

2010-2011 CIS TIME STANDARDS

WOMEN			EVENT	MEN		
SCY	LCM	SCM		SCM	LCM	SCY
00:23.95	00:27.87	00:27.06	50 Free	00:23.83	00:24.54	00:21.09
00:51.83	01:00.32	00:58.56	100 Free	00:51.89	00:53.45	00:45.92
01:51.19	02:09.41	02:05.64	200 Free	01:53.31	01:56.71	01:40.28
03:56.42	04:35.15	04:27.14	400 Free	04:02.85	04:10.14	03:34.92
08:08.33	09:28.33	09:11.78	800 Free	-	-	-
-	-	-	1500 Free*	16:23.04	16:52.53	16:28.08
00:27.38	00:31.87	00:30.94	50 Back	00:27.24	00:28.06	00:24.11
00:58.14	01:07.66	01:05.69	100 Back	00:57.96	00:59.70	00:51.29
02:05.14	02:25.64	02:21.40	200 Back	02:06.42	02:10.21	01:51.88
00:30.51	00:35.50	00:34.47	50 Breast	00:30.10	00:31.00	00:26.64
01:05.68	01:16.44	01:14.21	100 Breast	01:05.07	01:07.02	00:57.59
02:22.69	02:46.07	02:41.23	200 Breast	02:23.10	02:27.39	02:06.64
00:25.88	00:30.12	00:29.24	50 Fly	00:25.85	00:26.63	00:22.88
00:57.12	01:06.48	01:04.54	100 Fly	00:57.01	00:58.72	00:50.45
02:06.71	02:27.47	02:23.17	200 Fly	02:06.59	02:10.39	01:52.03
02:07.40	02:28.28	02:23.96	200 IM	02:07.49	02:11.31	01:52.83
04:29.60	05:13.77	05:04.63	400 IM	04:33.09	04:41.28	04:01.68
03:28.49	04:02.65	03:55.58	400 Free Relay	03:29.67	03:35.96	03:05.56
07:33.77	08:48.12	08:32.74	800 Free Relay	07:41.00	07:54.83	06:47.99
03:51.06	04:28.92	04:21.09	400 Medley Relay	03:50.42	03:57.33	03:23.92

SCM=short course metres

LCM=long course metres

SCY=short course yards

* 1500 Free SCY standard is for 1650 SCY