



2018 Fox Swim Club Time Standards - Updated

EVENT	2018 Senior Champs		Sectional Champs	
	Boys	Girls	Boys	Girls
50 FREE	23.79	26.39	22.49	24.79
100 FREE	51.59	56.79	48.69	53.19
200 FREE	1:54.79	2:03.89	1:46.49	1:55.99
500 FREE	5:14.39	5:29.89	4:47.39	5:08.79
1000 FREE	10:47.19	11:13.89	10:02.49	10:39.79
1650 FREE	18:29.59	18:39.59	16:43.99	17:54.39
100 BACK	59.79	1:04.89	54.49	59.49
200 BACK	2:09.89	2:18.69	1:58.59	2:09.49
100 BREAST	1:07.89	1:14.29	1:01.69	1:08.19
200 BREAST	2:28.09	2:40.59	2:15.39	2:29.39
100 FLY	57.99	1:04.89	53.49	58.79
200 FLY	2:11.39	2:22.29	2:01.19	2:12.09
200 IM	2:09.29	2:20.79	1:59.79	2:11.29
400 IM	4:43.99	4:59.39	4:15.09	4:38.39
200 FREE RELAY	1:37.19	1:47.59	1:32.69	1:44.59
400 FREE RELAY	3:30.39	3:51.19	3:21.89	3:45.79
800 FREE RELAY	7:47.19	8:23.59	7:22.39	8:05.39
200 MEDLEY RELAY	4:01.29	4:24.89		
400 MEDLEY RELAY	4:01.29	4:24.89	3:46.99	4:12.29

EVENT	NASA Jr Nationals		Futures	
	Boys	Girls	Boys	Girls
50 FREE	21.79	24.49	21.49	24.39
100 FREE	47.59	52.79	46.69	52.19
200 FREE	1:43.79	1:54.29	1:42.09	1:52.99
500 FREE	4:40.09	5:01.99	4:37.09	5:03.49
1000 FREE	9:43.69	10:19.99	9:34.29	10:20.49
1650 FREE	16:15.69	17:15.99	16:05.49	17:14.39
100 BACK	53.19	58.59	52.49	58.49
200 BACK	1:54.99	2:06.59	1:53.59	2:05.79
100 BREAST	59.99	1:06.99	58.89	1:06.29
200 BREAST	2:09.99	2:24.89	2:08.59	2:23.09
100 FLY	52.29	58.19	51.59	57.89
200 FLY	1:55.49	2:07.69	1:53.69	2:06.19
200 IM	1:57.39	2:09.79	1:55.09	2:08.29
400 IM	4:08.99	4:30.89	4:07.59	4:30.69
200 FREE RELAY				
400 FREE RELAY	3:13.79	3:33.89	3:12.89	3:34.09
800 FREE RELAY	7:06.79	7:42.79	6:58.59	7:36.39
200 MEDLEY RELAY				
400 MEDLEY RELAY	3:37.29	3:59.89	3:32.79	3:57.09

EVENT	Summer Jr Nationals		US Open	
	Boys	Girls	Boys	Girls
50 FREE	20.59	22.89	20.29	22.79
100 FREE	44.59	49.89	44.09	49.69
200 FREE	1:38.79	1:47.79	1:37.49	1:47.69
500 FREE	4:29.29	4:49.09	4:22.79	4:47.09
1000 FREE	9:15.19	9:58.79	9:12.09	9:55.19
1650 FREE	15:37.49	16:35.89	15:24.69	16:32.59
100 BACK	49.89	54.69	48.09	54.29
200 BACK	1:48.39	1:58.09	1:47.19	1:57.49
100 BREAST	55.99	1:03.09	55.09	1:02.29
200 BREAST	2:01.59	2:15.89	2:01.59	2:14.79
100 FLY	49.19	54.19	48.59	53.99
200 FLY	1:48.29	1:59.79	1:47.29	1:59.59
200 IM	1:49.29	2:00.99	1:47.49	2:00.39
400 IM	3:53.49	4:15.99	3:50.99	4:15.49



2018 Fox Swim Club Time Standards - Updated

MARYLAND STATE AGE GROUP CHAMPIONSHIPS						
EVENT	10&U BOYS	10&U GIRLS	11-12 BOYS	11-12 GIRLS	13-14 BOYS	13-14 GIRLS
50 FREE	32.09	31.59	28.19	28.19	24.99	26.49
100 FREE	1:11.99	1:10.89	1:01.89	1:01.19	53.99	57.19
200 FREE	2:36.39	2:36.39	2:15.09	2:13.89	1:58.09	2:03.99
500 FREE	6:48.39	6:48.39	5:53.89	5:53.89	5:19.99	5:29.99
1000 FREE	*	*	*	*	10:47.29	11:13.99
1650 FREE	*	*	*	*	18:29.69	18:39.69
50 BACK	37.99	37.19	32.89	32.59	*	*
100 BACK	1:21.59	1:20.59	1:10.89	1:09.89	1:01.99	1:04.99
200 BACK	*	*	2:35.09	2:31.69	2:14.69	2:18.79
50 BREAST	42.49	42.49	37.19	36.89	*	*
100 BREAST	1:33.39	1:33.39	1:20.59	1:19.99	1:10.79	1:14.39
200 BREAST	*	*	2:56.29	2:56.29	2:33.09	2:40.69
50 FLY	37.29	36.09	31.29	31.09	*	*
100 FLY	1:26.69	1:26.69	1:11.19	1:10.29	1:01.99	1:04.99
200 FLY	*	*	2:38.29	2:38.29	2:17.99	2:22.39
100 IM	1:21.49	1:20.49	1:11.09	1:10.39	*	*
200 IM	2:55.99	2:55.99	2:32.69	2:31.69	2:13.69	2:20.89
400 IM	*	*	5:28.09	5:28.09	4:49.99	4:59.49
200 FREE RELAY	2:10.39	2:08.39	1:54.79	1:54.79	1:41.99	1:47.99
400 FREE RELAY	4:51.99	4:47.59	4:11.59	4:08.79	3:39.99	3:52.79
800 FREE RELAY					8:00.39	8:23.99
200 MEDLEY RELAY	2:32.09	2:29.39	2:12.19	2:10.79	4:12.79	4:25.59
400 MEDLEY RELAY	5:37.69	5:35.59	4:48.99	4:48.79	4:12.79	4:25.59

SHOWCASE ELITE SINGLE AGE GROUP CHAMPIONSHIPS						
Events	9 Boys	9 Girls	10 Boys	10 Girls	11 Boys	11 Girls
50 Free	29.79	30.19	28.59	28.89	28.59	28.89
100 Free	1:06.69	1:07.29	1:03.69	1:04.19	1:02.49	1:02.69
200 Free	2:23.09	2:28.29	2:16.89	2:20.99	2:15.49	2:16.19
500 Free	6:20.79	6:27.99	6:04.19	6:11.09	6:02.79	6:08.09
1000 Y Free	12:44.39	12:38.69	11:25.59	11:37.79	12:38.69	12:44.39
1650 Y Free	*	*	*	*	21:19.19	21:29.89
50 Back	35.29	34.99	33.59	33.29	33.09	32.59
100 Back	1:15.69	1:15.59	1:12.19	1:11.79	1:10.79	1:10.59
200 Back	*	*	*	*	2:32.09	2:31.89
50 Fly	33.69	34.39	31.99	32.49	31.79	31.29
100 Fly	1:18.69	1:19.19	1:13.89	1:14.19	1:11.09	1:10.99
200 Fly	*	*	*	*	2:36.09	2:36.19
50 Breast	39.19	39.89	37.29	37.99	37.09	36.89
100 Breast	1:26.29	1:27.49	1:22.39	1:23.09	1:19.99	1:20.79
200 Breast	*	*	*	*	2:51.99	2:53.89
100 IM	1:16.19	1:17.09	1:12.89	1:13.49	1:11.59	1:11.49
200 IM	2:43.59	2:45.09	2:36.19	2:37.39	2:34.89	2:33.29
400 IM	*	*	*	*	5:27.89	5:27.59

SHOWCASE ELITE SINGLE AGE GROUP CHAMPIONSHIPS						
Events	12 Girls	12 Boys	13 Girls	13 Boys	14 Girls	14 Boys
50 Free	26.79	25.59	27.49	25.69	25.69	23.59
100 Free	57.79	55.79	59.39	55.99	55.69	51.59
200 Free	2:06.69	2:02.39	2:08.39	2:01.59	2:00.39	1:52.39
500 Free	5:37.09	5:27.89	5:43.19	5:27.39	5:21.69	5:03.79
1000 Y Free	*	*	11:47.59	11:19.79		
1650 Y Free	*	*	19:45.39	18:57.49	18:22.79	17:31.99
50 Back	30.09	29.39	*	*	*	*
100 Back	1:05.09	1:02.79	1:05.69	1:01.89	1:00.59	56.59
200 Back	2:18.79	2:15.69	2:21.19	2:14.19	2:11.49	2:03.49
50 Fly	28.89	28.19	*	*	*	*
100 Fly	1:04.69	1:02.79	1:04.79	1:01.09	1:00.49	56.09
200 Fly	2:22.09	2:18.79	2:23.99	2:15.49	2:13.59	2:04.39
50 Breast	33.89	32.79	*	*	*	*
100 Breast	1:13.49	1:11.29	1:14.49	1:09.59	1:09.69	1:03.99
200 Breast	2:39.59	2:33.19	2:41.79	2:30.69	2:30.89	2:20.09
100 IM	1:06.29	1:03.29	*	*	*	*
200 IM	2:21.99	2:17.49	2:24.29	2:16.59	2:14.69	2:05.69
400 IM	5:01.89	4:53.19	5:06.79	4:50.59	4:47.39	4:28.59

2017-2020 National Age Group Motivational Times

9/30/2016

Short Course Yards

B Min	BB Min	A Min	AA Min	AAA Min	AAAA Min		AAAA Min	AAA Min	AA Min	A Min	BB Min	B Min
10 & Under Girls							10 & Under Boys					
38.89*	35.19*	31.39*	30.19*	28.89*	27.69*	50 Y Free	27.39*	28.59*	29.79*	30.99*	34.49*	38.09*
1:29.59*	1:19.99*	1:10.49*	1:07.29*	1:04.19*	1:00.99*	100 Y Free	1:00.59*	1:03.69*	1:06.69*	1:09.69*	1:18.79*	1:27.79*
3:19.19*	2:57.39*	2:35.59*	2:28.29*	2:20.99*	2:13.69*	200 Y Free	2:10.69*	2:16.89*	2:23.09*	2:29.39*	2:47.99*	3:06.69*
8:26.09*	7:35.49*	6:44.89*	6:27.99*	6:11.09*	5:54.29*	500 Y Free	5:47.69*	6:04.19*	6:20.79*	6:37.39*	7:26.99*	8:16.69*
46.99*	41.89*	36.69*	34.99*	33.29*	31.59*	50 Y Back	31.79*	33.59*	35.29*	37.09*	42.39*	47.69*
1:41.99*	1:30.69*	1:19.29*	1:15.59*	1:11.79*	1:07.99*	100 Y Back	1:08.69*	1:12.19*	1:15.69*	1:19.19*	1:29.69*	1:40.19*
53.29*	47.49*	41.79*	39.89*	37.99*	35.99*	50 Y Breast	35.49*	37.29*	39.19*	40.99*	46.59*	52.09*
1:58.09*	1:44.99*	1:31.89*	1:27.49*	1:23.09*	1:18.79*	100 Y Breast	1:18.39*	1:22.39*	1:26.29*	1:30.19*	1:41.89*	1:53.59*
47.39*	41.79*	36.19*	34.39*	32.49*	30.59*	50 Y Fly	30.29*	31.99*	33.69*	35.39*	40.49*	45.69*
1:53.99*	1:39.09*	1:24.09*	1:19.19*	1:14.19*	1:09.19*	100 Y Fly	1:09.09*	1:13.89*	1:18.69*	1:23.49*	1:37.99*	1:52.39*
1:42.59*	1:31.69*	1:20.79*	1:17.09*	1:13.49*	1:09.79*	100 Y IM	1:09.59*	1:12.89*	1:16.19*	1:19.49*	1:29.39*	1:39.39*
3:38.49*	3:15.59*	2:52.69*	2:45.09*	2:37.39*	2:29.79*	200 Y IM	2:28.69*	2:36.19*	2:43.59*	2:50.99*	3:13.19*	3:35.49*
11-12 Girls							11-12 Boys					
33.79*	31.49*	29.09*	27.89*	26.79*	25.59*	50 Y Free	24.49*	25.59*	26.79*	27.89*	30.29*	32.59*
1:13.59*	1:08.29*	1:03.09*	1:00.49*	57.79*	55.19*	100 Y Free	53.29*	55.79*	58.29*	1:00.89*	1:05.89*	1:10.99*
2:41.19*	2:29.69*	2:18.19*	2:12.39*	2:06.69*	2:00.89*	200 Y Free	1:56.79*	2:02.39*	2:07.89*	2:13.49*	2:24.59*	2:35.69*
7:09.09*	6:38.39*	6:07.79*	5:52.49*	5:37.09*	5:21.79*	500 Y Free	5:12.99*	5:27.89*	5:42.79*	5:57.69*	6:27.49*	6:57.29*
14:48.09	13:44.69	12:41.19	12:09.49	11:37.79	11:06.09	1000 Y Free	10:54.39*	11:25.59*	11:56.79*	12:27.89*	13:30.19*	14:32.59*
24:53.99*	23:07.29*	21:20.59*	20:27.19*	19:33.89*	18:40.49*	1650 Y Free	18:16.39*	19:08.59*	20:00.79*	20:52.99*	22:37.49*	24:21.89*
38.29*	35.59*	32.89*	31.49*	30.09*	28.79*	50 Y Back	27.99*	29.39*	30.89*	32.29*	35.29*	38.19*
1:25.19*	1:18.49*	1:11.79*	1:08.39*	1:05.09*	1:01.69*	100 Y Back	59.59*	1:02.79*	1:06.09*	1:09.29*	1:15.79*	1:22.19*
2:56.59*	2:43.99*	2:31.39*	2:25.09*	2:18.79*	2:12.49*	200 Y Back	2:09.49*	2:15.69*	2:21.79*	2:27.99*	2:40.29*	2:52.69*
43.09*	39.99*	36.89*	35.39*	33.89*	32.29*	50 Y Breast	31.09*	32.79*	34.49*	36.19*	39.59*	42.89*
1:34.39*	1:27.39*	1:20.39*	1:16.99*	1:13.49*	1:09.99*	100 Y Breast	1:07.79*	1:11.29*	1:14.89*	1:18.39*	1:25.49*	1:32.49*
3:23.09*	3:08.59*	2:54.09*	2:46.89*	2:39.59*	2:32.39*	200 Y Breast	2:26.19*	2:33.19*	2:40.09*	2:47.09*	3:00.99*	3:14.89*
36.69*	34.09*	31.49*	30.19*	28.89*	27.59*	50 Y Fly	26.79*	28.19*	29.69*	31.19*	34.19*	37.09*
1:25.09*	1:18.29*	1:11.49*	1:08.09*	1:04.69*	1:01.29*	100 Y Fly	59.39*	1:02.79*	1:06.19*	1:09.59*	1:16.49*	1:23.29*
3:00.89*	2:47.89*	2:34.99*	2:28.59*	2:22.09*	2:15.69*	200 Y Fly	2:12.49*	2:18.79*	2:25.09*	2:31.39*	2:43.99*	2:56.59*
1:24.39*	1:18.39*	1:12.29*	1:09.29*	1:06.29*	1:03.29*	100 Y IM	1:00.29*	1:03.29*	1:06.19*	1:09.09*	1:14.99*	1:20.89*
3:00.69*	2:47.79*	2:34.89*	2:28.49*	2:21.99*	2:15.59*	200 Y IM	2:10.89*	2:17.49*	2:24.19*	2:30.89*	2:44.19*	2:57.59*
6:24.19*	5:56.79*	5:29.29*	5:15.59*	5:01.89*	4:48.19*	400 Y IM	4:39.79*	4:53.19*	5:06.49*	5:19.79*	5:46.39*	6:13.09*
13-14 Girls							13-14 Boys					
32.69*	30.29*	27.99*	26.79*	25.69*	24.49*	50 Y Free	22.49*	23.59*	24.69*	25.69*	27.89*	29.99*
1:10.79*	1:05.79*	1:00.69*	58.19*	55.69*	53.09*	100 Y Free	49.19*	51.59*	53.89*	56.29*	1:00.89*	1:05.59*
2:33.19*	2:22.19*	2:11.29*	2:05.79*	2:00.39*	1:54.89*	200 Y Free	1:47.29*	1:52.39*	1:57.49*	2:02.59*	2:12.79*	2:22.99*
6:49.39*	6:20.09*	5:50.89*	5:36.29*	5:21.69*	5:06.99*	500 Y Free	4:49.99*	5:03.79*	5:17.59*	5:31.39*	5:58.99*	6:26.59*
14:01.99*	13:01.79*	12:01.69*	11:31.59*	11:01.59*	10:31.49*	1000 Y Free	10:00.89*	10:29.49*	10:58.09*	11:26.69*	12:23.89*	13:21.19*
23:23.49*	21:43.19*	20:02.99*	19:12.89*	18:22.79*	17:32.59*	1650 Y Free	16:44.19*	17:31.99*	18:19.79*	19:07.59*	20:43.19*	22:18.89*
1:17.19*	1:11.69*	1:06.19*	1:03.39*	1:00.59*	57.89*	100 Y Back	54.09*	56.59*	59.19*	1:01.79*	1:06.89*	1:12.09*
2:47.29*	2:35.39*	2:23.39*	2:17.39*	2:11.49*	2:05.49*	200 Y Back	1:57.79*	2:03.49*	2:09.09*	2:14.69*	2:25.89*	2:37.09*
1:28.69*	1:22.39*	1:15.99*	1:12.89*	1:09.69*	1:06.49*	100 Y Breast	1:01.09*	1:03.99*	1:06.89*	1:09.79*	1:15.59*	1:21.39*
3:11.99*	2:58.29*	2:44.59*	2:37.69*	2:30.89*	2:23.99*	200 Y Breast	2:13.79*	2:20.09*	2:26.49*	2:32.89*	2:45.59*	2:58.39*
1:16.89*	1:11.39*	1:05.99*	1:03.19*	1:00.49*	57.69*	100 Y Fly	53.59*	56.09*	58.69*	1:01.29*	1:06.39*	1:11.49*
2:50.09*	2:37.89*	2:25.79*	2:19.69*	2:13.59*	2:07.59*	200 Y Fly	1:58.79*	2:04.39*	2:10.09*	2:15.69*	2:26.99*	2:38.29*
2:51.49*	2:39.19*	2:26.99*	2:20.89*	2:14.69*	2:08.59*	200 Y IM	1:59.99*	2:05.69*	2:11.39*	2:17.19*	2:28.59*	2:39.99*
6:05.79*	5:39.69*	5:13.59*	5:00.49*	4:47.39*	4:34.39*	400 Y IM	4:16.39*	4:28.59*	4:40.79*	4:52.99*	5:17.39*	5:41.79*
15-16 Girls							15-16 Boys					
32.09*	29.79*	27.49*	26.39*	25.19*	24.09*	50 Y Free	21.69*	22.69*	23.69*	24.79*	26.79*	28.89*
1:09.59*	1:04.59*	59.59*	57.19*	54.69*	52.19*	100 Y Free	47.19*	49.39*	51.69*	53.89*	58.39*	1:02.89*
2:29.89*	2:19.19*	2:08.49*	2:03.09*	1:57.79*	1:52.39*	200 Y Free	1:42.99*	1:47.89*	1:52.79*	1:57.69*	2:07.49*	2:17.29*
6:40.69*	6:12.09*	5:43.49*	5:29.09*	5:14.79*	5:00.49*	500 Y Free	4:39.49*	4:52.79*	5:06.09*	5:19.39*	5:45.99*	6:12.59*
13:49.19*	12:49.99*	11:50.79*	11:21.19*	10:51.59*	10:21.89*	1000 Y Free	9:39.79*	10:07.39*	10:34.99*	11:02.59*	11:57.79*	12:52.99*
23:05.19*	21:26.19*	19:47.29*	18:57.79*	18:08.39*	17:18.89*	1650 Y Free	16:11.59*	16:57.79*	17:44.09*	18:30.39*	20:02.89*	21:35.39*
1:15.39*	1:10.09*	1:04.69*	1:01.99*	59.29*	56.59*	100 Y Back	51.29*	53.79*	56.19*	58.59*	1:03.49*	1:08.39*
2:44.09*	2:32.39*	2:20.69*	2:14.79*	2:08.99*	2:03.09*	200 Y Back	1:52.39*	1:57.79*	2:03.09*	2:08.49*	2:19.19*	2:29.89*
1:26.89*	1:20.69*	1:14.49*	1:11.39*	1:08.29*	1:05.19*	100 Y Breast	58.19*	1:00.99*	1:03.79*	1:06.49*	1:12.09*	1:17.59*
3:08.19*	2:54.69*	2:41.29*	2:34.59*	2:27.89*	2:21.09*	200 Y Breast	2:06.49*	2:12.59*	2:18.59*	2:24.59*	2:36.59*	2:48.69*
1:15.39*	1:09.99*	1:04.59*	1:01.89*	59.19*	56.49*	100 Y Fly	51.19*	53.69*	56.09*	58.59*	1:03.39*	1:08.29*
2:46.79*	2:34.89*	2:22.89*	2:16.99*	2:10.99*	2:05.09*	200 Y Fly	1:53.59*	1:58.99*	2:04.39*	2:09.79*	2:20.59*	2:31.39*
2:48.19*	2:36.19*	2:24.19*	2:18.19*	2:12.09*	2:06.09*	200 Y IM	1:54.59*	1:59.99*	2:05.49*	2:10.89*	2:21.79*	2:32.69*
5:57.59*	5:31.99*	5:06.49*	4:53.69*	4:40.99*	4:28.19*	400 Y IM	4:06.79*	4:18.59*	4:30.29*	4:42.09*	5:05.59*	5:29.09*
17-18 Girls							17-18 Boys					
31.49*	29.19*	26.99*	25.89*	24.69*	23.59*	50 Y Free	20.99*	21.99*	22.99*	23.99*	25.99*	27.99*
1:08.19*	1:03.29*	58.49*	55.99*	53.59*	51.19*	100 Y Free	46.09*	48.29*	50.39*	52.59*	56.99*	1:01.39*
2:28.59*	2:17.99*	2:07.39*	2:02.09*	1:56.79*	1:51.49*	200 Y Free	1:40.99*	1:45.79*	1:50.59*	1:55.39*	2:05.09*	2:14.69*
6:39.09*	6:10.59*	5:42.09*	5:27.89*	5:13.59*	4:59.39*	500 Y Free	4:34.29*	4:47.39*	5:00.39*	5:13.49*	5:39.59*	6:05.69*
13:46.19	12:47.19	11:48.19	11:18.69	10:49.19	10:19.69	1000 Y Free	9:35.59*	10:02.99*	10:30.39*	10:57.89*	11:52.69*	12:47.49*
22:58.29*	21:19.89*	19:41.39*	18:52.19*	18:02.99*	17:13.79*	1650 Y Free	15:54.89*	16:40.39*	17:25.89*	18:11.29*	19:42.29*	21:13.19*
1:14.49*	1:09.09*	1:03.79*	1:01.19*	58.49*	55.89*	100 Y Back	49.69*	52.09*	54.39*	56.79*	1:01.49*	1:06.29*
2:41.19*	2:29.69*	2:18.19*	2:12.49*	2:06.69*	2:00.89*	200 Y Back	1:49.69*	1:54.89*	2:00.09*	2:05.29*	2:15.79*	2:26.19*
1:25.89*	1:19.79*	1:13.59*	1:10.59*	1:07.49*	1:04.39*	100 Y Breast	56.89*	59.59*	1:02.39*	1:05.09*	1:10.49*	1:15.89*
3:04.99*	2:51.79*	2:38.49*	2:31.89*	2:25.29*	2:18.69*	200 Y Breast	2:04.19*	2:10.09*	2:15.99*	2:21.89*	2:33.79*	2:45.59*
1:14.19*	1:08.89*	1:03.59*	1:00.89*	58.29*	55.59*	100 Y Fly	49.39*	51.79*	54.09*	56.49*	1:01.19*	1:05.89*
2:44.39*	2:32.59*	2:20.89*	2:14.99*	2:09.19*	2:03.29*	200 Y Fly	1:51.39*	1:56.69*	2:02.09*	2:07.39*	2:17.99*	2:28.59*
2:45.69*	2:33.79*	2:21.99*	2:16.09*	2:10.19*	2:04.29*	200 Y IM	1:52.59*	1:57.99*	2:03.29*	2:08.69*	2:19.39*	2:30.09*
5:52.89*	5:27.69*	5:02.49*	4:49.89*	4:37.29*	4:24.69*	400 Y IM	4:00.69*	4:12.19*	4:23.69*	4:35.09*	4:57.99*	5:20.99*