

| <b>2018/2019</b>   |            |            |            |                   |                                |            |            |            |
|--|------------|------------|------------|-------------------|--------------------------------|------------|------------|------------|
| <b>Group Time Standards</b>  |            |            |            |                   |                                |            |            |            |
| <b>Must achieve a minimum of 3 standards (not more than one 50) for group <u>consideration</u></b> |            |            |            |                   |                                |            |            |            |
| <b>Silver 2 (10 &amp; Under)</b>   |            |            |            |                   | <b>Silver 2 (11 year olds)</b> |            |            |            |
| Girls  |            | Boys       |            |                   | Girls                          |            | Boys       |            |
| <b>SCY</b>   | <b>LCM</b> | <b>SCY</b> | <b>LCM</b> | <b>Events</b>     | <b>SCY</b>                     | <b>LCM</b> | <b>SCY</b> | <b>LCM</b> |
| 37.00  | 41.00      | 37.00      | 42.00      | <b>50 Free</b>    | 35.00                          | 40.00      | 34.00      | 39.00      |
| 1:27.00  | 1:40.00    | 1:25.00    | 1:38.00    | <b>100 Free</b>   | 1:17.00                        | 1:28.00    | 1:14.00    | 1:25.00    |
| 3:15.00  | 3:41.00    | 3:02.00    | 3:29.00    | <b>200 Free</b>   | 2:47.00                        | 3:09.00    | 2:41.00    | 3:07.00    |
| 8:16.00  | 7:26.00    | 8:06.00    | 7:19.00    | <b>500/400 FR</b> | 7:19.00                        | 7:00.00    | 7:07.00    | 6:25.00    |
| X  | X          | X          | X          | <b>1000 Free</b>  | X                              | X          | X          | X          |
| X  | X          | X          | X          | <b>1650 Free</b>  | X                              | X          | X          | X          |
| 45.00  | 53.00      | 46.00      | 54.00      | <b>50 Back</b>    | 40.00                          | 46.00      | 40.00      | 46.00      |
| 1:39.00  | 1:57.00    | 1:38.00    | 1:53.00    | <b>100 Back</b>   | 1:29.00                        | 1:42.00    | 1:26.00    | 1:40.00    |
| X  | X          | X          | X          | <b>200 Back</b>   | 3:02.00                        | 3:30.00    | 2:58.00    | 3:26.00    |
| 52.00  | 58.00      | 51.00      | 58.00      | <b>50 Breast</b>  | 45.00                          | 50.00      | 44.00      | 51.00      |
| 1:56.00  | 2:12.00    | 1:51.00    | 2:07.00    | <b>100 Breast</b> | 1:38.00                        | 1:54.00    | 1:36.00    | 1:50.00    |
| X  | X          | X          | X          | <b>200 Breast</b> | 3:29.00                        | 3:58.00    | 3:20.00    | 3:50.00    |
| 46.00  | 52.00      | 44.00      | 50.00      | <b>50 Fly</b>     | 38.00                          | 43.00      | 39.00      | 43.00      |
| 1:51.00  | 2:05.00    | 1:50.00    | 2:03.00    | <b>100 Fly</b>    | 1:29.00                        | 1:40.00    | 1:27.00    | 1:37.00    |
| X  | X          | X          | X          | <b>200 Fly</b>    | 3:06.00                        | 3:30.00    | 3:02.00    | 3:28.00    |
| 1:40.00  | X          | 1:37.00    | X          | <b>100 IM</b>     | 1:28.00                        | X          | 1:24.00    | X          |
| 3:28.00  | 3:59.00    | 3:31.00    | 4:02.00    | <b>200 IM</b>     | 3:06.00                        | 3:32.00    | 3:03.00    | 3:30.00    |
| X  | X          | X          | X          | <b>400 IM</b>     | X                              | X          | X          | X          |

**Silver 2 Equipment Requirements**

Arena Equipment Bag, Arena Kickboard,  
Arena Pull Buoy, Long Fins, Water Bottle

| <b>2018/2019</b>   |            |            |            |                   |                                |            |            |            |
|--|------------|------------|------------|-------------------|--------------------------------|------------|------------|------------|
| <b>Group Time Standards</b>  |            |            |            |                   |                                |            |            |            |
| <b>Must achieve a minimum of 3 standards (not more than one 50) for group <u>consideration</u></b> |            |            |            |                   |                                |            |            |            |
| <b>Silver 1 (10 &amp; Under)</b>   |            |            |            |                   | <b>Silver 1 (11 year olds)</b> |            |            |            |
| Girls  |            | Boys       |            |                   | Girls                          |            | Boys       |            |
| <b>SCY</b>   | <b>LCM</b> | <b>SCY</b> | <b>LCM</b> | <b>Events</b>     | <b>SCY</b>                     | <b>LCM</b> | <b>SCY</b> | <b>LCM</b> |
| 34.00  | 38.00      | 33.00      | 38.00      | <b>50 Free</b>    | 33.00                          | 37.00      | 32.00      | 36.00      |
| 1:17.00  | 1:29.00    | 1:16.00    | 1:28.00    | <b>100 Free</b>   | 1:12.00                        | 1:22.00    | 1:09.00    | 1:19.00    |
| 2:53.00  | 3:16.00    | 2:43.00    | 3:08.00    | <b>200 Free</b>   | 2:35.00                        | 2:56.00    | 2:30.00    | 2:51.00    |
| 7:25.00  | 6:41.00    | 7:16.00    | 6:34.00    | <b>500/400 FR</b> | 6:48.00                        | 6:06.00    | 6:37.00    | 5:58.00    |
| X  | X          | X          | X          | <b>1000 Free</b>  | X                              | X          | X          | X          |
| X  | X          | X          | X          | <b>1650 Free</b>  | X                              | X          | X          | X          |
| 40.00  | 47.00      | 41.00      | 48.00      | <b>50 Back</b>    | 37.00                          | 43.00      | 37.00      | 42.00      |
| 1:28.00  | 1:43.00    | 1:27.00    | 1:41.00    | <b>100 Back</b>   | 1:22.00                        | 1:35.00    | 1:19.00    | 1:33.00    |
| X  | X          | X          | X          | <b>200 Back</b>   | 2:49.00                        | 3:16.00    | 2:46.00    | 3:12.00    |
| 45.00  | 52.00      | 45.00      | 52.00      | <b>50 Breast</b>  | 41.00                          | 47.00      | 41.00      | 47.00      |
| 1:42.00  | 1:56.00    | 1:39.00    | 1:55.00    | <b>100 Breast</b> | 1:31.00                        | 1:45.00    | 1:29.00    | 1:42.00    |
| X  | X          | X          | X          | <b>200 Breast</b> | 3:14.00                        | 3:42.00    | 3:06.00    | 3:34.00    |
| 40.00  | 46.00      | 39.00      | 44.00      | <b>50 Fly</b>     | 36.00                          | 40.00      | 36.00      | 40.00      |
| 1:38.00  | 1:50.00    | 1:35.00    | 1:49.00    | <b>100 Fly</b>    | 1:22.00                        | 1:32.00    | 1:20.00    | 1:30.00    |
| X  | X          | X          | X          | <b>200 Fly</b>    | 2:53.00                        | 3:16.00    | 2:49.00    | 3:13.00    |
| 1:29.00  | X          | 1:27.00    | X          | <b>100 IM</b>     | 1:22.00                        | X          | 1:18.00    | X          |
| 3:05.00  | 3:33.00    | 3:03.00    | 3:36.00    | <b>200 IM</b>     | 2:53.00                        | 3:17.00    | 2:50.00    | 3:15.00    |
| X  | X          | X          | X          | <b>400 IM</b>     | X                              | X          | X          | X          |

**Silver 1 Equipment Requirements**

Arena Equipment Bag, Arena Kickboard, Arena Pull Buoy  
 Arena Flat Paddles, Arena Snorkel, Long Fins, Water Bottle

| <b>2018/2019</b>   |            |            |            |                      |                             |            |            |            |
|--|------------|------------|------------|----------------------|-----------------------------|------------|------------|------------|
| <b>Group Time Standards</b>  |            |            |            |                      |                             |            |            |            |
| <b>Must achieve a minimum of 4 standards (not more than one 50) for group <u>consideration</u></b> |            |            |            |                      |                             |            |            |            |
| <b>10 &amp; Under Must Achieve Atleast 6 standards for group <u>consideration</u></b>              |            |            |            |                      |                             |            |            |            |
| <b>Junior Elite (12&amp;U)</b>   |            |            |            |                      | <b>Junior Elite (13/14)</b> |            |            |            |
| Girls  |            | Boys       |            |                      | Girls                       |            | Boys       |            |
| <b>SCY</b>   | <b>LCM</b> | <b>SCY</b> | <b>LCM</b> | <b>Events</b>        | <b>SCY</b>                  | <b>LCM</b> | <b>SCY</b> | <b>LCM</b> |
| 28.50  | 32.50      | 28.50      | 31.50      | <b>50 Free</b>       | 28.50                       | 31.50      | 27.50      | 29.50      |
| 1:01.50  | 1:10.50    | 1:01.50    | 1:07.50    | <b>100 Free</b>      | 1:01.50                     | 1:09.50    | 59.50      | 1:04.50    |
| 2:14.50  | 2:33.50    | 2:14.50    | 2:28.50    | <b>200 Free</b>      | 2:12.50                     | 2:30.50    | 2:09.50    | 2:20.50    |
| 5:57.50  | 5:19.50    | 5:50.50    | 5:11.50    | <b>500/400 Free</b>  | 5:55.50                     | 5:14.50    | 5:45.50    | 5:00.50    |
| 12:30.50   | 11:00.50   | 12:30.50   | 10:45.50   | <b>800/1000 Free</b> | 12:10.50                    | 11:00.50   | 12:00.50   | 10:45.50   |
| 20:00.50   | 21:00.50   | 21:00.50   | 21:00.50   | <b>650/1500 Free</b> | 20:15.50                    | 20:39.50   | 20:00.50   | 20:00.50   |
| 31.50  | 36.50      | 31.50      | 36.50      | <b>50 Back</b>       | X                           | X          | X          | X          |
| 1:09.50  | 1:21.50    | 1:09.50    | 1:19.50    | <b>100 Back</b>      | 1:08.50                     | 1:17.50    | 1:06.50    | 1:12.50    |
| 2:27.50  | 2:51.50    | 2:27.50    | 2:48.00    | <b>200 Back</b>      | 2:25.50                     | 2:45.50    | 2:20.50    | 2:36.50    |
| 35.50  | 40.50      | 35.50      | 40.50      | <b>50 Breast</b>     | X                           | X          | X          | X          |
| 1:18.50  | 1:31.50    | 1:18.50    | 1:28.50    | <b>100 Breast</b>    | 1:17.50                     | 1:27.50    | 1:14.50    | 1:21.50    |
| 2:50.50  | 3:15.50    | 2:50.50    | 3:08.50    | <b>200 Breast</b>    | 2:47.50                     | 3:09.50    | 2:40.50    | 2:56.50    |
| 30.50  | 34.50      | 30.50      | 34.50      | <b>50 Fly</b>        | X                           | X          | X          | X          |
| 1:09.50  | 1:18.50    | 1:09.50    | 1:16.50    | <b>100 Fly</b>       | 1:07.50                     | 1:14.50    | 1:05.50    | 1:09.50    |
| 2:30.50  | 2:51.50    | 2:30.50    | 2:49.50    | <b>200 Fly</b>       | 2:30.50                     | 2:45.50    | 2:25.50    | 2:36.50    |
| 1:10.50  | X          | 1:10.50    | X          | <b>100 IM</b>        | X                           | X          | X          | X          |
| 2:30.50  | 2:52.50    | 2:30.50    | 2:49.50    | <b>200 IM</b>        | 2:30.50                     | 2:49.50    | 2:25.50    | 2:38.50    |
| 5:30.50  | 6:00.50    | 5:25.50    | 6:00.50    | <b>400 IM</b>        | 5:20.50                     | 5:57.50    | 5:16.50    | 5:36.50    |

**Junior Elite Equipment Requirements**

Arena Equipment Bag, Arena Kickboard, Arena Pull Buoy, Arena Flat Paddles  
Arena Snorkel, Arena Fins, Water Bottle, POSITIVE ATTITUDE

***Socks for MonoFins***

| 2018/2019  |          |          |          |               |                |          |          |          |
|--|----------|----------|----------|---------------|----------------|----------|----------|----------|
| Group Time Standards   |          |          |          |               |                |          |          |          |
| Must achieve a minimum of 3 standards (not more than one 50) for group consideration |          |          |          |               |                |          |          |          |
| Gold 1 (11/12)   |          |          |          |               | Gold 1 (13/14) |          |          |          |
| Girls  |          | Boys     |          |               | Girls          |          | Boys     |          |
| SCY  | LCM      | SCY      | LCM      | Events        | SCY            | LCM      | SCY      | LCM      |
| 30.99  | 34.99    | 29.99    | 33.99    | 50 Free       | 30.99          | 34.99    | 29.99    | 33.99    |
| 1:06.99  | 1:16.99  | 1:03.99  | 1:13.99  | 100 Free      | 1:05.99        | 1:15.99  | 1:03.99  | 1:13.99  |
| 2:25.99  | 2:46.99  | 2:20.99  | 2:41.99  | 200 Free      | 2:22.99        | 2:42.99  | 2:20.99  | 2:41.99  |
| 6:28.99  | 5:46.99  | 6:17.99  | 5:38.99  | 500/400 Free  | 6:20.99        | 5:40.99  | 6:17.99  | 5:38.99  |
| 13:10.99   | 12:00.99 | 13:00.99 | 11:45.99 | 800/1000 Free | 14:10.99       | 13:00.99 | 13:00.99 | 11:45.99 |
| 22:15.99   | 22:39.99 | 22:00.99 | 22:15.99 | 650/1500 Free | 21:43.99       | 22:23.99 | 22:00.99 | 22:15.99 |
| 34.99  | 40.99    | 34.99    | 39.99    | 50 Back       | X              | X        | X        | X        |
| 1:16.99  | 1:29.99  | 1:13.99  | 1:27.99  | 100 Back      | 1:11.99        | 1:23.99  | 1:13.99  | 1:27.99  |
| 2:39.99  | 3:06.99  | 2:36.99  | 3:02.99  | 200 Back      | 2:35.99        | 2:59.99  | 2:36.99  | 3:02.99  |
| 38.99  | 44.99    | 38.99    | 44.99    | 50 Breast     | X              | X        | X        | X        |
| 1:25.99  | 1:39.99  | 1:23.99  | 1:36.99  | 100 Breast    | 1:22.99        | 1:34.99  | 1:23.99  | 1:36.99  |
| 3:04.99  | 3:32.99  | 2:56.99  | 3:24.99  | 200 Breast    | 2:58.99        | 3:25.99  | 2:56.99  | 3:24.99  |
| 33.99  | 37.99    | 33.99    | 37.99    | 50 Fly        | X              | X        | X        | X        |
| 1:16.99  | 1:26.99  | 1:14.99  | 1:24.99  | 100 Fly       | 1:11.99        | 1:21.99  | 1:14.99  | 1:24.99  |
| 2:43.99  | 3:06.99  | 2:39.99  | 3:03.99  | 200 Fly       | 2:37.99        | 2:59.99  | 2:39.99  | 3:03.99  |
| 1:16.99  | X        | 1:12.99  | X        | 100 IM        | X              | X        | X        | X        |
| 2:43.99  | 3:07.99  | 2:40.99  | 3:05.99  | 200 IM        | 2:39.99        | 3:03.99  | 2:40.99  | 3:05.99  |
| 5:45.99  | 6:34.99  | 5:45.99  | 6:19.99  | 400 IM        | 5:39.99        | 6:27.99  | 5:45.99  | 6:19.99  |

**Gold 1 Equipment Requirements**

Arena Equipment Bag, Arena Kickboard, Arena Pull Buoy  
 Arena Snorkel, Arena Flat Paddles, Long Fins, Water Bottle

| 2018/2019  |          |          |          |               |                |          |          |          |
|--|----------|----------|----------|---------------|----------------|----------|----------|----------|
| Group Time Standards   |          |          |          |               |                |          |          |          |
| Must achieve a minimum of 3 standards (not more than one 50) for group consideration |          |          |          |               |                |          |          |          |
| Gold 2 (11/12)   |          |          |          |               | Gold 2 (13/14) |          |          |          |
| Girls  |          | Boys     |          |               | Girls          |          | Boys     |          |
| SCY  | LCM      | SCY      | LCM      | Events        | SCY            | LCM      | SCY      | LCM      |
| 32.99  | 37.99    | 32.99    | 36.99    | 50 Free       | 32.99          | 37.99    | 31.99    | 35.99    |
| 1:11.99  | 1:22.99  | 1:10.99  | 1:19.99  | 100 Free      | 1:10.99        | 1:21.99  | 1:08.99  | 1:17.99  |
| 2:35.99  | 2:56.99  | 2:33.99  | 2:53.99  | 200 Free      | 2:33.99        | 2:55.99  | 2:29.99  | 2:49.99  |
| 6:59.99  | 6:13.99  | 6:50.99  | 6:05.99  | 500/400 Free  | 6:49.99        | 5:57.99  | 6:40.99  | 5:55.99  |
| X  | X        | X        | X        | 800/1000 Free | X              | X        | X        | X        |
| 23:53.99   | 24:55.99 | 23:53.99 | 24:55.99 | 650/1500 Free | 23:00.99       | 24:00.99 | 23:00.99 | 24:00.99 |
| 36.99  | 43.99    | 36.99    | 43.99    | 50 Back       | X              | X        | X        | X        |
| 1:21.99  | 1:36.99  | 1:20.99  | 1:34.99  | 100 Back      | 1:17.99        | 1:29.99  | 1:18.99  | 1:32.99  |
| 2:50.99  | 3:20.99  | 2:48.99  | 3:16.99  | 200 Back      | 2:47.99        | 3:13.99  | 2:44.99  | 3:12.99  |
| 41.99  | 47.99    | 40.99    | 48.99    | 50 Breast     | X              | X        | X        | X        |
| 1:30.99  | 1:47.99  | 1:28.99  | 1:44.99  | 100 Breast    | 1:28.99        | 1:42.99  | 1:26.99  | 1:42.99  |
| 3:13.99  | 3:48.99  | 3:08.99  | 3:38.99  | 200 Breast    | 3:11.99        | 3:41.99  | 3:04.99  | 3:34.99  |
| 34.99  | 40.99    | 34.99    | 40.99    | 50 Fly        | X              | X        | X        | X        |
| 1:21.99  | 1:34.99  | 1:19.99  | 1:31.99  | 100 Fly       | 1:16.99        | 1:27.99  | 1:17.99  | 1:29.99  |
| 2:54.99  | 3:20.99  | 2:50.99  | 3:18.99  | 200 Fly       | 2:50.99        | 3:13.99  | 2:46.99  | 3:14.99  |
| 1:20.99  | X        | 1:18.99  | X        | 100 IM        | X              | X        | X        | X        |
| 2:54.99  | 3:22.99  | 2:51.99  | 3:20.99  | 200 IM        | 2:51.99        | 3:17.99  | 2:47.99  | 3:16.99  |
| 6:05.99  | 6:57.99  | 6:00.99  | 6:32.99  | 400 IM        | 6:05.99        | 6:57.99  | 5:50.99  | 6:22.99  |

**Gold 2 Equipment Requirements**

Arena Equipment Bag, Arena Kickboard  
 Arena Pull Buoy, Arena Flat Paddles,  
 Long Fins, Water Bottle

| <b>2018/2019</b>   |            |            |            |                   |  |      |
|--|------------|------------|------------|-------------------|--|------|
| <b>Group Time Standards</b>  |            |            |            |                   |  |      |
| <i>Must achieve a minimum of 3 standards for group consideration</i> |            |            |            |                   |  |      |
| <b>Senior 2</b>  |            |            |            | <b>Events</b>     | <b>Senior 3</b>                                  |      |
| Girls  |            | Boys       |            |                   | Girls  | Boys |
| <b>SCY</b>   | <b>LCM</b> | <b>SCY</b> | <b>LCM</b> |                   | <b>2 National Motivational BB Time Standards</b> |      |
| 29.19  | 33.29      | 26.71      | 30.49      | <b>50 Free</b>    |  |      |
| 1:03.29  | 1:11.99    | 58.59      | 1:06.79    | <b>100 Free</b>   |  |      |
| 2:16.39  | 2:36.19    | 2:07.49    | 2:26.59    | <b>200 Free</b>   |  |      |
| 6:05.99  | 5:27.69    | 5:45.19    | 5:11.79    | <b>500/400 FR</b> |  |      |
| 12:31.99   | 11:14.99   | 11:56.69   | 11:39.99   | <b>1000 Free</b>  |  |      |
| 20:52.99   | 21:31.79   | 19:55.59   | 20:43.39   | <b>1650 Free</b>  |  |      |
| -  | -          | -          | -          | <b>50 Back</b>    |  |      |
| 1:08.89  | 1:20.29    | 1:04.29    | 1:15.29    | <b>100 Back</b>   |  |      |
| 2:29.39  | 2:52.49    | 2:20.19    | 2:43.09    | <b>200 Back</b>   |  |      |
| -  | -          | -          | -          | <b>50 Breast</b>  |  |      |
| 1:19.69  | 1:31.39    | 1:12.69    | 1:24.69    | <b>100 Breast</b> |  |      |
| 2:51.49  | 3:17.79    | 2:39.39    | 3:04.29    | <b>200 Breast</b> |  |      |
| -  | -          | -          | -          | <b>50 Fly</b>     |  |      |
| 1:08.69  | 1:17.99    | 1:03.89    | 1:12.59    | <b>100 Fly</b>    |  |      |
| 2:31.79  | 2:52.69    | 2:21.19    | 2:42.69    | <b>200 Fly</b>    |  |      |
| -  | -          | -          | -          | <b>100 IM</b>     |  |      |
| 2:33.99  | 2:56.19    | 2:22.89    | 2:45.29    | <b>200 IM</b>     |  |      |
| 5:27.09  | 6:12.79    | 5:03.49    | 5:50.59    | <b>400 IM</b>     |  |      |

| <b>2018/2019</b>  |            |                  |            |            |
|---|------------|------------------|------------|------------|
| <b>Elite Time Standards</b>   |            |                  |            |            |
| <i>Must achieve one current Sectional time</i>                        |            |                  |            |            |
| <i>A Distance Swimmer achieving at least one (1) of the following</i> |            |                  |            |            |
| <b>SCY</b>  | <b>LCM</b> |                  | <b>SCY</b> | <b>LCM</b> |
| -   | 4:45.00    | <b>400 Free</b>  | -          | 4:32.00    |
| 5:20.00   | -          | <b>500 Free</b>  | 5:00.00    | -          |
| -   | 18:56.00   | <b>1500 Free</b> | -          | 18:16.00   |
| 18:32.00  | -          | <b>1650 Free</b> | 17:40.00   | -          |

| <b>Summer 2018</b>   |            |            |            |                   |
|--|------------|------------|------------|-------------------|
| <b>Group Time Standards</b>  |            |            |            |                   |
| <b>Must achieve a minimum of 3 standards for group consideration</b> |            |            |            |                   |
| <b>Senior 2</b>  |            |            |            | <b>Events</b>     |
| Girls  |            | Boys       |            |                   |
| <b>SCY</b>   | <b>LCM</b> | <b>SCY</b> | <b>LCM</b> |                   |
| 29.19  | 33.29      | 26.71      | 30.49      | <b>50 Free</b>    |
| 1:03.29  | 1:11.99    | 58.59      | 1:06.79    | <b>100 Free</b>   |
| 2:16.39  | 2:36.19    | 2:07.49    | 2:26.59    | <b>200 Free</b>   |
| 6:05.99  | 5:27.69    | 5:45.19    | 5:11.79    | <b>500/400 FR</b> |
| 12:31.99   | 11:14.99   | 11:56.69   | 11:39.99   | <b>1000 Free</b>  |
| 20:52.99   | 21:31.79   | 19:55.59   | 20:43.39   | <b>1650 Free</b>  |
| -  | -          | -          | -          | <b>50 Back</b>    |
| 1:08.89  | 1:20.29    | 1:04.29    | 1:15.29    | <b>100 Back</b>   |
| 2:29.39  | 2:52.49    | 2:20.19    | 2:43.09    | <b>200 Back</b>   |
| -  | -          | -          | -          | <b>50 Breast</b>  |
| 1:19.69  | 1:31.39    | 1:12.69    | 1:24.69    | <b>100 Breast</b> |
| 2:51.49  | 3:17.79    | 2:39.39    | 3:04.29    | <b>200 Breast</b> |
| -  | -          | -          | -          | <b>50 Fly</b>     |
| 1:08.69  | 1:17.99    | 1:03.89    | 1:12.59    | <b>100 Fly</b>    |
| 2:31.79  | 2:52.69    | 2:21.19    | 2:42.69    | <b>200 Fly</b>    |
| -  | -          | -          | -          | <b>100 IM</b>     |
| 2:33.99  | 2:56.19    | 2:22.89    | 2:45.29    | <b>200 IM</b>     |
| 5:27.09  | 6:12.79    | 5:03.49    | 5:50.59    | <b>400 IM</b>     |