

SMOC 4 Time Standards

Girls		Event	Boys	
LCM	SCY		SCY	LCM
29.49	26.19	50 Free	23.49	26.49
1:03.99	56.69	100 Free	51.29	56.99
2:17.29	2:01.29	200 Free	1:50.69	2:05.89
4:55.39	5:27.99	500/400 Free	5:06.79	4:36.69
10:13.69	11:27.99	1000/800 Free	10:41.49	9:35.09
19:38.59	19:07.99	1650/1500 Free	17:41.99	18:18.39
1:12.59	1:03.29	100 Back	58.29	1:06.39
2:35.69	2:15.29	200 Back	2:05.69	2:25.19
1:25.89	1:14.69	100 Breast	1:04.59	1:15.19
3:02.19	2:39.19	200 Breast	2:25.39	2:46.99
1:09.79	1:02.69	100 Fly	55.99	1:02.99
2:39.19	2:23.79	200 Fly	2:06.39	2:24.29
—	1:05.59	100 IM	58.59	—
2:36.69	2:17.99	200 IM	2:06.59	2:23.39
5:37.49	4:50.79	400 IM	4:32.69	5:09.69