



TIME STANDARDS

2016

U.S. OPEN

Women			Men	
SCY	LCM		LCM	SCY
22.49	26.19	50 Freestyle	23.29	19.89
49.09	56.59	100 Freestyle	50.79	43.39
1:46.49	2:02.39	200 Freestyle	1:51.89	1:36.09
4:44.99	4:17.99	400/500 Freestyle	3:58.69	4:20.29
9:49.99	8:49.99	800/1000 Freestyle	8:15.49	9:07.49
16:21.89	16:52.99	1500/1650 Freestyle	15:49.99	15:15.59
53.69	1:03.39	100 Backstroke	57.19	47.19
1:56.39	2:16.59	200 Backstroke	2:03.99	1:45.49
1:01.29	1:11.59	100 Breaststroke	1:03.89	53.89
2:12.89	2:34.99	200 Breaststroke	2:18.99	1:59.19
53.29	1:01.19	100 Butterfly	54.79	47.59
1:58.49	2:15.29	200 Butterfly	2:02.29	1:45.69
1:58.99	2:18.69	200 Individual Medley	2:05.29	1:45.79
4:13.89	4:54.99	400 Individual Medley	4:27.99	3:47.99
x	3:52.69	4x100 Fr-R	3:29.29	x
x	8:22.19	4x200 Fr-R	7:42.79	x
x	4:18.29	4x100 Med-R	3:50.09	x

Women		18& Under Bonus	Men	
SCY	LCM		LCM	SCY
22.89	26.69	50 Freestyle	24.09	20.59
49.89	57.79	100 Freestyle	52.19	44.59
1:47.79	2:04.69	200 Freestyle	1:54.69	1:38.79
4:49.09	4:22.19	400/500 Freestyle	4:03.59	4:29.29
9:58.79	9:00.29	800/1000 Freestyle	8:24.69	9:15.19
16:35.89	17:14.29	1500/1650 Freestyle	16:08.09	15:37.49
54.69	1:04.59	100 Backstroke	58.99	49.89
1:58.09	2:18.69	200 Backstroke	2:07.39	1:48.39
1:03.09	1:13.49	100 Breaststroke	1:06.29	55.99
2:15.89	2:38.69	200 Breaststroke	2:23.69	2:01.59
54.19	1:02.59	100 Butterfly	56.69	49.19
1:59.59	2:17.39	200 Butterfly	2:05.49	1:48.29
2:00.99	2:21.39	200 Individual Medley	2:08.69	1:49.29
4:15.59	4:58.09	400 Individual Medley	4:33.89	3:53.49