.47	1:19.80	01:23.12	50 Breast	SB6	M	1:06.50	1:09.83	1:16.47	1:19.80	01:23.12
50 Breast	SB7	M	0:56.05	0:58.85	1:04.46	1:07.26	1:10.06	50 Breast	SB7	M	1:02.22	1:05.33	1:11.55	1:14.66	01:17.78	50 Breast	SB7	M	1:01.00	1:04.05	1:10.15	1:13.20	01:16.25
50 Breast	SB8	M	0:45.94	0:48.24	0:52.83	0:55.13	0:57.43	50 Breast	SB8	M	0:51.00	0:53.55	0:58.65	1:01.20	01:03.75	50 Breast	SB8	M	0:50.00	0:52.50	0:57.50	1:00.00	01:02.50
50 Breast	SB9/SB20	M	0:38.87	0:40.81	0:44.70	0:46.64	0:48.59	50 Breast	SB9/SB20	M	0:43.15	0:45.31	0:49.62	0:51.78	00:53.94	50 Breast	SB9/SB20	M	0:42.30	0:44.41	0:48.64	0:50.76	00:52.87
50 Breast	SB11	M	0:53.85	0:56.54	1:01.93	1:04.62	1:07.31	50 Breast	SB11	M	0:59.78	1:02.77	1:08.75	1:11.74	01:14.73	50 Breast	SB11	M	1:01.00	1:04.05	1:10.15	1:13.20	01:16.25
50 Breast	SB12	M	0:44.14	0:46.35	0:50.76	0:52.97	0:55.18	50 Breast	SB12	M	0:49.00	0:51.45	0:56.35	0:58.80	01:01.25	50 Breast	SB12	M	0:50.00	0:52.50	0:57.50	1:00.00	01:02.50
50 Breast	SB13	M	0:39.28	0:41.24	0:45.17	0:47.14	0:49.10	50 Breast	SB13	M	0:43.61	0:45.79	0:50.15	0:52.33	00:54.51	50 Breast	SB13	M	0:44.50	0:46.73	0:51.18	0:53.40	00:55.63
50 Breast	SB14	M	0:37.35	0:39.22	0:42.95	0:44.82	0:46.69	50 Breast	SB14	M	0:41.45	0:43.52	0:47.67	0:49.74	00:51.81	50 Breast	SB14	M	0:42.3	0:44.41	0:48.64	0:50.76	00:52.87
100 Breast	SB3	M	3:31.35	3:41.92	4:03.05	4:13.62	4:24.19	100 Breast	SB3	M	3:54.60	4:06.33	4:29.79	4:41.52	04:53.25	100 Breast	SB3	M	3:50.00	4:01.50	4:24.50	4:36.00	04:47.50

SC YARD	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	SC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	LC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11
100 Breast	SB4	M	2:21.51	2:28.59	2:42.74	2:49.81	2:56.89	100 Breast	SB4	M	2:37.08	2:44.93	3:00.64	3:08.50	03:16.35	100 Breast	SB4	M	2:34.00	2:41.70	2:57.10	3:04.80	03:12.50
100 Breast	SB5	M	2:13.78	2:20.47	2:33.85	2:40.54	2:47.22	100 Breast	SB5	M	2:28.50	2:35.93	2:50.78	2:58.20	03:05.63	100 Breast	SB5	M	2:28.50	2:35.93	2:50.78	2:58.20	03:05.63
100 Breast	SB6	M	2:08.82	2:15.26	2:28.14	2:34.58	2:41.03	100 Breast	SB6	M	2:23.00	2:30.15	2:44.45	2:51.60	02:58.75	100 Breast	SB6	M	2:23.00	2:30.15	2:44.45	2:51.60	02:58.75
100 Breast	SB7	M	2:01.29	2:07.35	2:19.48	2:25.55	2:31.61	100 Breast	SB7	M	2:14.64	2:21.37	2:34.84	2:41.57	02:48.30	100 Breast	SB7	M	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
100 Breast	SB8	M	1:41.08	1:46.13	1:56.24	2:01.30	2:06.35	100 Breast	SB8	M	1:52.20	1:57.81	2:09.03	2:14.64	02:20.25	100 Breast	SB8	M	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Breast	SB9/SB20	M	1:26.92	1:31.27	1:39.96	1:44.30	1:48.65	100 Breast	SB9/SB20	M	1:36.49	1:41.31	1:50.96	1:55.79	02:00.61	100 Breast	SB9/SB20	M	1:34.60	1:39.33	1:48.79	1:53.52	01:58.25
100 Breast	SB11	M	1:56.54	2:02.37	2:14.02	2:19.85	2:25.67	100 Breast	SB11	M	2:09.36	2:15.83	2:28.76	2:35.23	02:41.70	100 Breast	SB11	M	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
100 Breast	SB12	M	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	100 Breast	SB12	M	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	100 Breast	SB12	M	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Breast	SB13	M	1:27.40	1:31.77	1:40.51	1:44.88	1:49.25	100 Breast	SB13	M	1:37.02	1:41.87	1:51.57	1:56.42	02:01.28	100 Breast	SB13	M	1:39.00	1:43.95	1:53.85	1:58.80	02:03.75
100 Breast	SB14	M	1:23.52	1:27.70	1:36.05	1:40.22	1:44.40	100 Breast	SB14	M	1:32.71	1:37.35	1:46.62	1:51.25	01:55.89	100 Breast	SB14	M	1:34.60	1:39.33	1:48.79	1:53.52	01:58.25
50 Fly	S1	M	1:58.91	2:04.86	2:16.75	2:22.69	2:28.64	50 Fly	S1	M	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00	50 Fly	S1	M	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
50 Fly	S2	M	1:51.18	1:56.74	2:07.86	2:13.42	2:18.98	50 Fly	S2	M	2:03.42	2:09.59	2:21.93	2:28.10	02:34.28	50 Fly	S2	M	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
50 Fly	S3	M	1:30.95	1:35.50	1:44.59	1:49.14	1:53.69	50 Fly	S3	M	1:40.98	1:46.03	1:56.13	2:01.18	02:06.22	50 Fly	S3	M	1:39.00	1:43.95	1:53.85	1:58.80	02:03.75
50 Fly	S4	M	1:20.86	1:24.90	1:32.99	1:37.03	1:41.07	50 Fly	S4	M	1:29.76	1:34.25	1:43.22	1:47.71	01:52.20	50 Fly	S4	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
50 Fly	S5	M	1:09.36	1:12.83	1:19.76	1:23.23	1:26.70	50 Fly	S5	M	1:17.00	1:20.85	1:28.55	1:32.40	01:36.25	50 Fly	S5	M	1:17.00	1:20.85	1:28.55	1:32.40	01:36.25
50 Fly	S6	M	0:54.50	0:57.23	1:02.67	1:05.40	1:08.12	50 Fly	S6	M	1:00.50	1:03.53	1:09.57	1:12.60	01:15.62	50 Fly	S6	M	1:00.50	1:03.53	1:09.57	1:12.60	01:15.62
50 Fly	S7	M	0:45.48	0:47.75	0:52.30	0:54.58	0:56.85	50 Fly	S7	M	0:50.49	0:53.01	0:58.06	1:00.59	01:03.11	50 Fly	S7	M	0:49.50	0:51.98	0:56.93	0:59.40	01:01.88
50 Fly	S8	M	0:43.41	0:45.58	0:49.92	0:52.09	0:54.26	50 Fly	S8	M	0:48.19	0:50.60	0:55.42	0:57.83	01:00.24	50 Fly	S8	M	0:47.25	0:49.61	0:54.34	0:56.70	00:59.06
50 Fly	S9	M	0:35.83	0:37.62	0:41.20	0:43.00	0:44.79	50 Fly	S9	M	0:39.78	0:41.77	0:45.75	0:47.74	00:49.73	50 Fly	S9	M	0:39.00	0:40.95	0:44.85	0:46.80	00:48.75
50 Fly	S10/S20	M	0:33.08	0:34.73	0:38.04	0:39.70	0:41.35	50 Fly	S10/S20	M	0:36.72	0:38.56	0:42.23	0:44.06	00:45.90	50 Fly	S10/S20	M	0:36.00	0:37.80	0:41.40	0:43.20	00:45.00
50 Fly	S11	M	0:44.14	0:46.35	0:50.76	0:52.97	0:55.18	50 Fly	S11	M	0:49.00	0:51.45	0:56.35	0:58.80	01:01.25	50 Fly	S11	M	0:50.00	0:52.50	0:57.50	1:00.00	01:02.50
50 Fly	S12	M	0:36.86	0:38.70	0:42.39	0:44.23	0:46.07	50 Fly	S12	M	0:40.92	0:42.97	0:47.06	0:49.10	00:51.15	50 Fly	S12	M	0:41.75	0:43.84	0:48.01	0:50.10	00:52.19
50 Fly	S13	M	0:34.43	0:36.15	0:39.59	0:41.32	0:43.04	50 Fly	S13	M	0:38.22	0:40.13	0:43.95	0:45.86	00:47.78	50 Fly	S13	M	0:39.00	0:40.95	0:44.85	0:46.80	00:48.75
50 Fly	S14	M	0:34.43	0:36.15	0:39.59	0:41.32	0:43.04	50 Fly	S14	M	0:38.22	0:40.13	0:43.95	0:45.86	00:47.78	50 Fly	S14	M	0:39.00	0:40.95	0:44.85	0:46.80	00:48.75
100 Fly	S5	M	2:27.74	2:35.13	2:49.90	2:57.29	3:04.67	100 Fly	S5	M	2:44.00	2:52.20	3:08.60	3:16.80	03:25.00	100 Fly	S5	M	2:44.00	2:52.20	3:08.60	3:16.80	03:25.00
100 Fly	S6	M	1:58.01	2:03.91	2:15.71	2:21.61	2:27.51	100 Fly	S6	M	2:11.00	2:17.55	2:30.65	2:37.20	02:43.75	100 Fly	S6	M	2:11.00	2:17.55	2:30.65	2:37.20	02:43.75
100 Fly	S7	M	1:40.16	1:45.17	1:55.18	2:00.19	2:05.20	100 Fly	S7	M	1:51.18	1:56.74	2:07.86	2:13.42	02:18.98	100 Fly	S7	M	1:49.00	1:54.45	2:05.35	2:10.80	02:16.25
100 Fly	S8	M	1:36.02	1:40.82	1:50.42	1:55.22	2:00.03	100 Fly	S8	M	1:46.59	1:51.92	2:02.58	2:07.91	02:13.24	100 Fly	S8	M	1:44.50	1:49.72	2:00.17	2:05.40	02:10.63
100 Fly	S9	M	1:20.86	1:24.90	1:32.99	1:37.03	1:41.07	100 Fly	S9	M	1:29.76	1:34.25	1:43.22	1:47.71	01:52.20	100 Fly	S9	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
100 Fly	S10/S20	M	1:15.35	1:19.12	1:26.65	1:30.42	1:34.19	100 Fly	S10/S20	M	1:23.64	1:27.82	1:36.19	1:40.37	01:44.55	100 Fly	S10/S20	M	1:22.00	1:26.10	1:34.30	1:38.40	01:42.50
100 Fly	S11	M	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	100 Fly	S11	M	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	100 Fly	S11	M	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Fly	S12	M	1:22.54	1:26.67	1:34.92	1:39.05	1:43.17	100 Fly	S12	M	1:31.63	1:36.21	1:45.37	1:49.96	01:54.54	100 Fly	S12	M	1:33.50	1:38.17	1:47.52	1:52.20	01:56.87
100 Fly	S13	M	1:17.69	1:21.57	1:29.34	1:33.23	1:37.11	100 Fly	S13	M	1:26.24	1:30.55	1:39.18	1:43.49	01:47.80	100 Fly	S13	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
100 Fly	S14	M	1:17.69	1:21.57	1:29.34	1:33.23	1:37.11	100 Fly	S14	M	1:26.24	1:30.55	1:39.18	1:43.49	01:47.80	100 Fly	S14	M	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
150 IM	SM1	M	5:56.75	6:14.59	6:50.26	7:08.10	7:25.94	150 IM	SM1	M	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00	150 IM	SM1	M	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00
150 IM	SM2	M	5:33.56	5:50.24	6:23.59	6:40.27	6:56.95	150 IM	SM2	M	6:10.26	6:28.77	7:05.80	7:24.31	07:42.83	150 IM	SM2	M	6:03.00	6:21.15	6:57.45	7:15.60	07:33.75
150 IM	SM3	M	5:03.24	5:18.40	5:48.73	6:03.89	6:19.05	150 IM	SM3	M	5:36.60	5:53.43	6:27.09	6:43.92	07:00.75	150 IM	SM3	M	5:30.00	0:00.00	6:19.50	6:36.00	06:52.50
150 IM	SM4	M	4:02.52	4:14.65	4:38.90	4:51.02	5:03.15	150 IM	SM4	M	4:29.28	4:42.74	5:09.67	5:23.14	05:36.60	150 IM	SM4	M	4:24.00	4:37.20	5:03.60	5:16.80	05:30.00
200 IM	SM4	M	5:28.05	5:44.45	6:17.26	6:33.66	6:50.06	200 IM	SM4	M	6:04.14	6:22.35	6:58.76	7:16.97	07:35.18	200 IM	SM4	M	5:57.00	6:14.85	6:50.55	7:08.40	07:26.25
200 IM	SM5	M	2:27.74	2:35.13	2:49.90	2:57.29	3:04.67	200 IM	SM5	M	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50	200 IM	SM5	M	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50
200 IM	SM6	M	3:57.83	4:09.72	4:33.50	4:45.40	4:57.29	200 IM	SM6	M	4:24.00	4:37.20	5:03.60	5:16.80	05:30.00	200 IM	SM6	M	4:24.00	4:37.20	5:03.60	5:16.80	05:30.00
200 IM	SM7	M	3:32.27	3:42.88	4:04.11	4:14.72	4:25.34	200 IM	SM7	M	3:55.62	4:07.40	4:30.96	4:42.74	04:54.53	200 IM	SM7	M	3:51.00	4:02.55	4:25.65	4:37.20	04:48.75
200 IM	SM8	M	3:22.16	3:32.27	3:52.48	4:02.59	4:12.70	200 IM	SM8	M	3:44.40	3:55.62	4:18.06	4:29.28	04:40.50	200 IM	SM8	M	3:40.00	3:51.00	4:13.00	4:24.00	04:35.00
200 IM	SM9	M	3:01.94	3:11.04	3:29.23	3:38.33	3:47.43	200 IM	SM9	M	3:21.96	3:32.06	3:52.25	4:02.35	04:12.45	200 IM	SM9	M	3:18.00	3:27.90	3:47.70	3:57.60	04:07.50

Men's Swimming A Standards  
Long Course Course

SC YARD	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	SC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	LC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11
200 IM	SM10/SM20	M	2:51.83	3:00.42	3:17.60	3:26.20	3:34.79	200 IM	SM10/SM20	M	3:10.74	3:20.28	3:39.35	3:48.89	03:58.43	200 IM	SM10/SM20	M	3:07.00	3:16.35	3:35.05	3:44.40	03:53.75
200 IM	SM11	M	3:33.65	3:44.33	4:05.70	4:16.38	4:27.06	200 IM	SM11	M	3:57.16	4:09.02	4:32.73	4:44.59	04:56.45	200 IM	SM11	M	4:02.00	4:14.10	4:38.30	4:50.40	05:02.50
200 IM	SM12	M	3:14.23	3:23.94	3:43.36	3:53.08	4:02.79	200 IM	SM12	M	3:35.60	3:46.38	4:07.94	4:18.72	04:29.50	200 IM	SM12	M	3:40.00	3:51.00	4:13.00	4:24.00	04:35.00
200 IM	SM13	M	2:54.81	3:03.55	3:21.03	3:29.77	3:38.51	200 IM	SM13	M	3:14.04	3:23.74	3:43.15	3:52.85	04:02.55	200 IM	SM13	M	3:18.00	3:27.90	3:47.70	3:57.60	04:07.50
200 IM	SM14	M	2:54.81	3:03.55	3:21.03	3:29.77	3:38.51	200 IM	SM14	M	2:54.81	3:03.55	3:21.03	3:29.77	03:38.51	200 IM	SM14	M	3:18.00	3:27.90	3:47.70	3:57.60	04:07.50

Women's Swimming A Standards  
Long Course

SC YARD	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	SC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	LC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11
50 Free	S1	Women	3:20.41	3:30.43	3:50.47	4:00.49	4:10.51	50 Free	S1	Women	3:42.36	3:53.48	4:15.71	4:26.83	04:37.95	50 Free	S1	Women	3:38.00	3:48.90	4:10.70	4:21.60	04:32.50
50 Free	S2	Women	2:10.48	2:17.00	2:30.05	2:36.58	2:43.10	50 Free	S2	Women	2:24.84	2:32.08	2:46.57	2:53.81	03:01.05	50 Free	S2	Women	2:22.00	2:29.10	2:43.30	2:50.40	02:57.50
50 Free	S3	Women	1:51.18	1:56.74	2:07.86	2:13.42	2:18.98	50 Free	S3	Women	2:03.42	2:09.59	2:21.93	2:28.10	02:34.28	50 Free	S3	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
50 Free	S4	Women	1:20.86	1:24.90	1:32.99	1:37.03	1:41.07	50 Free	S4	Women	1:29.76	1:34.25	1:43.22	1:47.71	01:52.20	50 Free	S4	Women	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
50 Free	S5	Women	1:09.36	1:12.83	1:19.76	1:23.23	1:26.70	50 Free	S5	Women	1:17.00	1:20.85	1:28.55	1:32.40	01:36.25	50 Free	S5	Women	1:17.00	1:20.85	1:28.55	1:32.40	01:36.25
50 Free	S6	Women	0:54.50	0:57.23	1:02.67	1:05.40	1:08.12	50 Free	S6	Women	1:00.50	1:03.53	1:09.57	1:12.60	01:15.62	50 Free	S6	Women	1:00.50	1:03.53	1:09.57	1:12.60	01:15.62
50 Free	S7	Women	0:43.70	0:45.89	0:50.25	0:52.44	0:54.63	50 Free	S7	Women	0:48.51	0:50.94	0:55.79	0:58.21	01:00.64	50 Free	S7	Women	0:49.50	0:51.98	0:56.93	0:59.40	01:01.88
50 Free	S8	Women	0:39.81	0:41.80	0:45.78	0:47.77	0:49.76	50 Free	S8	Women	0:44.20	0:46.41	0:50.83	0:53.04	00:55.25	50 Free	S8	Women	0:45.10	0:47.35	0:51.86	0:54.12	00:56.37
50 Free	S9	Women	0:34.96	0:36.71	0:40.20	0:41.95	0:43.70	50 Free	S9	Women	0:38.81	0:40.75	0:44.63	0:46.57	00:48.51	50 Free	S9	Women	0:39.60	0:41.58	0:45.54	0:47.52	00:49.50
50 Free	S10/S20	Women	0:33.99	0:35.69	0:39.09	0:40.79	0:42.49	50 Free	S10/S20	Women	0:37.73	0:39.62	0:43.39	0:45.28	00:47.16	50 Free	S10/S20	Women	0:38.50	0:40.43	0:44.28	0:46.20	00:48.13
50 Free	S11	Women	0:43.70	0:45.89	0:50.25	0:52.44	0:54.63	50 Free	S11	Women	0:48.51	0:50.94	0:55.79	0:58.21	01:00.64	50 Free	S11	Women	0:49.50	0:51.98	0:56.93	0:59.40	01:01.88
50 Free	S12	Women	0:42.82	0:44.96	0:49.24	0:51.38	0:53.53	50 Free	S12	Women	0:47.54	0:49.92	0:54.67	0:57.05	00:59.42	50 Free	S12	Women	0:42.90	0:45.05	0:49.33	0:51.48	00:53.62
50 Free	S13	Women	0:34.96	0:36.71	0:40.20	0:41.95	0:43.70	50 Free	S13	Women	0:38.81	0:40.75	0:44.63	0:46.57	00:48.51	50 Free	S13	Women	0:39.60	0:41.58	0:45.54	0:47.52	00:49.50
50 Free	S14	Women	0:34.96	0:36.71	0:40.20	0:41.95	0:43.70	50 Free	S14	Women	0:38.81	0:40.75	0:44.63	0:46.57	00:48.51	50 Free	S14	Women	0:39.60	0:41.58	0:45.54	0:47.52	00:49.50
100 Free	S1	Women	6:03.89	6:22.08	6:58.47	7:16.67	7:34.86	100 Free	S1	Women	6:43.92	7:04.12	7:44.51	8:04.70	08:24.90	100 Free	S1	Women	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00
100 Free	S2	Women	4:22.81	4:35.95	5:02.23	5:15.37	5:28.51	100 Free	S2	Women	4:51.72	5:06.31	5:35.48	5:50.06	06:04.65	100 Free	S2	Women	4:46.00	5:00.30	5:28.90	5:43.20	05:57.50
100 Free	S3	Women	3:42.37	3:53.49	4:15.73	4:26.84	4:37.96	100 Free	S3	Women	4:06.84	4:19.18	4:43.87	4:56.21	05:08.55	100 Free	S3	Women	4:02.00	4:14.10	4:38.30	4:50.40	05:02.50
100 Free	S4	Women	2:51.83	3:00.42	3:17.60	3:26.20	3:34.79	100 Free	S4	Women	3:10.74	3:20.28	3:39.35	3:48.89	03:58.43	100 Free	S4	Women	3:07.00	3:16.35	3:35.05	3:44.40	03:53.75
100 Free	S5	Women	2:28.64	2:36.07	2:50.94	2:58.37	3:05.80	100 Free	S5	Women	2:45.00	2:53.25	3:09.75	3:18.00	03:26.25	100 Free	S5	Women	2:45.00	2:53.25	3:09.75	3:18.00	03:26.25
100 Free	S6	Women	1:49.00	1:54.45	2:05.35	2:10.80	2:16.25	100 Free	S6	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25	100 Free	S6	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
100 Free	S7	Women	1:32.26	1:36.87	1:46.10	1:50.71	1:55.32	100 Free	S7	Women	1:42.41	1:47.53	1:57.77	2:02.89	02:08.01	100 Free	S7	Women	1:44.50	1:49.72	2:00.17	2:05.40	02:10.63
100 Free	S8	Women	1:27.40	1:31.77	1:40.51	1:44.88	1:49.25	100 Free	S8	Women	1:37.02	1:41.87	1:51.57	1:56.42	02:01.27	100 Free	S8	Women	1:39.00	1:43.95	1:53.85	1:58.80	02:03.75
100 Free	S9	Women	1:17.69	1:21.57	1:29.34	1:33.23	1:37.11	100 Free	S9	Women	1:26.24	1:30.55	1:39.18	1:43.49	01:47.80	100 Free	S9	Women	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
100 Free	S10/S20	Women	1:12.83	1:16.47	1:23.75	1:27.40	1:31.04	100 Free	S10/S20	Women	1:20.85	1:24.89	1:32.98	1:37.02	01:41.06	100 Free	S10/S20	Women	1:22.50	1:26.62	1:34.87	1:39.00	01:43.12
100 Free	S11	Women	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	100 Free	S11	Women	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	100 Free	S11	Women	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Free	S12	Women	1:35.17	1:39.93	1:49.45	1:54.20	1:58.96	100 Free	S12	Women	1:45.64	1:50.92	2:01.49	2:06.77	02:12.05	100 Free	S12	Women	1:39.00	1:43.95	1:53.85	1:58.80	02:03.75
100 Free	S13	Women	1:22.54	1:26.67	1:34.92	1:39.05	1:43.17	100 Free	S13	Women	1:31.63	1:36.21	1:45.37	1:49.96	01:54.54	100 Free	S13	Women	1:33.50	1:38.17	1:47.52	1:52.20	01:56.87
100 Free	S14	Women	1:17.69	1:21.57	1:29.34	1:33.23	1:37.11	100 Free	S14	Women	1:26.24	1:30.55	1:39.18	1:43.49	01:47.80	100 Free	S14	Women	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
200 Free	S1	Women	11:49.40	12:24.87	13:35.81	14:11.28	14:46.75	200 Free	S1	Women	13:07.44	13:46.81	15:05.56	15:44.93	16:24.30	200 Free	S1	Women	12:52.00	13:30.60	14:47.80	15:26.40	16:05.00
200 Free	S2	Women	7:53.24	8:16.90	9:04.23	9:27.89	9:51.55	200 Free	S2	Women	8:45.30	9:11.57	10:04.09	10:30.36	10:56.63	200 Free	S2	Women	8:35.00	9:00.75	9:52.25	10:18.00	10:43.75
200 Free	S3	Women	7:02.70	7:23.84	8:06.11	8:27.24	8:48.38	200 Free	S3	Women	7:49.20	8:12.66	8:59.58	9:23.04	09:46.50	200 Free	S3	Women	7:40.00	8:03.00	8:49.00	9:12.00	09:35.00
200 Free	S4	Women	6:06.64	6:24.97	7:01.64	7:19.97	7:38.30	200 Free	S4	Women	6:46.98	7:07.33	7:48.03	8:08.38	08:28.73	200 Free	S4	Women	6:39.00	6:58.95	7:38.85	7:58.80	08:18.75
200 Free	S5	Women	4:57.29	5:12.15	5:41.88	5:56.75	6:11.61	200 Free	S5	Women	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50	200 Free	S5	Women	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50
200 Free	S6	Women	3:47.02	3:58.37	4:21.07	4:32.42	4:43.78	200 Free	S6	Women	4:12.00	4:24.60	4:49.80	5:02.40	05:15.00	200 Free	S6	Women	4:12.00	4:24.60	4:49.80	5:02.40	05:15.00
200 Free	S7	Women	3:04.52	3:13.75	3:32.20	3:41.42	3:50.65	200 Free	S7	Women	3:24.82	3:35.06	3:55.54	4:05.78	04:16.03	200 Free	S7	Women	3:29.00	3:39.45	4:00.35	4:10.80	04:21.25
200 Free	S8	Women	3:03.63	3:12.81	3:31.17	3:40.36	3:49.54	200 Free	S8	Women	3:23.84	3:34.03	3:54.42	4:04.61	04:14.80	200 Free	S8	Women	3:28.00	3:38.40	3:59.20	4:09.60	04:20.00
200 Free	S9	Women	2:44.21	2:52.42	3:08.84	3:17.05	3:25.26	200 Free	S9	Women	3:02.28	3:11.39	3:29.62	3:38.74	03:47.85	200 Free	S9	Women	3:06.00	3:15.30	3:33.90	3:43.20	03:52.50
200 Free	S10/S20	Women	2:34.50	2:42.23	2:57.67	3:05.40	3:13.13	200 Free	S10/S20	Women	2:51.50	3:00.07	3:17.22	3:25.80	03:34.37	200 Free	S10/S20	Women	2:55.00	3:03.75	3:21.25	3:30.00	03:38.75
200 Free	S11	Women	3:23.06	3:33.21	3:53.52	4:03.67	4:13.82	200 Free	S11	Women	3:45.40	3:56.67	4:19.21	4:30.48	04:41.75	200 Free	S11	Women	3:50.00	4:01.50	4:24.50	4:36.00	04:47.50
200 Free	S12	Women	3:19.00	3:28.95	3:48.85	3:58.80	4:08.75	200 Free	S12	Women	3:40.89	3:51.93	4:14.02	4:25.07	04:36.11	200 Free	S12	Women	3:28.00	3:38.40	3:59.20	4:09.60	04:20.00
200 Free	S13	Women	2:49.51	2:57.99	3:14.94	3:23.41	3:31.89	200 Free	S13	Women	3:08.16	3:17.57	3:36.38	3:45.79	03:55.20	200 Free	S13	Women	3:12.00	3:21.60	3:40.80	3:50.40	04:00.00
200 Free	S14	Women	2:44.22	2:52.43	3:08.85	3:17.06	3:25.28	200 Free	S14	Women	3:02.28	3:11.39	3:29.62	3:38.74	03:47.85	200 Free	S14	Women	3:06.00	3:15.30	3:33.90	3:43.20	03:52.50
500 Free	S5	Women	12:57.14	13:36.00	14:53.71	15:32.57	16:11.43	400 Free	S5	Women	11:20.00	11:54.00	13:02.00	13:36.00	14:10.00	400 Free	S5	Women	11:20.00	11:54.00	13:02.00	13:36.00	14:10.00
500 Free	S6	Women	10:01.14	10:31.20	11:31.31	12:01.37	12:31.43	400 Free	S6	Women	8:46.00	9:12.30	10:04.90	10:31.20	10:57.50	400 Free	S6	Women	8:46.00	9:12.30	10:04.90	10:31.20	10:57.50
500 Free	S7	Women	9:14.40	9:42.12	10:37.56	11:05.28	11:33.00	400 Free	S7	Women	8:05.10	8:29.36	9:17.86	9:42.12	10:06.38	400 Free	S7	Women	8:15.00	8:39.75	9:29.25	9:54.00	10:18.75
500 Free	S8	Women	8:38.67	9:04.60	9:56.47	10:22.40	10:48.34	400 Free	S8	Women	7:54.32	8:18.04	9:05.47	9:29.18	09:52.90	400 Free	S8	Women	8:04.00	8:28.20	9:16.60	9:40.80	10:05.00

Long Course

SC YARD	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	SC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	LC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11
500 Free	S9	Women	8:00.48	8:24.50	9:12.55	9:36.58	10:00.60	400 Free	S9	Women	7:00.42	7:21.44	8:03.48	8:24.50	08:45.53	400 Free	S9	Women	7:09.00	7:30.45	8:13.35	8:34.80	08:56.25
500 Free	S10/S20	Women	7:34.84	7:57.58	8:43.07	9:05.81	9:28.55	400 Free	S10/S20	Women	6:38.86	6:58.80	7:38.69	7:58.63	08:18.58	400 Free	S10/S20	Women	6:47.00	7:07.35	7:48.05	8:08.40	08:28.75
500 Free	S11	Women	9:14.40	9:42.12	10:37.56	11:05.28	11:33.00	400 Free	S11	Women	8:05.10	8:29.36	9:17.86	9:42.12	10:06.38	400 Free	S11	Women	8:15.00	8:39.75	9:29.25	9:54.00	10:18.75
500 Free	S12	Women	9:03.31	9:30.48	10:24.81	10:51.97	11:19.14	400 Free	S12	Women	7:55.40	8:19.17	9:06.71	9:30.48	09:54.25	400 Free	S12	Women	7:42.00	8:05.10	8:51.30	9:14.40	09:37.50
500 Free	S13	Women	8:12.80	8:37.44	9:26.72	9:51.36	10:16.00	400 Free	S13	Women	7:11.20	7:32.76	8:15.88	8:37.44	08:59.00	400 Free	S13	Women	7:20.00	7:42.00	8:26.00	8:48.00	09:10.00
500 Free	S14	Women	6:18.76	6:37.70	7:15.57	7:34.51	7:53.45	400 Free	S14	Women	7:00.42	7:21.44	8:03.48	8:24.50	08:45.53	400 Free	S14	Women	7:09.00	7:30.45	8:13.35	8:34.80	08:56.25
50 Back	S1	Women	3:01.94	3:11.04	3:29.23	3:38.33	3:47.43	50 Back	S1	Women	3:21.96	3:32.06	3:52.25	4:02.35	04:12.45	50 Back	S1	Women	3:18.00	3:27.90	3:47.70	3:57.60	04:07.50
50 Back	S2	Women	2:11.40	2:17.97	2:31.11	2:37.68	2:44.25	50 Back	S2	Women	2:25.86	2:33.15	2:47.74	2:55.03	03:02.32	50 Back	S2	Women	2:23.00	2:30.15	2:44.45	2:51.60	02:58.75
50 Back	S3	Women	2:01.29	2:07.35	2:19.48	2:25.55	2:31.61	50 Back	S3	Women	2:14.64	2:21.37	2:34.84	2:41.57	02:48.30	50 Back	S3	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
50 Back	S4	Women	1:30.97	1:35.52	1:44.62	1:49.16	1:53.71	50 Back	S4	Women	1:40.98	1:46.03	1:56.13	2:01.18	02:06.22	50 Back	S4	Women	1:39.00	1:43.95	1:53.85	1:58.80	02:03.75
50 Back	S5	Women	1:19.27	1:23.23	1:31.16	1:35.12	1:39.09	50 Back	S5	Women	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00	50 Back	S5	Women	1:28.00	1:32.40	1:41.20	1:45.60	01:50.00
50 Back	S6	Women	0:59.90	1:02.90	1:08.88	1:11.88	1:14.87	50 Back	S6	Women	1:06.50	1:09.83	1:16.47	1:19.80	01:23.12	50 Back	S6	Women	1:06.50	1:09.83	1:16.47	1:19.80	01:23.12
50 Back	S7	Women	0:53.85	0:56.54	1:01.93	1:04.62	1:07.31	50 Back	S7	Women	0:59.78	1:02.77	1:08.75	1:11.74	01:14.73	50 Back	S7	Women	1:01.00	1:04.05	1:10.15	1:13.20	01:16.25
50 Back	S8	Women	0:49.88	0:52.37	0:57.36	0:59.86	1:02.35	50 Back	S8	Women	0:55.37	0:58.14	1:03.68	1:06.44	01:09.21	50 Back	S8	Women	0:56.50	0:59.33	1:04.98	1:07.80	01:10.63
50 Back	S9	Women	0:44.14	0:46.35	0:50.76	0:52.97	0:55.18	50 Back	S9	Women	0:49.00	0:51.45	0:56.35	0:58.80	01:01.25	50 Back	S9	Women	0:50.00	0:52.50	0:57.50	1:00.00	01:02.50
50 Back	S10/S20	Women	0:39.28	0:41.24	0:45.17	0:47.14	0:49.10	50 Back	S10/S20	Women	0:43.61	0:45.79	0:50.15	0:52.33	00:54.51	50 Back	S10/S20	Women	0:44.50	0:46.73	0:51.18	0:53.40	00:55.63
50 Back	S11	Women	0:53.85	0:56.54	1:01.93	1:04.62	1:07.31	50 Back	S11	Women	0:59.78	1:02.77	1:08.75	1:11.74	01:14.73	50 Back	S11	Women	1:01.00	1:04.05	1:10.15	1:13.20	01:16.25
50 Back	S12	Women	0:52.77	0:55.41	1:00.69	1:03.32	1:05.96	50 Back	S12	Women	0:58.58	1:01.51	1:07.37	1:10.30	01:13.23	50 Back	S12	Women	0:56.50	0:59.33	1:04.98	1:07.80	01:10.63
50 Back	S13	Women	0:44.14	0:46.35	0:50.76	0:52.97	0:55.18	50 Back	S13	Women	0:49.00	0:51.45	0:56.35	0:58.80	01:01.25	50 Back	S13	Women	0:50.00	0:52.50	0:57.50	1:00.00	01:02.50
50 Back	S14	Women	0:44.14	0:46.35	0:50.76	0:52.97	0:55.18	50 Back	S14	Women	0:49.00	0:51.45	0:56.35	0:58.80	01:01.25	50 Back	S14	Women	0:50.00	0:52.50	0:57.50	1:00.00	01:02.50
100 Back	S5	Women	2:47.56	2:55.94	3:12.69	3:21.07	3:29.45	100 Back	S5	Women	3:06.00	3:15.30	3:33.90	3:43.20	03:52.50	100 Back	S5	Women	3:06.00	3:15.30	3:33.90	3:43.20	03:52.50
100 Back	S6	Women	2:08.82	2:15.26	2:28.14	2:34.58	2:41.02	100 Back	S6	Women	2:23.00	2:30.15	2:44.45	2:51.60	02:58.75	100 Back	S6	Women	2:23.00	2:30.15	2:44.45	2:51.60	02:58.75
100 Back	S7	Women	1:56.54	2:02.37	2:14.02	2:19.85	2:25.67	100 Back	S7	Women	2:09.36	2:15.83	2:28.76	2:35.23	02:41.70	100 Back	S7	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
100 Back	S8	Women	1:46.82	1:52.16	2:02.84	2:08.18	2:13.52	100 Back	S8	Women	1:58.58	2:04.51	2:16.37	2:22.30	02:28.22	100 Back	S8	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
100 Back	S9	Women	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	100 Back	S9	Women	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	100 Back	S9	Women	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Back	S10/S20	Women	1:27.40	1:31.77	1:40.51	1:44.88	1:49.25	100 Back	S10/S20	Women	1:37.02	1:41.87	1:51.57	1:56.42	02:01.27	100 Back	S10/S20	Women	1:39.00	1:43.95	1:53.85	1:58.80	02:03.75
100 Back	S11	Women	1:56.54	2:02.37	2:14.02	2:19.85	2:25.67	100 Back	S11	Women	2:09.36	2:15.83	2:28.76	2:35.23	02:41.70	100 Back	S11	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
100 Back	S12	Women	1:54.20	1:59.91	2:11.33	2:17.04	2:22.75	100 Back	S12	Women	2:06.77	2:13.11	2:25.79	2:32.12	02:38.46	100 Back	S12	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
100 Back	S13	Women	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	100 Back	S13	Women	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	100 Back	S13	Women	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Back	S14	Women	1:37.12	1:41.98	1:51.69	1:56.54	2:01.40	100 Back	S14	Women	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	100 Back	S14	Women	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
50 Breast	SB1	Women	3:32.27	3:42.88	4:04.11	4:14.72	4:25.34	50 Breast	SB1	Women	3:55.62	4:07.40	4:30.96	4:42.74	04:54.52	50 Breast	SB1	Women	3:51.00	4:02.55	4:25.65	4:37.20	04:48.75
50 Breast	SB2	Women	2:41.72	2:49.81	3:05.98	3:14.06	3:22.15	50 Breast	SB2	Women	2:29.52	2:37.00	2:51.95	2:59.42	03:06.90	50 Breast	SB2	Women	2:56.00	3:04.80	3:22.40	3:31.20	03:40.00
50 Breast	SB3	Women	2:01.29	2:07.35	2:19.48	2:25.55	2:31.61	50 Breast	SB3	Women	2:14.64	2:21.37	2:34.84	2:41.57	02:48.30	50 Breast	SB3	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
50 Breast	SB4	Women	1:26.37	1:30.69	1:39.33	1:43.64	1:47.96	50 Breast	SB4	Women	1:35.88	1:40.67	1:50.26	1:55.06	01:59.85	50 Breast	SB4	Women	1:34.00	1:38.70	1:48.10	1:52.80	01:57.50
50 Breast	SB5	Women	1:19.72	1:23.71	1:31.68	1:35.66	1:39.65	50 Breast	SB5	Women	1:28.50	1:32.93	1:41.78	1:46.20	01:50.63	50 Breast	SB5	Women	1:28.50	1:32.93	1:41.78	1:46.20	01:50.63
50 Breast	SB6	Women	1:14.77	1:18.51	1:25.99	1:29.72	1:33.46	50 Breast	SB6	Women	1:23.00	1:27.15	1:35.45	1:39.60	01:43.75	50 Breast	SB6	Women	1:23.00	1:27.15	1:35.45	1:39.60	01:43.75
50 Breast	SB7	Women	1:03.56	1:06.74	1:13.09	1:16.27	1:19.45	50 Breast	SB7	Women	1:10.56	1:14.09	1:21.14	1:24.67	01:28.20	50 Breast	SB7	Women	1:12.00	1:15.60	1:22.80	1:26.40	01:30.00
50 Breast	SB8	Women	0:53.85	0:56.54	1:01.93	1:04.62	1:07.31	50 Breast	SB8	Women	0:59.78	1:02.77	1:08.75	1:11.74	01:14.73	50 Breast	SB8	Women	1:01.00	1:04.05	1:10.15	1:13.20	01:16.25
50 Breast	SB9/SB20	Women	0:49.00	0:51.45	0:56.35	0:58.80	1:01.25	50 Breast	SB9/SB20	Women	0:54.39	0:57.11	1:02.55	1:05.27	01:07.99	50 Breast	SB9/SB20	Women	0:55.50	0:58.28	1:03.82	1:06.60	01:09.37
50 Breast	SB11	Women	1:03.56	1:06.74	1:13.09	1:16.27	1:19.45	50 Breast	SB11	Women	1:10.56	1:14.09	1:21.14	1:24.67	01:28.20	50 Breast	SB11	Women	1:12.00	1:15.60	1:22.80	1:26.40	01:30.00
50 Breast	SB12	Women	1:02.29	1:05.40	1:11.63	1:14.75	1:17.86	50 Breast	SB12	Women	1:09.15	1:12.61	1:19.52	1:22.98	01:26.44	50 Breast	SB12	Women	1:01.00	1:04.05	1:10.15	1:13.20	01:16.25
50 Breast	SB13	Women	0:49.00	0:51.45	0:56.35	0:58.80	1:01.25	50 Breast	SB13	Women	0:54.39	0:57.11	1:02.55	1:05.27	01:07.99	50 Breast	SB13	Women	0:55.50	0:58.28	1:03.82	1:06.60	01:09.37
50 Breast	SB14	Women	0:49.00	0:51.45	0:56.35	0:58.80	1:01.25																

Women's Swimming A Standards  
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SC YARD	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	SC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	LC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11
100 Breast	SB4	Women	3:01.94	3:11.04	3:29.23	3:38.33	3:47.43	100 Breast	SB4	Women	3:21.96	3:32.06	3:52.25	4:02.35	04:12.45	100 Breast	SB4	Women	3:18.00	3:27.90	3:47.70	3:57.60	04:07.50
100 Breast	SB5	Women	2:48.46	2:56.88	3:13.73	3:22.15	3:30.57	100 Breast	SB5	Women	3:07.00	3:16.35	3:35.05	3:44.40	03:53.75	100 Breast	SB5	Women	3:07.00	3:16.35	3:35.05	3:44.40	03:53.75
100 Breast	SB6	Women	2:38.55	2:46.48	3:02.33	3:10.26	3:18.19	100 Breast	SB6	Women	2:56.00	3:04.80	3:22.40	3:31.20	03:40.00	100 Breast	SB6	Women	2:56.00	3:04.80	3:22.40	3:31.20	03:40.00
100 Breast	SB7	Women	2:15.96	2:22.76	2:36.35	2:43.15	2:49.95	100 Breast	SB7	Women	2:30.92	2:38.47	2:53.56	3:01.10	03:08.65	100 Breast	SB7	Women	2:34.00	2:41.70	2:57.10	3:04.80	03:12.50
100 Breast	SB8	Women	1:56.54	2:02.37	2:14.02	2:19.85	2:25.67	100 Breast	SB8	Women	2:09.36	2:15.83	2:28.76	2:35.23	02:41.70	100 Breast	SB8	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
100 Breast	SB9/SB20	Women	1:46.82	1:52.16	2:02.84	2:08.18	2:13.52	100 Breast	SB9/SB20	Women	1:58.58	2:04.51	2:16.37	2:22.30	02:28.22	100 Breast	SB9/SB20	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
100 Breast	SB11	Women	2:15.96	2:22.76	2:36.35	2:43.15	2:49.95	100 Breast	SB11	Women	2:30.92	2:38.47	2:53.56	3:01.10	03:08.65	100 Breast	SB11	Women	2:34.00	2:41.70	2:57.10	3:04.80	03:12.50
100 Breast	SB12	Women	2:13.24	2:19.90	2:33.23	2:39.89	2:46.55	100 Breast	SB12	Women	2:27.90	2:35.30	2:50.08	2:57.48	03:04.87	100 Breast	SB12	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
100 Breast	SB13	Women	1:46.82	1:52.16	2:02.84	2:08.18	2:13.52	100 Breast	SB13	Women	1:58.58	2:04.51	2:16.37	2:22.30	02:28.22	100 Breast	SB13	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
100 Breast	SB14	Women	1:46.83	1:52.17	2:02.85	2:08.20	2:13.54	100 Breast	SB14	Women	1:58.58	2:04.51	2:16.37	2:22.30	02:28.22	100 Breast	SB14	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
50 Fly	S1	Women	2:31.62	2:39.20	2:54.36	3:01.94	3:09.53	50 Fly	S1	Women	2:48.30	2:56.71	3:13.54	3:21.96	03:30.37	50 Fly	S1	Women	2:45.00	2:53.25	3:09.75	3:18.00	03:26.25
50 Fly	S2	Women	2:21.51	2:28.59	2:42.74	2:49.81	2:56.89	50 Fly	S2	Women	2:37.08	2:44.93	3:00.64	3:08.50	03:16.35	50 Fly	S2	Women	2:34.00	2:41.70	2:57.10	3:04.80	03:12.50
50 Fly	S3	Women	2:01.29	2:07.35	2:19.48	2:25.55	2:31.61	50 Fly	S3	Women	2:14.64	2:21.37	2:34.84	2:41.57	02:48.30	50 Fly	S3	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
50 Fly	S4	Women	1:51.18	1:56.74	2:07.86	2:13.42	2:18.98	50 Fly	S4	Women	2:03.42	2:09.59	2:21.93	2:28.10	02:34.28	50 Fly	S4	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
50 Fly	S5	Women	1:39.09	1:44.04	1:53.95	1:58.91	2:03.86	50 Fly	S5	Women	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50	50 Fly	S5	Women	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
50 Fly	S6	Women	1:14.32	1:18.04	1:25.47	1:29.18	1:32.90	50 Fly	S6	Women	1:22.50	1:26.62	1:34.87	1:39.00	01:43.12	50 Fly	S6	Women	1:22.50	1:26.62	1:34.87	1:39.00	01:43.12
50 Fly	S7	Women	0:58.27	1:01.18	1:07.01	1:09.92	1:12.84	50 Fly	S7	Women	1:04.68	1:07.91	1:14.38	1:17.62	01:20.85	50 Fly	S7	Women	1:06.00	1:09.30	1:15.90	1:19.20	01:22.50
50 Fly	S8	Women	0:53.85	0:56.54	1:01.93	1:04.62	1:07.31	50 Fly	S8	Women	0:59.78	1:02.77	1:08.75	1:11.74	01:14.73	50 Fly	S8	Women	1:01.00	1:04.05	1:10.15	1:13.20	01:16.25
50 Fly	S9	Women	0:49.00	0:51.45	0:56.35	0:58.80	1:01.25	50 Fly	S9	Women	0:54.39	0:57.11	1:02.55	1:05.27	01:07.99	50 Fly	S9	Women	0:55.50	0:58.28	1:03.82	1:06.60	01:09.37
50 Fly	S10/S20	Women	0:44.14	0:46.35	0:50.76	0:52.97	0:55.18	50 Fly	S10/S20	Women	0:49.00	0:51.45	0:56.35	0:58.80	01:01.25	50 Fly	S10/S20	Women	0:50.00	0:52.50	0:57.50	1:00.00	01:02.50
50 Fly	S11	Women	0:53.85	0:56.54	1:01.93	1:04.62	1:07.31	50 Fly	S11	Women	0:59.78	1:02.77	1:08.75	1:11.74	01:14.73	50 Fly	S11	Women	1:01.00	1:04.05	1:10.15	1:13.20	01:16.25
50 Fly	S12	Women	0:52.77	0:55.41	1:00.69	1:03.32	1:05.96	50 Fly	S12	Women	0:58.58	1:01.51	1:07.37	1:10.30	01:13.23	50 Fly	S12	Women	0:55.50	0:58.28	1:03.82	1:06.60	01:09.37
50 Fly	S13	Women	0:44.14	0:46.35	0:50.76	0:52.97	0:55.18	50 Fly	S13	Women	0:49.00	0:51.45	0:56.35	0:58.80	01:01.25	50 Fly	S13	Women	0:50.00	0:52.50	0:57.50	1:00.00	01:02.50
50 Fly	S14	Women	0:49.00	0:51.45	0:56.35	0:58.80	1:01.25	50 Fly	S14	Women	0:54.39	0:57.11	1:02.55	1:05.27	01:07.99	50 Fly	S14	Women	0:55.50	0:58.28	1:03.82	1:06.60	01:09.37
100 Fly	S5	Women	3:22.70	3:32.84	3:53.11	4:03.24	4:13.38	100 Fly	S5	Women	3:45.00	3:56.25	4:18.75	4:30.00	04:41.25	100 Fly	S5	Women	3:45.00	3:56.25	4:18.75	4:30.00	04:41.25
100 Fly	S6	Women	2:37.65	2:45.53	3:01.30	3:09.18	3:17.06	100 Fly	S6	Women	2:55.00	3:03.75	3:21.25	3:30.00	03:38.75	100 Fly	S6	Women	2:55.00	3:03.75	3:21.25	3:30.00	03:38.75
100 Fly	S7	Women	2:00.95	2:07.00	2:19.09	2:25.14	2:31.19	100 Fly	S7	Women	2:14.26	2:20.97	2:34.40	2:41.11	02:47.82	100 Fly	S7	Women	2:17.00	2:23.85	2:37.55	2:44.40	02:51.25
100 Fly	S8	Women	1:56.54	2:02.37	2:14.02	2:19.85	2:25.67	100 Fly	S8	Women	2:09.36	2:15.83	2:28.76	2:35.23	02:41.70	100 Fly	S8	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
100 Fly	S9	Women	1:46.82	1:52.16	2:02.84	2:08.18	2:13.52	100 Fly	S9	Women	1:58.58	2:04.51	2:16.37	2:22.30	02:28.22	100 Fly	S9	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
100 Fly	S10/S20	Women	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	100 Fly	S10/S20	Women	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	100 Fly	S10/S20	Women	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Fly	S11	Women	1:56.54	2:02.37	2:14.02	2:19.85	2:25.67	100 Fly	S11	Women	2:09.36	2:15.83	2:28.76	2:35.23	02:41.70	100 Fly	S11	Women	2:12.00	2:18.60	2:31.80	2:38.40	02:45.00
100 Fly	S12	Women	1:54.20	1:59.91	2:11.33	2:17.04	2:22.75	100 Fly	S12	Women	2:06.77	2:13.11	2:25.79	2:32.12	02:38.46	100 Fly	S12	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
100 Fly	S13	Women	1:37.11	1:41.97	1:51.68	1:56.53	2:01.39	100 Fly	S13	Women	1:47.80	1:53.19	2:03.97	2:09.36	02:14.75	100 Fly	S13	Women	1:50.00	1:55.50	2:06.50	2:12.00	02:17.50
100 Fly	S14	Women	1:46.83	1:52.17	2:02.85	2:08.20	2:13.54	100 Fly	S14	Women	1:58.58	2:04.51	2:16.37	2:22.30	02:28.22	100 Fly	S14	Women	2:01.00	2:07.05	2:19.15	2:25.20	02:31.25
150 IM	SM1	Women	6:34.21	6:53.92	7:33.34	7:53.05	8:12.76	150 IM	SM1	Women	7:17.58	7:39.46	8:23.22	8:45.10	09:06.98	150 IM	SM1	Women	7:09.00	7:30.45	8:13.35	8:34.80	08:56.25
150 IM	SM2	Women	6:19.05	6:38.00	7:15.91	7:34.86	7:53.81	150 IM	SM2	Women	7:00.75	7:21.79	8:03.86	8:24.90	08:45.94	150 IM	SM2	Women	6:52.50	7:13.13	7:54.37	8:15.00	08:35.62
150 IM	SM3	Women	6:03.89	6:22.08	6:58.47	7:16.67	7:34.86	150 IM	SM3	Women	6:43.92	7:04.12	7:44.51	8:04.70	08:24.90	150 IM	SM3	Women	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00



Women's Swimming A Standards  
Long Course

SC YARD	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	SC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11	LC METER	Class	M/W	CAN-AM	U20/Senior	U17	U14	U7/11
150 IM	SM4	Women	5:03.24	5:18.40	5:48.73	6:03.89	6:19.05	150 IM	SM4	Women	5:36.60	5:53.43	6:27.09	6:43.92	07:00.75	150 IM	SM4	Women	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50
200 IM	SM4	Women	6:59.02	7:19.97	8:01.87	8:22.82	8:43.77	200 IM	SM4	Women	7:45.12	8:08.38	8:54.89	9:18.14	09:41.40	200 IM	SM4	Women	7:36.00	7:58.80	8:44.40	9:07.20	09:30.00
200 IM	SM5	Women	5:56.75	6:14.59	6:50.26	7:08.10	7:25.94	200 IM	SM5	Women	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00	200 IM	SM5	Women	6:36.00	6:55.80	7:35.40	7:55.20	08:15.00
200 IM	SM6	Women	4:57.29	5:12.15	5:41.88	5:56.75	6:11.61	200 IM	SM6	Women	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50	200 IM	SM6	Women	5:30.00	5:46.50	6:19.50	6:36.00	06:52.50
200 IM	SM7	Women	4:12.50	4:25.13	4:50.37	5:03.00	5:15.62	200 IM	SM7	Women	4:40.28	4:54.29	5:22.32	5:36.34	05:50.35	200 IM	SM7	Women	4:46.00	5:00.30	5:28.90	5:43.20	05:57.50
200 IM	SM8	Women	3:53.08	4:04.73	4:28.04	4:39.70	4:51.35	200 IM	SM8	Women	4:18.72	4:31.66	4:57.53	5:10.46	05:23.40	200 IM	SM8	Women	4:24.00	4:37.20	5:03.60	5:16.80	05:30.00
200 IM	SM9	Women	3:14.23	3:23.94	3:43.36	3:53.08	4:02.79	200 IM	SM9	Women	3:35.60	3:46.38	4:07.94	4:18.72	04:29.50	200 IM	SM9	Women	3:40.00	3:51.00	4:13.00	4:24.00	04:35.00
200 IM	SM10/SM20	Women	3:04.52	3:13.75	3:32.20	3:41.42	3:50.65	200 IM	SM10/SM20	Women	3:24.82	3:35.06	3:55.54	4:05.78	04:16.03	200 IM	SM10/SM20	Women	3:29.00	3:39.45	4:00.35	4:10.80	04:21.25
200 IM	SM11	Women	3:53.08	4:04.73	4:28.04	4:39.70	4:51.35	200 IM	SM11	Women	4:18.72	4:31.66	4:57.53	5:10.46	05:23.40	200 IM	SM11	Women	4:24.00	4:37.20	5:03.60	5:16.80	05:30.00
200 IM	SM12	Women	3:48.42	3:59.84	4:22.68	4:34.10	4:45.52	200 IM	SM12	Women	4:13.55	4:26.23	4:51.58	5:04.26	05:16.94	200 IM	SM12	Women	4:13.00	4:25.65	4:50.95	5:03.60	05:16.25
200 IM	SM13	Women	3:23.94	3:34.14	3:54.53	4:04.73	4:14.92	200 IM	SM13	Women	3:46.38	3:57.70	4:20.34	4:31.66	04:42.97	200 IM	SM13	Women	3:51.00	4:02.55	4:25.65	4:37.20	04:48.75
200 IM	SM14	Women	3:14.23	3:23.94	3:43.36	3:53.08	4:02.79	200 IM	SM14	Women	3:35.60	3:46.38	4:07.94	4:18.72	04:29.50	200 IM	SM14	Women	3:40.00	3:51.00	4:13.00	4:24.00	04:35.00

Short Course

SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
25 Free	S1	M				2:30	2:30	25 Free	S1	M				2:44	2:44
25 Free	S2	M				2:15	2:15	25 Free	S2	M				2:28	2:28
25 Free	S3	M				2:00	2:00	25 Free	S3	M				2:12	2:12
25 Free	S4	M				1:45	1:45	25 Free	S4	M				1:55	1:55
25 Free	S5	M				1:30	1:45	25 Free	S5	M				1:39	1:55
25 Free	S6	M				1:30	1:30	25 Free	S6	M				1:39	1:39
25 Free	S7	M				1:30	1:30	25 Free	S7	M				1:39	1:39
25 Free	S8	M				1:15	1:15	25 Free	S8	M				1:22	1:22
25 Free	S9	M				1:15	1:15	25 Free	S9	M				1:22	1:22
25 Free	S10/S20	M				1:00	1:00	25 Free	S10/S20	M				1:06	1:06
25 Free	S11	M				1:15	1:15	25 Free	S11	M				1:22	1:22
25 Free	S12	M				1:00	1:00	25 Free	S12	M				1:06	1:06
25 Free	S13	M				1:00	1:00	25 Free	S13	M				1:06	1:06
25 Free	S14	M				1:00	1:00	25 Free	S14	M				1:06	1:06
50 Free	S1	M	3:15	4:45	4:45	5:00	5:00	50 Free	S1	M	3:36	5:12	5:12	5:28	5:28
50 Free	S2	M	2:02	4:30	4:30	4:45	4:45	50 Free	S2	M	2:15	4:56	4:56	5:12	5:12
50 Free	S3	M	1:38	3:45	3:45	4:00	4:00	50 Free	S3	M	1:47	4:06	4:06	4:23	4:23
50 Free	S4	M	1:25	3:00	3:15	3:30	3:30	50 Free	S4	M	1:35	3:17	3:34	3:50	3:50
50 Free	S5	M	1:06	2:30	2:45	3:00	3:00	50 Free	S5	M	1:13	2:44	3:01	3:17	3:17
50 Free	S6	M	0:54	2:15	2:30	2:45	2:45	50 Free	S6	M	1:00	2:28	2:44	3:01	3:01
50 Free	S7	M	0:42	2:15	2:30	2:45	2:45	50 Free	S7	M	0:47	2:28	2:44	3:01	3:01
50 Free	S8	M	0:41	1:45	2:00	2:15	2:15	50 Free	S8	M	0:46	1:55	2:12	2:28	2:28
50 Free	S9	M	0:38	1:30	1:45	2:00	2:15	50 Free	S9	M	0:42	1:39	1:55	2:12	2:28
50 Free	S10/S20	M	0:37	1:15	1:30	1:45	2:00	50 Free	S10/S20	M	0:41	1:22	1:39	1:55	2:12
50 Free	S11	M	0:47	1:30	1:45	2:00	2:15	50 Free	S11	M	0:52	1:39	1:55	2:12	2:28
50 Free	S12	M	0:41	1:15	1:30	1:45	2:00	50 Free	S12	M	0:46	1:22	1:39	1:55	2:12
50 Free	S13	M	0:38	1:15	1:30	1:45	2:00	50 Free	S13	M	0:42	1:22	1:39	1:55	2:12
50 Free	S14	M	0:38	1:15	1:30	1:45	2:00	50 Free	S14	M	0:42	1:22	1:39	1:55	2:12
100 Free	S1	M	5:57	7:00	7:00	7:15	7:30	100 Free	S1	M	6:36	7:40	7:40	7:56	8:12
100 Free	S2	M	4:15	5:15	5:30	5:45	6:00	100 Free	S2	M	4:43	5:45	6:02	6:18	6:34
100 Free	S3	M	3:39	4:45	5:00	5:15	5:30	100 Free	S3	M	4:01	5:12	5:28	5:44	6:00
100 Free	S4	M	3:02	4:30	4:45	5:00	5:15	100 Free	S4	M	3:22	4:56	5:12	5:28	5:44
100 Free	S5	M	2:23	4:00	4:15	4:30	4:45	100 Free	S5	M	2:39	4:23	4:39	4:56	5:12
100 Free	S6	M	1:53	3:30	3:45	4:00	4:15	100 Free	S6	M	2:06	3:50	4:06	4:23	4:39
100 Free	S7	M	1:44	3:00	3:15	3:30	3:45	100 Free	S7	M	1:55	3:17	3:34	3:50	4:06
100 Free	S8	M	1:38	2:45	3:00	3:15	3:30	100 Free	S8	M	1:48	3:01	3:17	3:34	3:50
100 Free	S9	M	1:25	2:30	2:45	3:00	3:15	100 Free	S9	M	1:35	2:44	3:01	3:17	3:33
100 Free	S10/S20	M	1:21	2:15	2:30	2:45	3:00	100 Free	S10/S20	M	1:29	2:28	2:44	3:01	3:17
100 Free	S11	M	1:34	2:30	2:45	3:00	3:15	100 Free	S11	M	1:43	2:44	3:01	3:17	3:33
100 Free	S12	M	1:28	2:15	2:30	2:45	3:00	100 Free	S12	M	1:38	2:28	2:44	3:01	3:17
100 Free	S13	M	1:22	2:15	2:30	2:45	3:00	100 Free	S13	M	1:31	2:28	2:44	3:01	3:17
100 Free	S14	M	1:22	2:15	2:30	2:45	3:00	100 Free	S14	M	1:31	2:28	2:44	3:01	3:17
200 Free	S1	M	11:54	11:00	11:00			200 Free	S1	M	13:12	13:02	13:02		
200 Free	S2	M	8:28	10:15	10:30			200 Free	S2	M	9:24	11:13	11:29		
200 Free	S3	M	6:31	8:15	8:45			200 Free	S3	M	7:14	9:01	9:34		
200 Free	S4	M	6:04	7:45	8:15			200 Free	S4	M	6:44	8:29	9:01		
200 Free	S5	M	5:33	7:00	7:00	7:15	7:15	200 Free	S5	M	6:10	7:40	7:40	7:56	8:11
200 Free	S6	M	3:56	5:30	5:45	6:00	6:15	200 Free	S6	M	4:22	6:02	6:18	6:34	6:50
200 Free	S7	M	3:38	5:00	5:15	5:30	5:45	200 Free	S7	M	4:02	5:28	5:45	6:02	6:18

Short Course

SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
200 Free	S8	M	3:26	4:45	5:00	5:15	5:30	200 Free	S8	M	3:48	5:12	5:28	5:45	6:01
200 Free	S9	M	3:01	4:30	4:45	5:00	5:15	200 Free	S9	M	3:21	4:56	5:24	5:38	5:54
200 Free	S10/S20	M	2:50	4:30	4:45	5:00	5:15	200 Free	S10/S20	M	3:09	4:53	5:12	5:28	5:44
200 Free	S11	M	3:18	4:30	4:45	5:00	5:15	200 Free	S11	M	3:39	4:56	5:24	5:38	5:54
200 Free	S12	M	3:06	4:30	4:45	5:00	5:15	200 Free	S12	M	3:25	4:53	5:12	5:28	5:44
200 Free	S13	M	2:54	4:30	4:45	5:00	5:15	200 Free	S13	M	3:13	4:53	5:12	5:28	5:44
200 Free	S14	M	2:54	4:30	4:45	5:00	5:15	200 Free	S14	M	3:13	4:53	5:12	5:28	5:44
500 Free	S1	M						500 Free	S1	M					
500 Free	S2	M						500 Free	S2	M					
500 Free	S3	M						500 Free	S3	M					
500 Free	S4	M						500 Free	S4	M					
500 Free	S5	M						500 Free	S5	M					
500 Free	S6	M	10:34	11:30	11:30	11:30	11:30	500 Free	S6	M	9:15	10:31	10:31	10:31	10:31
500 Free	S7	M	10:16	10:30	10:30	10:30	10:30	500 Free	S7	M	8:59	9:37	9:37	9:37	9:37
500 Free	S8	M	10:01	10:15	10:15	10:15	10:15	500 Free	S8	M	8:46	9:23	9:23	9:23	9:23
500 Free	S9	M	9:14	9:30	9:30	9:30	9:30	500 Free	S9	M	8:04	8:42	8:42	8:42	8:42
500 Free	S10/S20	M	8:59	9:15	9:15	9:15	9:15	500 Free	S10/S20	M	7:52	8:28	8:28	8:28	8:28
500 Free	S11	M	10:21	9:30	9:30	9:30	9:30	500 Free	S11	M	9:04	8:42	8:42	8:42	8:42
500 Free	S12	M	9:22	9:15	9:15	9:30	9:30	500 Free	S12	M	8:12	8:28	8:28	8:28	8:28
500 Free	S13	M	8:57	9:15	9:15	9:30	9:30	500 Free	S13	M	7:50	8:28	8:28	8:28	8:28
500 Free	S14	M	7:00	9:15	9:15	9:30	9:30	500 Free	S14	M	7:46	8:28	8:28	8:28	8:28
25 Back	S1	M				2:30	2:30	25 Back	S1	M				2:44	2:44
25 Back	S2	M				2:30	2:30	25 Back	S2	M				2:44	2:44
25 Back	S3	M				2:15	2:30	25 Back	S3	M				2:28	2:44
25 Back	S4	M				2:15	2:30	25 Back	S4	M				2:28	2:44
25 Back	S5	M				2:00	2:15	25 Back	S5	M				2:12	2:28
25 Back	S6	M				1:45	1:45	25 Back	S6	M				1:55	1:55
25 Back	S7	M				1:30	1:30	25 Back	S7	M				1:39	1:39
25 Back	S8	M				1:15	1:15	25 Back	S8	M				1:22	1:22
25 Back	S9	M				1:00	1:00	25 Back	S9	M				1:06	1:06
25 Back	S10/S20	M				1:00	1:00	25 Back	S10/S20	M				1:06	1:06
25 Back	S11	M				1:00	1:00	25 Back	S11	M				1:06	1:06
25 Back	S12	M				1:00	1:00	25 Back	S12	M				1:06	1:06
25 Back	S13	M				1:00	1:00	25 Back	S13	M				1:06	1:06
25 Back	S14	M				1:00	1:00	25 Back	S14	M				1:06	1:06
50 Back	S1	M	3:11	4:45	5:00	5:15	5:30	50 Back	S1	M	3:32	5:12	5:28	5:45	6:02
50 Back	S2	M	2:26	3:30	3:45	4:00	4:15	50 Back	S2	M	2:42	3:50	4:06	4:23	4:39
50 Back	S3	M	2:02	2:45	3:00	3:15	3:30	50 Back	S3	M	2:15	3:01	3:17	3:34	3:50
50 Back	S4	M	1:38	2:30	2:45	3:00	3:15	50 Back	S4	M	1:48	2:44	3:01	3:17	3:34
50 Back	S5	M	1:12	2:15	2:15	2:30	2:30	50 Back	S5	M	1:20	2:28	2:28	2:44	2:44
50 Back	S6	M	1:00	2:00	2:15	2:30	2:30	50 Back	S6	M	1:07	2:12	2:28	2:44	2:44
50 Back	S7	M	0:56	1:45	2:00	2:15	2:30	50 Back	S7	M	1:02	1:55	2:12	2:28	2:44
50 Back	S8	M	0:53	1:45	1:45	2:00	2:15	50 Back	S8	M	0:58	1:55	1:55	2:12	2:20
50 Back	S9	M	0:43	1:30	1:30	1:45	2:00	50 Back	S9	M	0:48	1:39	1:39	1:55	2:12
50 Back	S10/S20	M	0:42	1:30	1:30	1:45	2:00	50 Back	S10/S20	M	0:47	1:39	1:39	1:55	2:12
50 Back	S11	M	0:59	1:45	1:45	2:00	2:15	50 Back	S11	M	1:06	1:55	1:55	2:12	2:20
50 Back	S12	M	0:53	1:30	1:30	1:45	2:00	50 Back	S12	M	0:59	1:39	1:39	1:55	2:12
50 Back	S13	M	0:48	1:30	1:30	1:45	2:00	50 Back	S13	M	0:52	1:39	1:39	1:55	2:12

Short Course

SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
50 Back	S14	M	0:42	1:30	1:30	1:45	2:00	50 Back	S14	M	0:46	1:39	1:39	1:55	2:12
100 Back	S1	M	6:44	8:30	8:30			100 Back	S1	M	7:22	9:18	9:18		
100 Back	S2	M	4:44	6:30	6:30			100 Back	S2	M	5:11	7:07	7:07		
100 Back	S3	M	3:44	5:30	5:30			100 Back	S3	M	4:06	6:02	6:02		
100 Back	S4	M	3:00	4:45	4:45			100 Back	S4	M	3:16	5:12	5:12		
100 Back	S5	M	2:29	4:15	4:30	4:45	5:00	100 Back	S5	M	2:45	4:39	4:56	5:12	5:28
100 Back	S6	M	2:11	3:45	4:00	4:00	4:15	100 Back	S6	M	2:26	4:06	4:23	4:23	4:39
100 Back	S7	M	2:02	3:30	3:45	3:45	4:00	100 Back	S7	M	2:15	3:50	4:06	4:06	4:22
100 Back	S8	M	2:08	3:15	3:30	3:30	3:45	100 Back	S8	M	2:08	3:34	3:50	3:50	4:06
100 Back	S9	M	1:38	3:00	3:15	3:15	3:30	100 Back	S9	M	1:48	3:17	3:34	3:34	3:50
100 Back	S10/S20	M	1:34	2:45	3:00	3:00	3:15	100 Back	S10/S20	M	1:45	3:01	3:17	3:17	3:33
100 Back	S11	M	2:09	3:00	3:15	3:15	3:30	100 Back	S11	M	2:23	3:17	3:34	3:34	3:50
100 Back	S12	M	1:57	2:45	3:00	3:00	3:15	100 Back	S12	M	2:10	3:01	3:17	3:17	3:33
100 Back	S13	M	1:45	2:45	3:00	3:00	3:15	100 Back	S13	M	1:57	3:01	3:17	3:17	3:33
100 Back	S14	M	1:34	2:45	3:00	3:00	3:15	100 Back	S14	M	1:44	3:01	3:17	3:17	3:33
25 Breast	SB1	M			2:30	2:45	2:45	25 Breast	SB1	M			2:44	3:01	3:01
25 Breast	SB2	M			2:30	2:45	2:45	25 Breast	SB2	M			2:44	3:01	3:01
25 Breast	SB3	M			2:15	2:30	2:30	25 Breast	SB3	M			2:25	2:44	2:44
25 Breast	SB4	M				2:15	2:30	25 Breast	SB4	M				2:28	2:44
25 Breast	SB5	M				2:00	2:15	25 Breast	SB5	M				2:12	2:28
25 Breast	SB6	M				2:00	2:15	25 Breast	SB6	M				2:12	2:28
25 Breast	SB7	M				2:00	2:15	25 Breast	SB7	M				2:12	2:28
25 Breast	SB8	M				1:45	2:00	25 Breast	SB8	M				1:55	2:12
25 Breast	SB9/SB20	M				1:30	1:45	25 Breast	SB9/SB20	M				1:39	1:55
25 Breast	SB11	M				1:45	2:00	25 Breast	SB11	M				1:55	2:12
25 Breast	SB12	M				1:30	1:45	25 Breast	SB12	M				1:39	1:55
25 Breast	SB13	M				1:30	1:45	25 Breast	SB13	M				1:39	1:55
25 Breast	SB14	M				1:30	1:45	25 Breast	SB14	M				1:39	1:55
50 Breast	SB1	M	3:56	4:30	4:30			50 Breast	SB1	M	4:22	4:56	4:56		
50 Breast	SB2	M	2:26	4:15	4:15			50 Breast	SB2	M	2:42	4:39	4:39		
50 Breast	SB3	M	2:02	3:30	3:45	4:00	4:15	50 Breast	SB3	M	2:15	3:50	4:06	4:23	4:39
50 Breast	SB4	M	1:20	3:15	3:30	3:45	4:00	50 Breast	SB4	M	1:29	3:34	3:50	4:06	4:22
50 Breast	SB5	M	1:15	3:15	3:15	3:30	3:45	50 Breast	SB5	M	1:24	3:34	3:34	3:50	4:06
50 Breast	SB6	M	1:12	3:00	3:15	3:15	3:30	50 Breast	SB6	M	1:20	3:17	3:34	3:34	3:50
50 Breast	SB7	M	1:08	2:45	3:00	3:15	3:30	50 Breast	SB7	M	1:15	3:01	3:17	3:34	3:50
50 Breast	SB8	M	0:56	2:30	2:45	3:00	3:15	50 Breast	SB8	M	1:02	2:44	3:01	3:17	3:33
50 Breast	SB9/SB20	M	0:47	2:15	2:30	2:45	3:00	50 Breast	SB9/SB20	M	0:52	2:28	2:44	3:01	3:17
50 Breast	SB11	M	1:05	2:30	2:45	3:00	3:15	50 Breast	SB11	M	1:12	2:44	3:01	3:17	3:33
50 Breast	SB12	M	0:53	2:15	2:30	2:45	3:00	50 Breast	SB12	M	0:58	2:28	2:44	3:01	3:17
50 Breast	SB13	M	0:48	2:15	2:30	2:45	3:00	50 Breast	SB13	M	0:53	2:28	2:44	3:01	3:17
50 Breast	SB14	M	0:45	2:15	2:30	2:45	3:00	50 Breast	SB14	M	0:50	2:28	2:44	3:01	3:17
100 Breast	SB1							100 Breast	SB1						
100 Breast	SB2							100 Breast	SB2						
100 Breast	SB3	M	4:14	5:15	5:15			100 Breast	SB3	M	4:42	5:45	5:45		
100 Breast	SB4	M	2:50	5:00	5:00			100 Breast	SB4	M	3:09	5:28	5:28		
100 Breast	SB5	M	2:41	4:45	5:00			100 Breast	SB5	M	2:59	5:12	5:28		
100 Breast	SB6	M	2:34	4:45	5:00	5:00	5:15	100 Breast	SB6	M	2:52	5:12	5:28	5:28	5:44
100 Breast	SB7	M	2:26	4:30	4:45	4:45	5:00	100 Breast	SB7	M	2:42	4:56	5:12	5:12	5:28

Short Course

SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
100 Breast	SB8	M	2:01	4:15	4:30	4:30	4:45	100 Breast	SB8	M	2:15	4:39	4:56	4:56	5:12
100 Breast	SB9/SB20	M	1:45	4:00	4:15	4:15	4:30	100 Breast	SB9/SB20	M	1:56	4:23	4:39	4:39	4:55
100 Breast	SB11	M	2:20	4:15	4:30	4:30	4:45	100 Breast	SB11	M	2:35	4:39	4:56	4:56	5:12
100 Breast	SB12	M	1:57	4:00	4:15	4:15	4:30	100 Breast	SB12	M	1:10	4:23	4:39	4:39	4:55
100 Breast	SB13	M	1:45	4:00	4:15	4:15	4:30	100 Breast	SB13	M	1:57	4:23	4:39	4:39	4:55
100 Breast	SB14	M	1:41	4:00	4:15	4:15	4:30	100 Breast	SB14	M	1:52	4:23	4:39	4:39	4:55
25 Fly	S1	M		3:00	3:00	3:00	3:15	25 Fly	S1	M		3:17	3:17	3:17	3:33
25 Fly	S2	M		2:45	2:45	3:00	3:15	25 Fly	S2	M		3:01	3:01	3:17	3:33
25 Fly	S3	M		2:30	2:30	2:45	3:00	25 Fly	S3	M		2:44	2:44	3:01	3:17
25 Fly	S4	M		2:00	2:15	2:30	2:45	25 Fly	S4	M		2:12	2:28	2:44	3:00
25 Fly	S5	M		1:30	1:45	2:00	2:15	25 Fly	S5	M		1:39	1:55	2:12	2:28
25 Fly	S6	M				2:00	2:00	25 Fly	S6	M				2:12	2:12
25 Fly	S7	M				1:45	1:45	25 Fly	S7	M				1:55	1:55
25 Fly	S8	M				1:30	1:45	25 Fly	S8	M				1:39	1:55
25 Fly	S9	M				1:30	1:30	25 Fly	S9	M				1:39	1:39
25 Fly	S10/S20	M				1:15	1:30	25 Fly	S10/S20	M				1:22	1:39
25 Fly	S11	M				1:30	1:30	25 Fly	S11	M				1:39	1:39
25 Fly	S12	M				1:15	1:30	25 Fly	S12	M				1:22	1:39
25 Fly	S13	M				1:15	1:30	25 Fly	S13	M				1:22	1:39
25 Fly	S14	M				1:15	1:30	25 Fly	S14	M				1:22	1:39
50 Fly	S1	M	2:23	5:00	5:00			50 Fly	S1	M	2:39	5:28	5:28		
50 Fly	S2	M	2:14	5:00	5:00			50 Fly	S2	M	2:29	5:28	5:28		
50 Fly	S3	M	1:50	4:15	4:30			50 Fly	S3	M	2:02	4:39	4:56		
50 Fly	S4	M	1:38	4:00	4:00			50 Fly	S4	M	1:48	4:23	4:23		
50 Fly	S5	M	1:24	3:30	3:30	3:30	3:45	50 Fly	S5	M	1:33	3:50	3:50	3:50	4:06
50 Fly	S6	M	1:06	2:45	3:30	3:30	3:45	50 Fly	S6	M	1:13	3:01	3:50	3:50	4:06
50 Fly	S7	M	0:55	2:30	2:45	3:15	3:30	50 Fly	S7	M	1:01	2:44	3:01	3:34	3:50
50 Fly	S8	M	0:53	2:30	2:30	3:00	3:15	50 Fly	S8	M	0:58	2:44	2:44	3:17	3:33
50 Fly	S9	M	0:43	2:15	2:15	2:45	3:00	50 Fly	S9	M	0:48	2:28	2:28	3:01	3:17
50 Fly	S10/S20	M	0:40	2:00	2:15	2:30	2:45	50 Fly	S10/S20	M	0:45	2:12	2:28	2:44	3:00
50 Fly	S11	M	0:53	2:15	2:15	2:45	3:00	50 Fly	S11	M	0:59	2:28	2:28	3:01	3:17
50 Fly	S12	M	0:45	2:00	2:15	2:30	2:45	50 Fly	S12	M	0:50	2:12	2:28	2:44	3:00
50 Fly	S13	M	0:42	2:00	2:15	2:30	2:45	50 Fly	S13	M	0:46	2:12	2:28	2:44	3:00
50 Fly	S14	M	0:42	2:00	2:15	2:30	2:45	50 Fly	S14	M	0:46	2:12	2:28	2:44	3:00
100 Fly	S5	M	2:58	4:00	4:00			100 Fly	S5	M	3:17	4:23	4:23		
100 Fly	S6	M	2:22	3:45	3:45	3:45	4:00	100 Fly	S6	M	2:38	4:06	4:06	4:06	4:22
100 Fly	S7	M	2:01	3:30	3:30	3:30	3:45	100 Fly	S7	M	2:14	3:50	3:50	3:50	4:06
100 Fly	S8	M	1:56	3:15	3:15	3:15	3:30	100 Fly	S8	M	2:08	3:34	3:34	3:34	3:50
100 Fly	S9	M	1:38	3:00	3:00	3:00	3:15	100 Fly	S9	M	1:48	3:17	3:17	3:17	3:33
100 Fly	S10/S20	M	1:30	2:45	2:45	2:45	3:00	100 Fly	S10/S20	M	1:41	3:01	3:01	3:01	3:17
100 Fly	S11	M	1:57	3:00	3:00	3:00	3:15	100 Fly	S11	M	2:10	3:17	3:17	3:17	3:33
100 Fly	S12	M	1:40	2:45	2:45	2:45	3:00	100 Fly	S12	M	1:50	3:01	3:01	3:01	3:17
100 Fly	S13	M	1:34	2:45	2:45	2:45	3:00	100 Fly	S13	M	1:44	3:01	3:01	3:01	3:17
100 Fly	S14	M	1:34	2:45	2:45	2:45	3:00	100 Fly	S14	M	1:44	3:01	3:01	3:01	3:17
75 IM	SM1	M	3:55	5:15	5:30	5:45	6:30	75 IM	SM1	M	4:25	5:45	6:02	6:18	7:07
75 IM	SM2	M	3:20	5:15	5:30	5:45	6:00	75 IM	SM2	M	4:08	5:45	6:02	6:18	6:34
75 IM	SM3	M	3:02	4:45	5:00	5:15	5:30	75 IM	SM3	M	3:58	5:12	5:28	5:45	6:02

Short Course

SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
75 IM	SM4	M	2:26	4:45	5:00	5:15	5:30	75 IM	SM4	M	3:35	5:12	5:28	5:45	6:02
100 IM	SM3	M	3:54	5:00	5:00			100 IM	SM3	M	4:57	5:28	5:28		
100 IM	SM4	M	3:18	4:45	4:45	4:45	5:00	100 IM	SM4	M	4:03	5:12	5:12	5:12	5:28
100 IM	SM5	M	3:39	4:30	4:30	4:45	5:00	100 IM	SM5	M	3:54	4:56	4:56	5:12	5:28
100 IM	SM6	M	2:58	4:30	4:30	4:45	5:00	100 IM	SM6	M	2:52	4:56	4:56	5:12	5:28
100 IM	SM7	M	2:48	4:15	4:15	4:30	5:00	100 IM	SM7	M	2:38	4:39	4:39	4:56	5:28
100 IM	SM8	M	2:69	3:45	4:00	4:15	5:00	100 IM	SM8	M	2:30	4:06	4:23	4:39	5:28
100 IM	SM9	M	2:26	3:30	3:30	4:00	4:45	100 IM	SM9	M	2:15	3:50	3:50	4:23	5:12
100 IM	SM10/SM20	M	2:19	3:15	3:15	3:45	4:45	100 IM	SM10/SM20	M	2:08	3:34	3:34	4:06	5:12
100 IM	SM11	M	2:47	3:30	3:30	4:00	4:45	100 IM	SM11	M	2:39	3:50	3:50	4:23	5:12
100 IM	SM12	M	2:36	3:15	3:15	3:45	4:45	100 IM	SM12	M	2:25	3:34	3:34	4:06	5:12
100 IM	SM13	M	2:20	3:15	3:15	3:45	4:45	100 IM	SM13	M	2:10	3:34	3:34	4:06	5:12
100 IM	SM14	M	2:20	3:15	3:15	3:45	4:45	100 IM	SM14	M	1:45	3:34	3:34	4:06	5:12
150 IM	SM1	M	7:09	8:30	8:30	8:30		150 IM	SM1	M	6:37	9:18	9:18	9:18	
150 IM	SM2	M	6:40	8:00	8:00	8:00		150 IM	SM2	M	6:11	8:45	8:45	8:45	
150 IM	SM3	M	6:03	7:00	7:00	7:00		150 IM	SM3	M	5:37	7:40	7:40	7:40	
150 IM	SM4	M	4:52	6:00	6:00	6:00		150 IM	SM4	M	4:30	6:34	6:34	6:34	
200 IM	SM3	M	7:08	8:00	8:00			200 IM	SM3	M	7:44	8:45	8:45		
200 IM	SM4	M	6:34	7:30	7:30	7:30	7:45	200 IM	SM4	M	6:05	8:12	8:12	8:12	8:28
200 IM	SM5	M	5:08	7:00	7:00	7:00	7:15	200 IM	SM5	M	5:30	7:40	7:40	7:40	7:56
200 IM	SM6	M	4:46	6:30	6:30	6:30	6:45	200 IM	SM6	M	4:25	7:07	7:07	7:07	7:23
200 IM	SM7	M	4:15	6:00	6:00	6:00	6:15	200 IM	SM7	M	3:56	6:34	6:34	6:34	6:50
200 IM	SM8	M	4:03	5:30	5:30	5:30	5:45	200 IM	SM8	M	3:45	6:02	6:02	6:02	6:18
200 IM	SM9	M	3:39	5:00	5:00	5:00	5:15	200 IM	SM9	M	3:22	5:28	5:28	5:28	5:44
200 IM	SM10/SM20	M	3:27	4:30	4:30	4:30	4:45	200 IM	SM10/SM20	M	3:11	4:56	4:56	4:56	5:12
200 IM	SM11	M	4:16	5:00	5:00	5:00	5:15	200 IM	SM11	M	3:58	5:28	5:28	5:28	5:44
200 IM	SM12	M	3:54	4:30	4:30	4:30	4:45	200 IM	SM12	M	3:36	4:56	4:56	4:56	5:12
200 IM	SM13	M	3:30	4:30	4:30	4:30	4:45	200 IM	SM13	M	3:15	4:56	4:56	4:56	5:12
200 IM	SM14	M	3:30	4:30	4:30	4:30	4:45	200 IM	SM14	M	2:55	4:56	4:56	4:56	5:12

Women's Swimming B Standards  
Short Course

SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
25 Free	S1	F				2:45	2:45	25 Free	S1	F				3:01	3:01
25 Free	S2	F				2:30	2:30	25 Free	S2	F				2:44	2:44
25 Free	S3	F				2:15	2:15	25 Free	S3	F				2:28	2:28
25 Free	S4	F				2:00	2:00	25 Free	S4	F				2:12	2:12
25 Free	S5	F				1:45	2:00	25 Free	S5	F				1:55	2:12
25 Free	S6	F				1:45	1:45	25 Free	S6	F				1:55	1:55
25 Free	S7	F				1:45	1:45	25 Free	S7	F				1:55	1:55
25 Free	S8	F				1:30	1:30	25 Free	S8	F				1:39	1:39
25 Free	S9	F				1:30	1:30	25 Free	S9	F				1:39	1:39
25 Free	S10/S20	F				1:15	1:15	25 Free	S10/S20	F				1:22	1:22
25 Free	S11	F				1:30	1:30	25 Free	S11	F				1:39	1:39
25 Free	S12	F				1:15	1:15	25 Free	S12	F				1:22	1:22
25 Free	S13	F				1:15	1:15	25 Free	S13	F				1:22	1:22
25 Free	S14	F				1:15	1:15	25 Free	S14	F				1:22	1:22
50 Free	S1	F	4:01	5:00	5:00	5:15	5:15	50 Free	S1	F	4:27	5:28	5:28	5:45	5:45
50 Free	S2	F	2:37	4:45	4:45	5:00	5:00	50 Free	S2	F	2:54	5:12	5:12	5:28	5:28
50 Free	S3	F	2:14	4:00	4:00	4:15	4:15	50 Free	S3	F	2:29	4:23	4:23	4:39	4:39
50 Free	S4	F	1:38	3:15	3:30	3:45	3:45	50 Free	S4	F	1:48	3:34	3:50	4:06	4:06
50 Free	S5	F	1:24	2:45	3:00	3:15	3:15	50 Free	S5	F	1:33	3:01	3:17	3:34	3:34
50 Free	S6	F	1:06	2:30	2:45	3:00	3:00	50 Free	S6	F	1:13	2:44	3:01	3:17	3:17
50 Free	S7	F	0:53	2:30	2:45	3:00	3:00	50 Free	S7	F	0:59	2:44	3:01	3:17	3:17
50 Free	S8	F	0:48	2:00	2:15	2:30	2:30	50 Free	S8	F	0:54	2:12	2:28	2:44	2:44
50 Free	S9	F	0:42	1:45	2:00	2:15	2:30	50 Free	S9	F	0:47	1:55	2:12	2:28	2:44
50 Free	S10/S20	F	0:41	1:30	1:45	2:00	2:15	50 Free	S10/S20	F	0:46	1:39	1:55	2:12	2:28
50 Free	S11	F	0:53	1:45	2:00	2:15	2:30	50 Free	S11	F	0:59	1:55	2:12	2:28	2:44
50 Free	S12	F	0:52	1:30	1:45	2:00	2:15	50 Free	S12	F	0:58	1:39	1:55	2:12	2:28
50 Free	S13	F	0:42	1:30	1:45	2:00	2:15	50 Free	S13	F	0:47	1:39	1:55	2:12	2:28
50 Free	S14	F	0:42	1:30	1:45	2:00	2:15	50 Free	S14	F	0:47	1:39	1:55	2:12	2:28
100 Free	S1	F	7:17	7:30	7:30	7:45	8:00	100 Free	S1	F	8:05	8:12	8:12	8:27	8:42
100 Free	S2	F	5:16	5:45	6:00	6:15	6:30	100 Free	S2	F	5:50	6:18	6:34	6:49	7:04
100 Free	S3	F	4:27	5:15	5:30	5:45	6:00	100 Free	S3	F	4:56	5:45	6:02	6:17	6:32
100 Free	S4	F	3:27	5:00	5:15	5:30	5:45	100 Free	S4	F	3:49	5:28	5:45	6:00	6:15
100 Free	S5	F	2:58	4:30	4:45	5:00	5:15	100 Free	S5	F	3:18	4:56	5:12	5:28	5:43
100 Free	S6	F	2:11	4:00	4:15	4:30	4:45	100 Free	S6	F	2:26	4:23	4:39	4:56	5:11
100 Free	S7	F	1:51	3:30	3:45	4:00	4:15	100 Free	S7	F	2:03	3:50	4:06	4:23	4:38
100 Free	S8	F	1:45	3:15	3:30	3:45	4:00	100 Free	S8	F	1:57	3:34	3:50	4:06	4:21
100 Free	S9	F	1:34	3:00	3:15	3:30	3:45	100 Free	S9	F	1:43	3:50	3:17	3:34	3:49
100 Free	S10/S20	F	1:28	2:45	3:00	3:15	3:30	100 Free	S10/S20	F	1:38	3:01	3:17	3:34	3:49
100 Free	S11	F	1:57	3:00	3:15	3:30	3:45	100 Free	S11	F	2:10	3:50	3:17	3:34	3:49
100 Free	S12	F	1:55	2:45	3:00	3:15	3:30	100 Free	S12	F	2:07	3:01	3:17	3:34	3:49

Women's Swimming B Standards  
Short Course

SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
100 Free	S13	F	1:40	2:45	3:00	3:15	3:30	100 Free	S13	F	1:50	3:01	3:17	3:34	3:49
100 Free	S14	F	1:34	2:45	3:00	3:15	3:30	100 Free	S14	F	1:44	3:01	3:17	3:34	3:49
200 Free	S1	F	14:12	11:30	11:30			200 Free	S1	F	15:45	12:35	12:35		
200 Free	S2	F	9:28	10:45	11:00			200 Free	S2	F	10:31	11:45	12		
200 Free	S3	F	8:28	8:45	9:15			200 Free	S3	F	9:24	9:34	10:07		
200 Free	S4	F	7:20	8:15	8:45			200 Free	S4	F	8:09	9:01	9:34		
200 Free	S5	F	5:57	7:30	7:30	7:45		200 Free	S5	F	6:36	8:12	8:12	8:29	
200 Free	S6	F	4:33	6:00	6:15	6:30		200 Free	S6	F	5:03	6:34	6:50	7:07	
200 Free	S7	F	3:42	5:30	5:45	6:00		200 Free	S7	F	4:06	6:02	6:18	6:34	
200 Free	S8	F	3:41	5:15	5:30	5:45		200 Free	S8	F	4:05	5:45	6:02	6:18	
200 Free	S9	F	3:18	5:00	5:15	5:30		200 Free	S9	F	3:39	5:28	5:45	6:02	
200 Free	S10/S20	F	3:06	5:00	5:15	5:15		200 Free	S10/S20	F	3:26	5:28	5:45	5:45	
200 Free	S11	F	4:04	5:15	5:30	5:45		200 Free	S11	F	4:30	5:45	6:02	6:18	
200 Free	S12	F	3:59	5:00	5:15	5:15		200 Free	S12	F	4:26	5:28	5:45	5:45	
200 Free	S13	F	3:23	5:00	5:15	5:15		200 Free	S13	F	3:46	5:28	5:45	5:45	
200 Free	S14	F	3:18	5:00	5:15	5:15		200 Free	S14	F	3:39	5:28	5:45	5:45	
500 Free	S1	F						400 Free	S1	F					
500 Free	S2	F						400 Free	S2	F					
500 Free	S3	F						400 Free	S3	F					
500 Free	S4	F						400 Free	S4	F					
500 Free	S5	F	15:33					400 Free	S5	F	13:37				
500 Free	S6	F	12:02	12:00	12:00			400 Free	S6	F	10:32	10:59	10:59		
500 Free	S7	F	11:06	11:00	11:00			400 Free	S7	F	9:42	10:04	10:04		
500 Free	S8	F	10:23	10:45	10:45			400 Free	S8	F	9:30	9:50	9:50		
500 Free	S9	F	9:37	10:00	10:00			400 Free	S9	F	8:25	9:09	9:09		
500 Free	S10/S20	F	9:06	9:45	9:45			400 Free	S10/S20	F	7:59	8:55	8:55		
500 Free	S11	F	11:06	10:00	10:00			400 Free	S11	F	9:43	9:09	9:09		
500 Free	S12	F	10:52	9:45	9:45			400 Free	S12	F	9:31	8:55	8:55		
500 Free	S13	F	9:52	9:45	9:45			400 Free	S13	F	8:38	8:55	8:55		
500 Free	S14	F	7:35	9:45	9:45			400 Free	S14	F	8:25	8:55	8:55		
25 Back	S1	F				2:45	2:45	25 Back	S1	F				3:01	3:01
25 Back	S2	F				2:45	2:45	25 Back	S2	F				3:01	3:01
25 Back	S3	F				2:30	2:45	25 Back	S3	F				2:44	3:01
25 Back	S4	F				2:30	2:45	25 Back	S4	F				2:44	3:01
25 Back	S5	F				2:15	2:30	25 Back	S5	F				2:28	2:44
25 Back	S6	F				2:00	2:00	25 Back	S6	F				2:12	2:12
25 Back	S7	F				1:45	1:45	25 Back	S7	F				1:55	1:55
25 Back	S8	F				1:30	1:30	25 Back	S8	F				1:39	1:39
25 Back	S9	F				1:15	1:15	25 Back	S9	F				1:22	1:22



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SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
25 Back	S10/S20	F				1:15	1:15	25 Back	S10/S20	F				1:22	1:22
25 Back	S11	F				1:30	1:30	25 Back	S11	F				1:39	1:39
25 Back	S12	F				1:15	1:15	25 Back	S12	F				1:22	1:22
25 Back	S13	F				1:15	1:15	25 Back	S13	F				1:22	1:22
25 Back	S14	F				1:15	1:15	25 Back	S14	F				1:22	1:22
50 Back	S1	F	3:39	5:00	5:15	5:30	5:45	50 Back	S1	F	4:03	5:28	5:45	6:02	6:18
50 Back	S2	F	2:38	3:45	4:00	4:15	4:30	50 Back	S2	F	2:56	4:06	4:23	4:39	4:56
50 Back	S3	F	2:26	3:00	3:15	3:30	3:45	50 Back	S3	F	2:42	3:17	3:34	3:50	4:06
50 Back	S4	F	1:50	2:45	3:00	3:15	3:30	50 Back	S4	F	2:02	3:01	3:17	3:34	3:50
50 Back	S5	F	1:36	2:30	2:30	2:45	2:45	50 Back	S5	F	1:46	2:44	2:44	3:01	3:01
50 Back	S6	F	1:12	2:15	2:30	2:45	2:45	50 Back	S6	F	1:20	2:28	2:44	3:01	3:01
50 Back	S7	F	1:05	2:00	2:15	2:30	2:45	50 Back	S7	F	1:12	2:12	2:28	2:44	3:01
50 Back	S8	F	1:00	2:00	2:00	2:15	2:30	50 Back	S8	F	1:06	2:12	2:12	2:28	2:44
50 Back	S9	F	0:53	1:45	1:45	2:00	2:15	50 Back	S9	F	0:59	1:55	1:55	2:12	2:28
50 Back	S10/S20	F	0:48	1:45	1:45	2:00	2:15	50 Back	S10/S20	F	0:53	1:55	1:55	2:12	2:28
50 Back	S11	F	1:05	2:00	2:00	2:15	2:30	50 Back	S11	F	1:12	2:12	2:12	2:28	2:44
50 Back	S12	F	1:04	1:45	1:45	2:00	2:15	50 Back	S12	F	1:11	1:55	1:55	2:12	2:28
50 Back	S13	F	0:53	1:45	1:45	2:00	2:15	50 Back	S13	F	0:59	1:55	1:55	2:12	2:28
50 Back	S14	F	0:53	1:45	1:45	2:00	2:15	50 Back	S14	F	0:59	1:55	1:55	2:12	2:28
100 Back	S1	F		9:00	9:00			100 Back	S1	F		9:51	9:51		
100 Back	S2	F		7:00	7:00			100 Back	S2	F		7:40	7:40		
100 Back	S3	F		6:00	6:00			100 Back	S3	F		6:34	6:34		
100 Back	S4	F		5:15	5:15			100 Back	S4	F		5:45	5:45		
100 Back	S5	F	3:22	4:45	5:00	5:15		100 Back	S5	F	3:44	5:12	5:28	5:45	
100 Back	S6	F	2:35	4:15	4:30	4:30		100 Back	S6	F	2:52	4:39	4:56	4:56	
100 Back	S7	F	2:20	4:00	4:15	4:15		100 Back	S7	F	2:36	4:23	4:39	4:39	
100 Back	S8	F	2:09	3:45	4:00	4:00		100 Back	S8	F	2:23	4:06	4:23	4:23	
100 Back	S9	F	1:57	3:30	3:45	3:45		100 Back	S9	F	2:10	3:50	4:06	4:06	
100 Back	S10/S20	F	1:45	3:15	3:30	3:30		100 Back	S10/S20	F	1:57	3:34	3:50	3:50	
100 Back	S11	F	2:20	3:30	3:45	3:45		100 Back	S11	F	2:36	3:50	4:06	4:06	
100 Back	S12	F	2:18	3:15	3:30	3:30		100 Back	S12	F	2:33	3:34	3:50	3:50	
100 Back	S13	F	1:57	3:15	3:30	3:30		100 Back	S13	F	2:10	3:34	3:50	3:50	
100 Back	S14	F	1:57	3:15	3:30	3:30		100 Back	S14	F	2:10	3:34	3:50	3:50	

25 Breast	SB1	F		2:45	3:00	3:00		25 Breast	SB1	F			3:01	3:17	3:17
25 Breast	SB2	F		2:45	3:00	3:00		25 Breast	SB2	F			3:01	3:17	3:17
25 Breast	SB3	F		2:30	2:30	2:45		25 Breast	SB3	F			2:40	3:01	3:01
25 Breast	SB4	F			2:30	2:45		25 Breast	SB4	F				2:44	3:01
25 Breast	SB5	F			2:15	2:30		25 Breast	SB5	F				2:28	2:44
25 Breast	SB6	F			2:15	2:30		25 Breast	SB6	F				2:28	2:44

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SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
25 Breast	SB7	F				2:15	2:30	25 Breast	SB7	F				2:12	2:28
25 Breast	SB8	F				2:00	2:15	25 Breast	SB8	F				2:12	2:28
25 Breast	SB9/SB20	F				1:30	2:00	25 Breast	SB9/SB20	F				1:55	2:12
25 Breast	SB11	F				1:45	2:15	25 Breast	SB11	F				2:12	2:28
25 Breast	SB12	F				1:45	2:00	25 Breast	SB12	F				1:55	2:12
25 Breast	SB13	F				1:45	2:00	25 Breast	SB13	F				1:55	2:12
25 Breast	SB14	F				1:45	2:00	25 Breast	SB14	F				1:55	2:12
50 Breast	SB1	F	4:15	4:45	4:45			50 Breast	SB1	F	4:43	5:12	5:12		
50 Breast	SB2	F	3:15	4:30	4:30			50 Breast	SB2	F	3:00	4:56	4:56		
50 Breast	SB3	F	2:26	3:45	4:00	4:15		50 Breast	SB3	F	2:42	4:06	4:23	4:39	
50 Breast	SB4	F	1:44	3:30	3:45	4:00		50 Breast	SB4	F	1:56	3:50	4:06	4:23	
50 Breast	SB5	F	1:36	3:30	3:30	3:45		50 Breast	SB5	F	1:47	3:50	3:50	4:06	
50 Breast	SB6	F	1:30	3:15	3:30	3:30		50 Breast	SB6	F	1:40	3:34	3:50	3:50	
50 Breast	SB7	F	1:17	3:00	3:15	3:30		50 Breast	SB7	F	1:25	3:17	3:34	3:50	
50 Breast	SB8	F	1:05	2:45	3:00	3:15		50 Breast	SB8	F	1:12	3:01	3:17	3:34	
50 Breast	SB9/SB20	F	0:59	2:30	2:45	3:00		50 Breast	SB9/SB20	F	1:06	2:44	3:01	3:17	
50 Breast	SB11	F	1:17	2:45	3:00	3:15		50 Breast	SB11	F	1:25	3:01	3:17	3:34	
50 Breast	SB12	F	1:15	2:30	2:45	3:00		50 Breast	SB12	F	1:23	2:44	3:01	3:17	
50 Breast	SB13	F	0:59	2:30	2:45	3:00		50 Breast	SB13	F	1:06	2:44	3:01	3:17	
50 Breast	SB14	F	0:59	2:30	2:45	3:00		50 Breast	SB14	F	1:06	2:44	3:01	3:17	
100 Breast	SB3	F	5:03	5:45	5:30			100 Breast	SB3	F	5:36	3:18	6:18		
100 Breast	SB4	F	3:39	5:30	5:30			100 Breast	SB4	F	4:03	6:02	6:02		
100 Breast	SB5	F	3:23	5:15	5:30			100 Breast	SB5	F	3:45	5:45	6:02		
100 Breast	SB6	F	3:11	5:15	5:30			100 Breast	SB6	F	3:32	5:45	6:02		
100 Breast	SB7	F	2:44	5:00	5:15			100 Breast	SB7	F	3:02	5:28	5:45		
100 Breast	SB8	F	2:20	4:45	5:00			100 Breast	SB8	F	2:36	5:12	5:28		
100 Breast	SB9/SB20	F	2:09	4:30	4:45			100 Breast	SB9/SB20	F	2:23	4:56	5:12		
100 Breast	SB11	F	2:44	4:45	4:45			100 Breast	SB11	F	3:02	5:12	5:28		
100 Breast	SB12	F	2:40	4:30	4:30			100 Breast	SB12	F	2:58	4:56	5:12		
100 Breast	SB13	F	2:09	4:30	4:45			100 Breast	SB13	F	2:23	4:56	5:12		
100 Breast	SB14	F	2:09	4:30	4:45			100 Breast	SB14	F	2:23	4:56	5:12		
25 Fly	S1	F		3:15	3:15	3:15		25 Fly	S1	F		3:34	3:34	3:34	
25 Fly	S2	F		3:00	3:00	3:15		25 Fly	S2	F		3:17	3:17	3:34	
25 Fly	S3	F		2:45	2:45	3:00		25 Fly	S3	F		3:01	3:01	3:17	
25 Fly	S4	F		2:15	2:30	2:30		25 Fly	S4	F		2:28	2:44	3:01	
25 Fly	S5	F		1:45	2:00	2:15	2:30	25 Fly	S5	F		1:55	1:55	2:28	2:44
25 Fly	S6	F				2:15	2:15	25 Fly	S6	F				2:28	2:28
25 Fly	S7	F				2:00	2:00	25 Fly	S7	F				2:12	2:12
25 Fly	S8	F				1:45	2:00	25 Fly	S8	F				2:12	2:12

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SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
25 Fly	S9	F				1:45	1:45	25 Fly	S9	F				1:55	1:55
25 Fly	S10/S20	F				1:30	1:45	25 Fly	S10/S20	F				1:39	1:55
25 Fly	S11	F				1:45	1:45	25 Fly	S11	F				2:12	2:12
25 Fly	S12	F				1:30	1:45	25 Fly	S12	F				1:39	1:55
25 Fly	S13	F				1:30	1:45	25 Fly	S13	F				1:39	1:55
25 Fly	S14	F				1:30	1:45	25 Fly	S14	F				1:39	1:55
50 Fly	S1	F	3:02	5:15	5:15			50 Fly	S1	F	3:22	5:45	5:45		
50 Fly	S2	F	2:50	5:15	5:15			50 Fly	S2	F	3:09	5:45	5:45		
50 Fly	S3	F	2:26	4:30	4:45			50 Fly	S3	F	2:42	4:56	5:28		
50 Fly	S4	F	2:14	4:15	4:15			50 Fly	S4	F	2:29	4:39	4:39		
50 Fly	S5	F	1:59	3:45	3:45	3:45		50 Fly	S5	F	2:12	4:06	4:06	4:06	
50 Fly	S6	F	1:30	3:00	3:45	3:45		50 Fly	S6	F	1:39	4:06	4:06	4:06	
50 Fly	S7	F	1:10	2:45	3:00	3:30		50 Fly	S7	F	1:18	3:01	3:17	3:50	
50 Fly	S8	F	1:05	2:45	5:45	3:15		50 Fly	S8	F	1:12	3:01	3:01	3:34	
50 Fly	S9	F	0:59	2:30	2:30	3:00		50 Fly	S9	F	1:06	2:44	2:44	3:17	
50 Fly	S10/S20	F	0:53	2:15	2:30	2:45		50 Fly	S10/S20	F	0:59	2:28	2:44	3:01	
50 Fly	S11	F	1:05	2:30	2:30	3:00		50 Fly	S11	F	1:12	2:28	2:44	3:01	
50 Fly	S12	F	1:04	2:15	2:30	2:45		50 Fly	S12	F	1:11	2:28	2:44	3:01	
50 Fly	S13	F	0:53	2:15	2:30	2:45		50 Fly	S13	F	0:59	2:28	2:44	3:01	
50 Fly	S14	F	0:59	2:15	2:30	2:45		50 Fly	S14	F	1:06	2:28	2:44	3:01	
100 Fly	S5	F	4:04	4:30	4:30			100 Fly	S5	F	4:31	4:56	4:56		
100 Fly	S6	F	3:10	4:15	4:15			100 Fly	S6	F	3:31	4:39	4:39		
100 Fly	S7	F	2:26	4:00	4:00			100 Fly	S7	F	2:42	4:23	4:23		
100 Fly	S8	F	2:20	3:45	3:45			100 Fly	S8	F	2:36	4:06	4:06		
100 Fly	S9	F	2:09	3:30	3:30			100 Fly	S9	F	2:23	3:50	3:50		
100 Fly	S10/S20	F	1:57	3:15	3:15			100 Fly	S10/S20	F	2:10	3:34	3:34		
100 Fly	S11	F	2:20	3:30	3:30			100 Fly	S11	F	2:36	3:50	3:50		
100 Fly	S12	F	2:18	3:15	3:15			100 Fly	S12	F	2:33	3:50	3:50		
100 Fly	S13	F	1:57	3:15	3:15			100 Fly	S13	F	2:10	3:50	3:50		
100 Fly	S14	F	2:09	3:15	3:15			100 Fly	S14	F	2:23	3:50	3:50		
75 IM	SM1	F	5:03	5:30	5:45	6:00	6:45	75 IM	SM1	F	5:40	6:02	6:18	6:18	7:23
75 IM	SM2	F	4:55	5:30	5:45	6:00	6:15	75 IM	SM2	F	5:50	5:45	6:18	6:34	6:50
75 IM	SM3	F	4:46	5:00	5:15	5:30	5:45	75 IM	SM3	F	5:37	5:28	5:45	6:02	6:18
75 IM	SM4	F	4:03	5:00	5:15	5:30	5:45	75 IM	SM4	F	4:30	5:12	5:45	6:02	6:18
100 IM	SM3	F	5:53	5:30	5:30			100 IM	SM3	F	6:12	5:45	5:45		
100 IM	SM4	F	5:48	5:15	5:15	5:15	5:30	100 IM	SM4	F	6:12	5:45	5:45	5:45	6:02
100 IM	SM5	F	4:40	5:00	5:00	5:15	5:30	100 IM	SM5	F	5:04	4:56	4:56	6:02	6:02
100 IM	SM6	F	3:40	5:00	5:00	5:00	5:15	100 IM	SM6	F	4:25	5:12	5:12	5:28	5:45
100 IM	SM7	F	3:36	4:45	4:45	5:00	5:30	100 IM	SM7	F	3:58	5:28	5:28	5:28	5:45

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SC YARD	Class	M/F	Senior	U20	U17	U14	U11	SC METER	Class	M/F	Senior	U20	U17	U14	U11
100 IM	SM8	F	2:58	4:15	4:30	5:15	5:30	100 IM	SM8	F	3:41	4:15	4:39	4:56	5:45
100 IM	SM9	F	2:36	4:00	4:00	4:30	5:15	100 IM	SM9	F	2:49	4:06	4:06	4:39	5:28
100 IM	SM10/SM20	F	2:28	4:45	4:45	4:15	5:15	100 IM	SM10/SM20	F	2:44	3:50	3:50	4:06	5:28
100 IM	SM11	F	2:58	4:00	4:00	4:30	5:15	100 IM	SM11	F	3:41	4:06	4:06	4:39	5:28
100 IM	SM12	F	2:55	3:45	4:45	4:15	5:15	100 IM	SM12	F	3:37	3:50	3:50	4:06	5:28
100 IM	SM13	F	2:42	3:45	3:45	4:15	5:15	100 IM	SM13	F	2:52	3:50	3:50	4:06	5:28
100 IM	SM14	F	2:36	3:45	3:45	4:15	5:15	100 IM	SM14	F	2:48	3:50	3:50	4:06	5:28
150 IM	SM1	F	7:54	9:00	9:00			150 IM	SM1	F	8:46	9:51	9:51		
150 IM	SM2	F	7:35	8:30	8:30			150 IM	SM2	F	8:25	9:18	9:18		
150 IM	SM3	F	7:17	7:30	7:30			150 IM	SM3	F	8:05	8:12	8:12		
150 IM	SM4	F	6:04	6:30	6:30			150 IM	SM4	F	6:44	7:07	7:07		
200 IM	SM3	F	8:30	8:30	8:30			200 IM	SM3	F	9:18	9:18	9:18		
200 IM	SM4	F	8:23	8:00	8:00			200 IM	SM4	F	9:18	8:45	8:45		
200 IM	SM5	F	7:09	7:30	7:30			200 IM	SM5	F	7:55	8:12	8:12		
200 IM	SM6	F	5:57	7:00	7:00			200 IM	SM6	F	6:37	7:40	7:40		
200 IM	SM7	F	5:03	6:30	6:30			200 IM	SM7	F	5:37	7:07	7:07		
200 IM	SM8	F	4:40	6:00	6:00			200 IM	SM8	F	5:11	6:34	6:34		
200 IM	SM9	F	3:54	5:30	5:30			200 IM	SM9	F	4:19	6:02	6:02		
200 IM	SM10/SM20	F	3:42	5:00	5:00			200 IM	SM10/SM20	F	4:05	5:28	5:28		
200 IM	SM11	F	4:40	5:30	5:30			200 IM	SM11	F	5:11	6:02	6:02		
200 IM	SM12	F	4:35	5:00	5:00			200 IM	SM12	F	5:05	5:28	5:28		
200 IM	SM13	F	4:05	5:00	5:00			200 IM	SM13	F	4:32	5:28	5:28		
200 IM	SM14	F	3:54	5:00	5:00			200 IM	SM14	F	4:19	5:28	5:28		