



OFFICIAL TIME STANDARDS

AT&T Winter National Championships

WOMEN

MEN

SCY	SCM	LCM	EVENT	LCM	SCM	SCY
22.89	25.49	26.69	50 Free	23.59	22.99	20.59
49.89	55.49	57.69	100 Free	51.79	49.49	44.59
1:47.79	1:59.49	2:04.59	200 Free	1:53.29	1:49.39	1:38.79
4:49.09	4:10.79	4:20.79	400/500 Free	4:01.09	3:56.09	4:28.89
9:58.79	8:39.39	8:54.49	800/1000 Free	8:21.49	8:01.49	9:15.19
16:35.89	14:23.79	17:06.69	1500/1650 Free	15:59.99	15:22.89	15:34.89
54.69	1:00.79	1:04.59	100 Back	58.59	55.39	49.89
1:58.09	2:11.19	2:18.69	200 Back	2:06.69	2:00.39	1:48.39
1:03.09	1:10.09	1:13.49	100 Breast	1:05.59	1:02.09	55.99
2:15.89	2:31.09	2:38.69	200 Breast	2:22.89	2:14.99	2:01.59
54.19	1:00.19	1:02.59	100 Fly	55.99	54.79	49.19
1:59.59	2:12.89	2:17.39	200 Fly	2:04.59	2:00.59	1:48.29
2:00.99	2:14.30	2:21.39	200 IM	2:08.19	2:01.39	1:49.29
4:15.59	4:43.69	4:58.09	400 IM	4:32.59	4:19.39	3:53.49

*Qualifying period is November 1, 2015 through the entry deadline.