
GROUPS08 STANDARDS Group Break Down Long Course Meters**Women**

	EltA	EltB	SNA	SNB	GldA	GldB	SlvA	SlvB
50 Free	29.59	30.89	31.39	32.79	33.69	36.39	40.89	45.29
100 Free	1:03.79	1:06.69	1:08.09	1:11.09	1:14.09	1:20.19	1:32.99	1:43.99
200 Free	2:16.99	2:23.19	2:26.19	2:32.59	2:39.19	2:52.39	3:23.79	3:48.89
400 Free	4:46.19	4:59.19	5:03.49	5:16.59	5:32.39	6:00.09	6:55.79	7:42.09
100 Back	1:11.79	1:14.99	1:16.79	1:20.09	1:26.29	1:34.39	1:48.89	2:02.49
200 Back	2:33.39	2:40.29	2:44.29	2:51.39	3:00.69	3:15.79		
100 Breast	1:20.39	1:24.09	1:25.39	1:29.09	1:33.79	1:41.89	2:02.39	2:17.69
200 Breast	2:52.79	3:00.59	3:03.99	3:11.99	3:23.69	3:40.59		
100 Fly	1:09.49	1:12.69	1:14.09	1:17.29	1:22.89	1:30.79	1:56.19	2:13.69
200 Fly	2:30.99	2:37.79	2:42.39	2:49.49	3:02.59	3:17.79		
200 IM	2:34.09	2:41.09	2:45.19	2:52.39	3:00.19	3:15.19	3:47.29	4:13.89
400 IM	5:26.79	5:41.69	5:47.19	6:02.29	6:27.59	6:59.79		

GROUPS08 STANDARDS Group Break Down Long Course Meters

Men								
	EltA	EltB	SNA	SNB	GldA	GldB	SlvA	SlvB
50 Free	29.59	30.89	31.39	32.79	33.69	36.39	40.89	45.29
100 Free	1:03.79	1:06.69	1:08.09	1:11.09	1:14.09	1:20.19	1:32.99	1:43.99
200 Free	2:16.99	2:23.19	2:26.19	2:32.59	2:39.19	2:52.39	3:23.79	3:48.89
400 Free	4:46.19	4:59.19	5:03.49	5:16.59	5:32.39	6:00.09	6:55.79	7:42.09
100 Back	1:11.79	1:14.99	1:16.79	1:20.09	1:26.29	1:34.39	1:48.89	2:02.49
200 Back	2:33.39	2:40.29	2:44.29	2:51.39	3:00.69	3:15.79		
100 Breast	1:20.39	1:24.09	1:25.39	1:29.09	1:33.79	1:41.89	2:02.39	2:17.69
200 Breast	2:52.79	3:00.59	3:03.99	3:11.99	3:23.69	3:40.59		
100 Fly	1:09.49	1:12.69	1:14.09	1:17.29	1:22.89	1:30.79	1:56.19	2:13.69
200 Fly	2:30.99	2:37.79	2:42.39	2:49.49	3:02.59	3:17.79		
200 IM	2:34.09	2:41.09	2:45.19	2:52.39	3:00.19	3:15.19	3:47.29	4:13.89
400 IM	5:26.79	5:41.69	5:47.19	6:02.29	6:27.59	6:59.79		
