

DAVE KENSIT STANDARDS 2025-2026

FEMALE TIME STANDARDS					MALE TIME STANDARDS			
15&O	13-14	11-12	10&U	EVENT	10&U	11-12	13-14	15&O
34.90	37.22	37.75	44.86	50 FR	45.52	40.03	35.36	32.58
1:15.58	1:20.98	1:23.18	1:39.46	100 FR	1:41.42	1:28.13	1:16.87	1:10.60
2:44.39	2:55.62	3:09.89	3:39.12	200 FR	3:45.72	3:13.61	2:50.66	2:33.84
5:49.22	6:18.00	6:44.63	7:38.98	400 FR	7:50.67	6:55.80	6:11.70	5:30.71
12:05.84	12:49.48	13:56.50		800 FR		14:34.99	12:40.79	11:32.57
23:11.22				1500FR				22:07.77
			46.88	50 BK	48.03			
1:25.37	1:32.46	1:34.10	1:53.77	100 BK	1:57.02	1:41.16	1:29.36	1:20.87
3:03.32	3:19.83	3:33.47		200BK		3:33.87	3:14.86	2:55.72
			1:01.01	50 BR	1:04.19			
1:38.99	1:45.50	1:48.03	2:08.72	100BR	2:13.93	1:57.92	1:43.64	1:33.38
3:34.15	3:48.36	3:49.45		200 BR		4:18.15	3:43.40	3:22.99
			57.87	50 FLY	1:01.00			
1:25.20	1:33.70	1:43.64	2:00.26	100 FLY	2:06.13	1:46.73	1:29.97	1:19.24
3:14.59	3:33.47	3:58.29		200FLY		4:26.85	3:30.99	3:03.63
			1:58.33	100 IM	2:00.92			
3:07.13	3:21.60	3:36.10	4:09.48	200 IM	4:13.44	3:40.50	3:15.93	2:55.81
6:36.08	7:09.66	7:39.21		400 IM		8:10.25	7:00.84	6:21.76