

	BACKSTROKE				BREASTSTROKE				BUTTERFLY				FRONT CRAWL				INDIVIDUAL MEDLEY		
Sprint	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold
110yd	1.56.80	1.42.00	1.32.60	1.26.00	2.12.80	1.56.00	1.45.50	1.37.90	1.54.50	1.40.00	1.31.00	1.24.40	1.45.00	1.31.60	1.23.40	1.17.40			
100m	1.56.00	1.41.40	1.32.00	1.25.50	2.12.00	1.55.40	1.44.80	1.37.30	1.53.80	1.39.40	1.30.40	1.23.90	1.44.30	1.31.00	1.28.80	1.16.90			
100yds	1.44.80	1.31.50	1.23.10	1.17.90	1.59.10	1.44.00	1.34.50	1.28.30	1.42.50	1.29.50	1.21.40	1.16.40	1.34.00	1.22.00	1.14.50	1.09.90			
73 <sup>1</sup> / <sub>3</sub> yds	1.13.50	1.04.30	58.40		1.23.50	1.13.00	1.06.30		1.11.30	1.02.20	56.50		1.05.50	57.20	52.00				
66.6m	1.13.00	1.03.70	58.00		1.23.00	1.12.50	1.05.90		1.10.80	1.01.90	56.20		1.05.10	56.90	51.70				
66 <sup>2</sup> / <sub>3</sub> yds	1.06.00	57.70	52.40		1.14.90	1.05.40	59.50		1.03.70	55.70	50.50		58.70	51.20	46.50				
50m	54.50	47.50	43.00		1.00.40	52.70	48.00		52.40	45.70	41.50		47.00	41.00	37.20				
50yds	49.00	42.90	39.00		54.50	47.70	43.20		47.20	41.20	37.50		42.40	37.00	33.50				
36 <sup>2</sup> / <sub>3</sub> yds	34.50	30.10	27.30		38.20	33.40	30.30		32.70	28.70	26.10		29.50	25.70	23.30				
33.3m	34.20	29.80	27.20		38.00	33.20	30.20		32.50	28.50	25.80		29.50	25.60	23.20				
33 <sup>1</sup> / <sub>3</sub> yds	30.80	27.00	24.50		34.20	30.00	27.20		29.50	25.70	23.20		26.50	23.10	21.00				
27.5yds	24.70	21.70	19.70		27.50	24.00	21.80		23.50	20.50	18.60		21.20	18.50	16.70				
25m	24.70	21.50	19.60		27.20	23.80	21.70		23.20	20.30	18.50		21.00	18.30	16.70				
25yds	22.20	19.50	17.70		24.70	21.50	19.60		21.00	18.20	16.70		18.80	16.50	15.00				
20m	19.10	16.70	15.10		21.20	18.50	16.70		17.80	15.60	14.10		16.20	14.10	12.80				
20yds	17.20	15.10	13.60		19.10	16.70	15.10		16.20	14.10	12.80		14.60	12.80	11.60				
4 x 20yds																	1.23.80	1.13.10	1.06.50
4 x 20m																	1.32.50	1.20.90	1.13.50
4 x 25yds																	1.47.50	1.33.90	1.25.30
4 x 25m																	1.58.60	1.43.60	1.34.10
4 x 27.5yds																	1.59.50	1.33.90	1.25.30
4 x 33 <sup>1</sup> / <sub>3</sub> yds																	2.28.10	2.09.30	1.57.50
4 x 33.3m																	2.43.60	2.22.80	2.09.80
4 x 36 <sup>2</sup> / <sub>3</sub> yds																	2.44.60	2.23.80	2.10.60

		BACKSTROKE				BREASTSTROKE				BUTTERFLY				FRONT CRAWL				INDIVIDUAL MEDLEY			
	Middle Distance	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum
Short Course	200yd	3.48.70	3.20.80	3.02.40	2.49.50	4.14.90	3.44.80	3.23.80	3.09.30	3.36.60	3.19.20	3.01.00	2.48.20	3.29.50	3.02.90	2.47.10	2.35.30	3.53.70	3.23.00	3.04.40	2.51.20
	200m	4.11.10	3.39.40	3.19.30	3.05.00	4.40.40	4.05.00	3.42.60	3.26.60	4.09.20	3.37.70	3.17.80	3.03.70	3.49.90	3.20.80	3.02.40	2.49.40	4.17.20	3.44.60	3.24.10	3.09.50
	220yds	4.13.20	3.41.40	3.21.20	3.07.00	4.43.00	4.07.60	3.45.40	3.29.10	4.11.30	3.39.80	3.19.80	3.05.70	3.52.00	3.22.90	3.04.50	2.51.50	4.18.20	3.46.00	3.25.30	3.10.70
	400yds													8.43.30	6.27.60	5.52.30	5.27.40				
	400m													8.04.70	7.03.50	6.24.70	5.57.20				
	440yds													8.09.00	7.07.70	6.28.80	6.01.30				
	4 x 66 <sup>2</sup> / <sub>3</sub> yds																	5.20.70	4.40.20	4.14.60	
	4 x 66.6m																	5.54.30	5.09.60	4.41.20	
	4 x 73 <sup>1</sup> / <sub>3</sub> yds																	5.56.70	5.11.60	4.43.10	
Long Course	200m													3.51.60	3.22.50	3.04.40	2.51.40	4.19.20	3.46.40	3.26.00	
	400m													8.08.10	7.06.80	6.28.30	6.01.10				
	Distance	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum
Short Course	800yds													16.16.60	13.23.80	12.10.80	11.18.90				
	800m													16.45.30	14.38.20	13.17.90	12.20.70				
	880yds													16.54.10	14.46.90	13.26.30	12.29.10				
	1500m													31.43.40	27.42.80	25.10.70	23.22.40				
	1650yds													31.54.30	27.59.10	25.29.10	23.38.30				
	400yds																	8.17.30	7.12.20	6.32.50	6.04.30
	400m																	9.03.70	7.55.00	7.11.50	6.40.60
	440yds																	9.06.80	7.59.70	7.16.20	6.45.20
Long Course	800m													16.47.70	14.44.80	13.25.10	12.28.50				
	1500m													31.55.00	27.55.20	25.26.70	23.37.10				
	400m																	9.07.10	7.58.70	7.15.60	