

NATIONAL LEVEL TRAINING GROUP TIME STANDARDS

GIRLS STANDARD	EVENT	BOYS STANDARD
1:08.99	100 FREESTYLE	1:00.99
2:27.99	200 FREESTYLE	2:13.99
1:13.99	100 BACKSTROKE	1:05.99
2:38.99	200 BACKSTROKE	2:23.99
1:24.99	100 BREASTSTROKE	1:14.99
3:04.99	200 BREASTSTROKE	2:42.99
1:13.99	100 BUTTERFLY	1:05.99
2:42.99	200 BUTTERFLY	2:26.99
2:43.99	200 I.M.	2:27.99

***A MINIMUM OF THREE TIME STANDARDS MUST BE MET TO TRAIN AT THIS LEVEL**