

NEOR

2024-2025 FRED RAMS TIME STANDARDS (DEQUALIFYING)

FEMALE STANDARDS			EVENT	MALE TIME STANDARDS		
13-14	11-12	10&U		10&U	11-12	13-14
34.71	37.03	40.78	50 FR	41.38	37.33	32.98
1:15.52	1:21.32	1:30.42	100 FR	1:32.20	1:22.18	1:12.33
2:43.78	2:57.09	3:19.20	200 FR	3:25.20	3:00.55	2:39.15
5:52.50	6:20.70	6:57.25	400 FR	7:07.88	6:27.35	5:41.63
		42.61	50 BK	43.64		
1:26.22	1:33.17	1:43.43	100 BK	1:46.38	1:34.33	1:23.33
3:06.34	3:19.07		200 BK		3:23.69	3:01.72
		55.51	50 BR	58.37		
1:38.39	1:47.64	1:57.02	100 BR	2:01.75	1:49.96	1:36.65
3:32.96	3:50.32		200 BR		4:01.73	3:28.33
		52.66	50 FLY	53.33		
1:27.39	1:36.64	1:49.33	100 FLY	1:54.66	1:39.53	1:29.91
3:19.07	3:42.21		200 FLY		4:08.85	3:16.76
		1:47.57	100 IM	1:49.93		
3:08.00	3:23.38	3:46.80	200 IM	3:50.40	3:25.63	3:01.38
6:40.68	7:08.23		400 IM		7:37.17	6:32.45