

FGC Time Standards

2022 FGC Senior Championships Time Standards				
Women		EVENTS	Men	
LCM	SCY		SCY	LCM
30.19	26.29	50 Free	23.49	26.99
1:05.59	57.19	100 Free	50.69	57.59
2:22.49	2:05.59	200 Free	1:52.59	2:09.09
4:55.29	5:31.59	400/500 Free	5:09.89	4:38.39
10:13.39	11:22.49	800/1000 Free	10:46.39	9:41.89
19:43.09	19:12.69	1500/1650 Free	18:10.99	18:29.99
1:16.89	1:05.99	100 Back	1:00.59	1:10.29
2:45.39	2:23.19	200 Back	2:13.59	2:30.99
1:27.49	1:15.79	100 Breast	1:09.09	1:18.49
3:09.59	2:44.39	200 Breast	2:32.69	2:55.79
1:12.89	1:04.59	100 Fly	56.99	1:03.69
2:40.39	2:23.49	200 Fly	2:11.59	2:29.99
	1:07.99	100 IM	1:00.69	
2:41.89	2:20.69	200 IM	2:10.79	2:28.19
5:42.39	5:00.29	400 IM	4:40.59	5:17.49