

SES Short Course Time Standards - 2005-06
Approved April 23, 2005 updated April 25, 2005

MEN					WOMEN					
10 & Un	11 & 12	13 & 14	15 & 16	Senior	Event	Senior	15 & 16	13 & 14	11 & 12	10 & Un
32.49*	28.89*	26.09*	23.89*	23.39	50 Free	26.09	26.09	26.89	28.49	32.29
1:12.09*	1:02.89*	56.19*	51.69*	50.69	100 Free	56.09	56.69	58.09*	1:01.99*	1:11.39
2:38.29	2:19.59*	2:02.09*	1:52.49	1:50.19	200 Free	1:59.79	2:01.29	2:06.49*	2:15.49	2:36.89
6:54.69	6:16.49*	5:36.19*	5:08.39*	5:07.29	500 Free	5:25.99	5:25.99*	5:39.79*	5:59.79*	6:49.19
	13:18.19*	11:29.79	10:50.89	10:42.69	1000 Free	11:10.79	11:12.79	11:29.99	12:25.69	
		19:39.49	18:47.99	18:27.19	1650 Free	19:48.19	19:58.89	20:01.49*		
38.39	34.19				50 Back				33.19	38.09
1:23.19*	1:13.49	1:05.79*	59.39	58.09	100 Back	1:04.39	1:04.39	1:06.79	1:11.19	1:22.49*
		2:21.39*	2:08.79	2:06.89	200 Back	2:18.99	2:18.99*	2:23.89*		
44.39	39.19*				50 Breast				37.99	43.29*
1:38.49	1:26.49	1:16.09*	1:08.09*	1:07.09	100 Breast	1:13.99	1:13.99	1:15.89*	1:22.09	1:34.49*
		2:47.29*	2:29.99	2:27.49	200 Breast	2:41.19	2:41.19	2:45.29*		
37.59*	32.59*				50 Fly				31.79	37.19
1:31.09*	1:15.19*	1:04.99*	57.69*	56.69	100 Fly	1:02.39	1:02.39	1:06.49*	1:12.39	1:27.09*
		2:34.59	2:13.99*	2:09.79	200 Fly	2:22.89	2:25.99	2:29.99		
1:22.19*	1:12.99*				100 IM				1:11.79	1:21.79*
3:00.89*	2:37.79*	2:20.89*	2:08.09	2:05.29	200 IM	2:17.89	2:17.89	2:24.09	2:31.89*	2:58.79*
		5:07.39*	4:40.79*	4:37.99	400 IM	4:56.09	4:56.09	5:06.89*		

* time standards that got faster than last year

4/25/05