



# OFFICIAL TIME STANDARDS

2018 Winter National Championships

| WOMEN    |          | EVENT                 | MEN      |          |
|----------|----------|-----------------------|----------|----------|
| LCM      | SCY      |                       | SCY      | LCM      |
| 26.69    | 22.89    | 50 Freestyle          | 20.59    | 23.59    |
| 57.69    | 49.89    | 100 Freestyle         | 44.59    | 51.79    |
| 2:04.59  | 1:47.79  | 200 Freestyle         | 1:38.79  | 1:53.29  |
| 4:20.79  | 4:49.09  | 400/500 Freestyle     | 4:28.89  | 4:01.09  |
| 8:54.49  | 9:58.79  | 800/1000 Freestyle    | 9:15.19  | 8:21.49  |
| 17:06.69 | 16:35.89 | 1500/1650 Freestyle   | 15:34.89 | 15:59.99 |
| 1:04.59  | 54.69    | 100 Backstroke        | 49.89    | 58.59    |
| 2:18.69  | 1:58.09  | 200 Backstroke        | 1:48.39  | 2:06.69  |
| 1:13.49  | 1:03.09  | 100 Breaststroke      | 55.99    | 1:05.59  |
| 2:38.69  | 2:15.89  | 200 Breaststroke      | 2:01.59  | 2:22.89  |
| 1:02.59  | 54.19    | 100 Butterfly         | 49.19    | 55.99    |
| 2:17.39  | 1:59.59  | 200 Butterfly         | 1:48.29  | 2:04.59  |
| 2:21.39  | 2:00.99  | 200 Individual Medley | 1:49.29  | 2:08.19  |
| 4:58.09  | 4:15.59  | 400 Individual Medley | 3:53.49  | 4:32.59  |

| WOMEN    |          | EVENT                 | MEN      |          |
|----------|----------|-----------------------|----------|----------|
| LCM      | SCY      |                       | SCY      | LCM      |
| 26.99    | 23.49    | 50 Freestyle          | 20.89    | 24.39    |
| 58.39    | 50.89    | 100 Freestyle         | 45.39    | 52.89    |
| 2:05.39  | 1:49.69  | 200 Freestyle         | 1:39.79  | 1:56.09  |
| 4:23.79  | 4:53.09  | 400/500 Freestyle     | 4:31.49  | 4:06.29  |
| 9:03.49  | 10:03.59 | 800/1000 Freestyle    | 9:25.49  | 8:33.79  |
| 17:20.49 | 16:46.19 | 1500/1650 Freestyle   | 15:46.99 | 16:14.99 |
| 1:05.49  | 56.09    | 100 Backstroke        | 50.79    | 59.69    |
| 2:20.69  | 2:01.29  | 200 Backstroke        | 1:50.59  | 2:09.59  |
| 1:14.29  | 1:03.69  | 100 Breaststroke      | 57.39    | 1:07.19  |
| 2:40.09  | 2:19.79  | 200 Breaststroke      | 2:05.69  | 2:26.89  |
| 1:03.39  | 55.79    | 100 Butterfly         | 49.89    | 57.39    |
| 2:19.59  | 2:02.69  | 200 Butterfly         | 1:52.09  | 2:08.19  |
| 2:22.49  | 2:03.09  | 200 Individual Medley | 1:51.49  | 2:10.49  |
| 5:01.89  | 4:23.29  | 400 Individual Medley | 4:00.19  | 4:38.39  |

\* Qualification period will be 11/1/2017 to entry deadline

\* This will be a LCM run meet