



# TIME STANDARDS

# 2017

## PHILLIPS 66 NATIONAL CHAMPIONSHIPS

### WOMEN

### MEN

SCY	LCM		LCM	SCY
22.49	26.19	50 Freestyle	23.29	19.89
49.09	56.59	100 Freestyle	50.79	43.39
1:46.49	2:02.39	200 Freestyle	1:51.89	1:36.09
4:44.99	4:17.99	400/500 Freestyle	3:58.69	4:20.29
9:49.99	8:49.99	800/1000 Freestyle	8:15.49	9:07.49
16:21.89	16:52.99	1650/1500 Freestyle	15:49.99	15:15.59
53.69	1:03.39	100 Backstroke	57.19	47.19
1:56.39	2:16.59	200 Backstroke	2:03.99	1:45.49
1:01.29	1:11.59	100 Breaststroke	1:03.89	53.89
2:12.89	2:34.99	200 Breaststroke	2:18.99	1:59.19
53.29	1:01.19	100 Butterfly	54.79	47.59
1:58.49	2:15.29	200 Butterfly	2:02.29	1:45.69
1:58.99	2:18.69	200 Individual Medley	2:05.29	1:45.79
4:13.89	4:54.99	400 Individual Medley	4:27.99	3:47.99
x	3:52.69	4x100 Free Relay	3:29.29	x
x	8:22.19	4x200 Free Relay	7:42.79	x
x	4:18.29	4x100 Medley Relay	3:50.09	x

Qualification Period 6/1/2016 through Entry Deadline