



## National Team Time Standards

Women

Men

SCY	LCM	Event	LCM	SCY
24.19	27.59	50 Free	24.79	21.69
52.39	59.89	100 Free	53.99	47.09
1:52.99	2:08.09	200 Free	1:58.09	1:43.09
4:59.99	4:27.89	400/500 Free	4:09.79	4:39.59
10:15.99	9:08.99	800/1000 Free	8:40.79	9:36.89
17:12.89	17:34.59	1500/1650 Free	16:41.69	16:08.59
57.99	1:07.19	100 Back	1:01.39	52.89
2:05.99	2:24.29	200 Back	2:12.39	1:54.79
1:06.39	1:16.29	100 Breast	1:08.29	59.49
2:23.29	2:41.89	200 Breast	2:29.79	2:09.79
57.29	1:05.29	100 Fly	58.89	51.69
2:06.39	2:23.19	200 Fly	2:10.59	1:54.89
2:07.99	2:26.59	200 IM	2:13.59	1:56.29
4:29.99	5:05.99	400 IM	4:43.89	4:08.09