BACKSTROKE

SPRINT	BRONZE	SILVER	GOLD	PLATINUM
110yds	1.56.80	1.42.00	1.32.60	1.26.00
100m	1.56.00	1.41.40	1.32.00	1.25.50
100yds	1.44.80	1.31.50	1.23.10	1.17.90
73.yds	1.13.50	1.04.30	58.40	
66.6m	1.13.00	1.03.70	58.00	
66.yds	1.06.00	57.70	52.40	
50m	54.40	47.50	43.00	
50yds	49.00	42.90	39.00	
36.yds	34.50	30.10	27.30	
33.3m	34.20	29.80	27.20	
33.yds	30.80	27.00	24.50	
27.5yds	24.70	21.70	19.70	
25m	24.70	21.50	19.60	
25yds	22.20	19.50	17.70	
20m	19.10	16.70	15.10	
20yds	17.20	15.10	13.60	
4 x 20yds				
4 x 20m				
4 x 25yds				
4 x 25m				
4 x 27.5yds				
4 x 33.yds				
4 x 33.3m				
4 x 36.yds				

BREASTSTROKE

BRONZE	SILVER	GOLD	PLATINUM
2.12.80	1.56.00	1.45.50	1.37.90
2.12.00	1.55.40	1.44.80	1.37.30
1.59.10	1.44.00	1.34.50	1.28.30
1.23.50	1.13.00	1.06.30	
1.23.00	1.12.50	1.05.90	
1.14.90	1.05.40	59.50	
1.00.40	52.70	48.00	
54.50	47.70	43.20	
38.20	33.40	30.30	
38.00	33.20	30.20	
34.20	30.00	27.20	
27.50	24.00	21.70	
27.20	23.80	21.70	
24.70	21.50	19.60	
21.20	18.50	16.70	
19.10	16.70	15.10	

BUTTERFLY

BRONZE	SILVER	GOLD	PLATINUM
1.54.50	1.40.00	1.31.00	1.24.40
1.53.80	1.39.40	1.30.40	1.23.90
1.42.50	1.29.50	1.21.40	1.16.40
1.11.30	1.02.20	56.50	
1.10.80	1.01.90	56.20	
1.03.70	55.70	50.50	
52.40	45.70	41.50	
47.20	41.20	37.50	
32.70	28.70	26.10	
32.50	28.50	25.80	
29.30	25.70	23.20	
23.50	20.50	18.60	
23.20	20.30	18.50	
21.00	18.20	16.70	
17.80	15.60	14.10	
16.20	14.10	12.80	

FREESTYLE

BRONZE	SILVER	GOLD	PLATINUM
1.45.00	1.31.60	1.23.40	1.17.40
1.44.30	1.31.00	1.22.80	1.16.90
1.34.00	1.22.00	1.14.50	1.09.90
1.05.50	57.20	52.00	
1.05.10	56.90	51.70	
58.70	51.20	46.50	
47.00	41.00	37.20	
42.40	37.00	33.50	
29.50	25.70	23.30	
29.20	25.60	23.20	
26.50	23.10	21.00	
21.20	18.50	16.70	
21.00	18.30	16.70	
18.80	16.50	15.00	
16.20	14.10	12.80	
14.60	12.80	11.60	

INDIVIDUAL MEDLEY

BRONZE	SILVER	GOLD	PLATINUM
1.23.80	1.13.10	1.06.50	
1.32.50	1.20.90	1.13.50	
1.47.50	1.33.90	1.25.30	
1.58.60	1.43.60	1.34.10	
1.59.50	1.44.40	1.25.30	
2.28.10	2.09.30	1.57.50	
2.43.60	2.22.80	2.09.80	
2.44.60	2.23.80	2.10.60	

SHORT COURSE / LONG COURSE

MIDDLE DISTANCE	BRONZE	SILVER	GOLD	PLATINUM
200yds	3.48.70	3.20.80	3.02.40	2.49.50
200m	4.11.10	3.39.40	3.19.30	3.05.00
220yds	4.13.20	3.41.40	3.21.20	3.07.00
400yds				
400m				
440yds				
4 x 66.yds				
4 x 66.6m				
4 x 73.yds				
200m				
400m				

BRONZE	SILVER	GOLD	PLATINUM
4.14.90	3.44.00	3.23.80	3.09.30
4.40.40	4.05.00	3.42.60	3.26.60
4.43.00	4.07.60	3.45.40	3.29.10

BRONZE	SILVER	GOLD	PLATINUM
3.36.60	3.19.20	3.01.00	2.48.20
4.09.20	3.37.70	3.17.80	3.03.70
4.11.30	3.39.80	3.19.80	3.05.70

BRONZE	SILVER	GOLD	PLATINUM
3.29.50	3.02.90	2.47.10	2.35.30
3.49.90	3.20.80	3.02.40	2.49.40
3.52.00	3.22.90	3.04.50	2.51.50
7.23.20	6.27.60	5.52.30	5.27.40
8.04.70	7.03.50	6.24.70	5.57.20
8.09.10	7.07.70	6.28.80	6.01.30
3.51.60	3.22.50	3.04.40	2.51.40
8.08.10	7.06.80	6.28.30	6.01.10

BRONZE	SILVER	GOLD	PLATINUM
3.53.70	3.23.00	3.04.40	2.51.20
4.17.20	3.44.60	3.24.10	3.09.50
4.18.20	3.46.00	3.25.30	3.10.70
5.20.70	4.40.20	4.14.60	
5.54.30	5.09.60	4.41.20	
5.56.70	5.11.60	4.43.10	
4.19.20	3.46.40	3.26.00	

SHORT COURSE / LONG COURSE

DISTANCE	BRONZE	SILVER	GOLD	PLATINUM
800yds				
800m				
880yds				
1500m				
1650yds				
400yds				
400m				
440yds				
800m				
1500m				
400m				

BRONZE	SILVER	GOLD	PLATINUM

BRONZE	SILVER	GOLD	PLATINUM

BRONZE	SILVER	GOLD	PLATINUM
16.16.60	13.23.80	12.10.80	11.18.90
16.45.30	14.38.20	13.17.90	12.20.70
16.54.10	14.46.90	13.26.30	12.29.10
31.43.40	27.42.80	25.10.70	23.22.40
31.54.30	27.59.10	25.29.10	23.38.30
16.47.70	14.44.80	13.25.10	12.28.50
31.55.00	27.55.20	25.26.70	23.37.10

BRONZE	SILVER	GOLD	PLATINUM
8.17.30	7.12.20	6.32.50	6.04.30
9.03.70	7.55.00	7.11.50	6.40.60
9.06.80	7.59.70	7.16.20	6.45.20
9.07.10	7.58.70	7.15.60	