

GROUPS08 STANDARDS Group Break Down Yards

Women

	EltA	EltB	SNA	SNB	GldA	GldB	SlvA	SlvB
50 Free	25.89	26.99	27.49	28.69	29.79	32.19	36.19	40.09
100 Free	55.99	58.59	59.59	1:02.19	1:03.09	1:08.29	1:22.09	1:31.89
200 Free	2:00.49	2:05.99	2:08.59	2:14.19	2:20.19	2:31.79	2:58.29	3:20.19
500 Free	5:19.29	5:33.79	5:38.29	5:52.99	6:09.29	6:40.09	7:39.49	8:30.49
100 Back	1:02.09	1:04.89	1:05.89	1:08.69	1:14.89	1:21.89	1:33.99	1:45.69
200 Back	2:13.69	2:19.79	2:21.19	2:27.29	2:37.09	2:50.19		
100 Breast	1:09.99	1:13.19	1:14.79	1:17.99	1:22.19	1:29.29	1:46.69	1:59.99
200 Breast	2:30.89	2:37.79	2:40.99	2:47.99	2:57.69	3:12.49		
100 Fly	1:01.29	1:04.09	1:05.29	1:08.09	1:13.59	1:20.59	1:42.09	1:57.49
200 Fly	2:14.39	2:20.49	2:22.39	2:28.59	2:39.69	2:52.99		
200 IM	2:15.99	2:22.19	2:24.99	2:31.29	2:38.59	2:51.79	3:19.39	3:42.69
400 IM	4:47.89	5:00.99	5:06.29	5:19.59	5:38.09	6:06.19		

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Men								
	EltA	EltB	SNA	SNB	GldA	GldB	SlvA	SlvB
50 Free	25.89	26.99	27.49	28.69	29.79	32.19	36.19	40.09
100 Free	55.99	58.59	59.59	1:02.19	1:03.09	1:08.29	1:22.09	1:31.89
200 Free	2:00.49	2:05.99	2:08.59	2:14.19	2:20.19	2:31.79	2:58.29	3:20.19
500 Free	5:19.29	5:33.79	5:38.29	5:52.99	6:09.29	6:40.09	7:39.49	8:30.49
100 Back	1:02.09	1:04.89	1:05.89	1:08.69	1:14.89	1:21.89	1:33.99	1:45.69
200 Back	2:13.69	2:19.79	2:21.19	2:27.29	2:37.09	2:50.19		
100 Breast	1:09.99	1:13.19	1:14.79	1:17.99	1:22.19	1:29.29	1:46.69	1:59.99
200 Breast	2:30.89	2:37.79	2:40.99	2:47.99	2:57.69	3:12.49		
100 Fly	1:01.29	1:04.09	1:05.29	1:08.09	1:13.59	1:20.59	1:42.09	1:57.49
200 Fly	2:14.39	2:20.49	2:22.39	2:28.59	2:39.69	2:52.99		
200 IM	2:15.99	2:22.19	2:24.99	2:31.29	2:38.59	2:51.79	3:19.39	3:42.69
400 IM	4:47.89	5:00.99	5:06.29	5:19.59	5:38.09	6:06.19		
