

**SHORT COURSE STANDARDS**

SHORT COURSE FEMALE							SHORT COURSE MALE					
12&U	13	14	15	16	17&O		17&O	16	15	14	13	12&U
			31.38	31.20	30.78	<b>50 Free</b>	28.63	29.41	29.80			
1:16.00	1:13.00	1:09.80	1:09.30	1:08.68	1:08.09	<b>100 Free</b>	1:03.40	1:05.12	1:06.00	1:07.03	1:11.00	1:17.00
2:49.00	2:42.00	2:33.19	2:31.16	2:29.20	2:27.00	<b>200 Free</b>	2:20.23	2:23.00	2:28.22	2:29.96	2:37.00	2:53.00
5:55.00	5:40.00	5:33.10	5:26.83	5:23.34	5:15.99	<b>400 Free</b>	5:00.18	5:16.54	5:23.14	5:48.11	5:52.00	6:05.00
12:35.00	12:02.00	11:42.50	11:23.59	11:06.91	10:53.74	<b>800 Free</b>	10:25.00	10:43.00	11:01.41	11:47.17	12:15.00	12:50.00
24:00.00	23:05.00	21:55.50	21:30.55	21:18.20	20:49.14	<b>1500 Free</b>	19:59.35	20:31.78	21:08.50	22:35.75	23:30.00	24:45.00
			36.25	36.00	35.80	<b>50 Back</b>	31.89	33.80	34.98			
1:29.00	1:22.00	1:20.03	1:17.92	1:17.18	1:16.45	<b>100 Back</b>	1:09.04	1:13.10	1:15.20	1:21.88	1:26.00	1:32.00
3:10	2:59.00	2:53.92	2:48.81	2:45.21	2:41.45	<b>200 Back</b>	2:35.70	2:42.40	2:48.36	2:56.44	3:04.00	3:14.00
			40.62	39.63	38.73	<b>50 Breast</b>	36.00	37.50	38.02			
1:41.00	1:33.00	1:30.50	1:28.28	1:28.00	1:26.80	<b>100 Breast</b>	1:19.45	1:20.58	1:22.94	1:32.53	1:38.00	1:42.00
3:34.00	3:24.00	3:20.11	3:14.85	3:12.50	3:09.14	<b>200 Breast</b>	2:52.24	3:02.70	3:09.56	3:20.25	3:27.00	3:40.00
			33.91	33.55	32.60	<b>50 Fly</b>	30.75	32.36	33.00			
1:35.00	1:24.00	1:22.94	1:17.66	1:16.77	1:14.04	<b>100 Fly</b>	1:08.39	1:10.24	1:12.31	1:17.92	1:31.00	1:43.00
3:15.00	3:02.00	2:57.01	2:52.20	2:50.24	2:44.39	<b>200 Fly</b>	2:35.93	2:43.00	2:55.75	3:04.31	3:15.00	3:35.00
3:10.00	3:01.00	2:56.38	2:55.78	2:51.50	2:47.60	<b>200 IM</b>	2:35.30	2:39.50	2:45.50	2:51.29	3:00.00	3:18.00
6:48.00	6:29.00	6:22.24	6:11.82	5:58.40	5:51.13	<b>400 IM</b>	5:32.24	5:49.00	6:00.10	6:15.50	6:20.00	6:58.00