

# NATIONAL TRAINING GROUP TIME STANDARDS

<b>Girls (SCY)</b>	<b>Event</b>	<b>Boys (SCY)</b>
29.99	<b>50 Free</b>	27.89
1:06.49	<b>100 Free</b>	1:01.49
2:29.99	<b>200 Free</b>	2:18.69
6:59.49	<b>500 Free</b>	6:30.49
14:00.00	<b>1,000 Free</b>	13:00.00
23:10.00	<b>1,650 Free</b>	21:30.00
1:18.59	<b>100 Back</b>	1:15.79
2:38.99	<b>200 Back</b>	2:35.99
1:26.99	<b>100 Breast</b>	1:20.99
3:00.99	<b>200 Breast</b>	2:52.99
1:16.99	<b>100 Butterfly</b>	1:14.59
2:39.99	<b>200 Butterfly</b>	2:32.99
2:40.99	<b>200 IM</b>	2:33.49
5:55.99	<b>400 IM</b>	5:45.99