

# Northern Divisional Time Standards

## Women

## Men

5	6	7	8	9	Distance	Stroke	9	8	7	6	5
27.95	25.95	23.95	21.95		25	Free		21.55	23.55	25.55	27.55
49.89	47.89	45.89	43.89	41.39	50	Free	40.59	43.09	45.09	47.09	49.09
1:51.59	1:49.59	1:47.59	1:45.59	1:35.59	100	Free	1:33.79	1:42.79	1:44.79	1:46.79	1:48.79
32.00	30.00	28.00	26.00		25	Back		26.35	28.35	30.35	32.35
57.99	55.99	53.99	51.99	49.49	50	Back	50.14	52.69	54.69	56.69	58.69
1:54.99	1:52.99	1:50.99	1:48.99	1:46.99	100	Back	1:41.79	1:43.79	1:45.79	1:47.79	1:49.79
36.64	34.64	32.64	30.64		25	Breast		30.45	32.45	34.45	36.45
1:07.29	1:05.29	1:03.29	1:01.29	57.24	50	Breast	56.49	1:00.90	1:02.90	1:04.90	1:06.90
2:11.09	2:09.09	2:07.09	2:05.09	2:03.09	100	Breast	1:57.19	1:59.59	2:01.59	2:03.59	2:05.59
34.65	32.65	30.65	28.65		25	Fly		27.89	29.89	31.89	33.89
1:03.39	1:01.39	59.39	57.39	52.39	50	Fly	50.69	55.69	57.69	59.69	1:01.69
2:06.99	2:04.99	2:02.99	2:00.99	1:58.99	100	Fly	1:56.39	1:58.39	2:00.39	2:02.39	2:04.39
2:03.59	2:01.59	1:59.59	1:57.59	1:49.69	100	IM	1:46.59	1:54.39	1:56.39	1:58.39	2:00.39

10	11	12	13	14	Distance	Stroke	14	13	12	11	10
38.89	34.89	33.69	33.29	32.59	50	Free	29.99	31.19	32.59	34.79	38.09
1:29.59	1:16.39	1:13.59	1:12.09	1:10.79	100	Free	1:05.59	1:07.99	1:10.99	1:15.99	1:27.79
3:19.19	2:45.79	2:40.39	2:36.19	2:32.49	200	Free	2:22.69	2:27.99	2:34.59	2:44.99	3:06.69
8:24.99	7:28.09	7:07.79	6:55.69	6:49.69	500	Free	6:25.89	6:38.49	6:57.29	7:17.09	8:16.39
	15:30.59	14:48.09	14:21.39	14:08.59	1000	Free	13:20.69	13:47.59	14:32.59	15:23.59	
	26:10.39	24:53.99	24:03.09	23:25.59	1650	Free	22:20.19	23:04.69	24:21.89	25:57.29	
46.99	39.69	38.19			50	Back			37.99	40.89	47.59
1:41.99	1:27.89	1:24.79	1:19.19	1:16.89	100	Back	1:11.89	1:14.99	1:22.19	1:28.09	1:39.79
	3:04.89	2:56.69	2:51.89	2:47.19	200	Back	2:36.49	2:43.19	2:51.99	3:05.09	
53.19	44.89	42.99			50	Breast			42.89	46.19	52.09
1:58.09	1:38.49	1:34.19	1:30.09	1:28.19	100	Breast	1:21.29	1:24.39	1:31.39	1:38.59	1:52.19
	3:31.59	3:21.49	3:14.89	3:11.19	200	Breast	2:56.59	3:02.79	3:14.09	3:29.29	
47.39	38.09	36.49			50	Fly			37.09	39.69	45.69
1:53.99	1:28.79	1:24.39	1:18.49	1:16.39	100	Fly	1:11.29	1:13.89	1:22.89	1:29.29	1:51.39
	3:09.49	2:59.99	2:53.69	2:49.29	200	Fly	2:38.59	2:44.79	2:53.19	3:05.89	
1:41.69	1:27.09	1:24.09			100	IM			1:20.89	1:27.49	1:38.59
3:38.19	3:06.59	3:00.29	2:55.09	2:49.99	200	IM	2:39.99	2:46.19	2:57.29	3:09.39	3:35.49
	6:38.79	6:24.19	6:12.09	6:03.69	400	IM	5:41.69	5:53.69	6:13.09	6:39.19	

15	16	17	18	Distance	Stroke	18	17	16	15
32.19	31.89	31.89	31.59	50	Free	27.99	28.19	28.59	29.19
1:09.79	1:09.29	1:08.99	1:08.29	100	Free	1:01.19	1:01.49	1:02.69	1:03.79
2:30.89	2:29.99	2:29.59	2:29.49	200	Free	2:13.29	2:14.49	2:16.49	2:19.69
6:44.49	6:41.89	6:40.39	6:39.09	500	Free	6:03.09	6:08.29	6:11.79	6:18.09
13:59.69	13:54.39	13:53.19	13:52.39	1000	Free	12:47.69	12:50.89	12:55.79	13:06.69
23:17.59	23:19.99	23:01.89	23:06.19	1650	Free	21:16.09	21:29.69	21:34.59	21:59.29
1:15.99	1:14.99	1:14.89	1:14.79	100	Back	1:06.49	1:07.39	1:08.19	1:09.79
2:45.19	2:43.39	2:43.39	2:42.19	200	Back	2:25.59	2:27.19	2:29.59	2:32.09
1:26.89	1:26.49	1:25.89	1:25.39	100	Breast	1:15.69	1:16.29	1:16.59	1:18.99
3:09.49	3:07.09	3:06.89	3:05.49	200	Breast	2:44.49	2:46.69	2:49.09	2:51.99
1:15.59	1:15.19	1:14.69	1:14.39	100	Fly	1:06.59	1:06.79	1:07.79	1:09.29
2:47.39	2:46.59	2:45.19	2:45.59	200	Fly	2:28.49	2:29.49	2:31.39	2:34.99
2:49.09	2:47.49	2:46.29	2:45.89	200	IM	2:28.99	2:30.19	2:32.09	2:35.49
6:00.29	5:57.59	5:57.59	5:54.69	400	IM	5:21.79	5:24.49	5:27.69	5:32.89