

Tempo Table

	50	100	200	400/500	800/1000/ 1500/1650
Butterfly	M = 0.89 - 1.03 W = 0.89 - 1.01	M = 1.07 - 1.15 W = 1.07 - 1.15	M = 1.11 - 1.33 W = 1.11 - 1.33		
Backstroke	M = 0.96 - 1.04 W = 0.92 - 1.06	M = 1.14 - 1.26 W = 1.08 - 1.20	M = 1.36 - 1.42 W = 1.42 - 1.50		
Breaststroke		M = 1.50 - 1.65 W = 1.40 - 1.55	M = 1.65 - 1.80 W = 1.55 - 1.70		
Freestyle	M = 0.90 - 1.08 W = 0.92 - 1.00	M = 1.08 - 1.20 W = 1.08 - 1.14	M = 1.18 - 1.40 W = 1.13 - 1.26	M = 1.30 - 1.58 W = 1.10 - 1.42	M = 1.40 - 1.54 W = 1.12 - 1.36
UW kicking	0.40 - 0.50				