



14.0 MINIMUM AND MAXIMUM TIME STANDARDS

	MALE											
	GROUP 5		GROUP 4		GROUP 3		GROUP 2		GROUP 1		OPEN	
	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN
50m FREE	37.39	1:09.99	32.64	59.99	28.34	49.99	26.44	39.99	25.50	35.99	25.03	31.99
100m FREE	1:21.19	2:59.99	1:11.64	2:19.99	1:01.62	1:59.99	57.59	1:39.99	55.81	1:29.99	54.19	1:19.99
200m FREE			2:37.44	3:49.99	2:16.95	3:39.99	2:08.14	3:29.99	2:03.93	3:19.99	2:01.14	3:09.99
400m FREE					5:00.63	6:09.99 or 200 FR <=2:59.99	4:35.54	5:49.99 or 200 FR <=2:49.99	4:25.63	5:29.99 or 200 FR <=2:39.99	4:39.40	5:09.99 or 200 FR <=2:29.99
800m FREE							10:04.00	11:49.99 or 200 FR <=2:49.99	9:51.77	11:09.99 or 200 FR <=2:39.99	10:08.54	10:49.99 or 200 FR <=2:29.99
1500m FREE												
50m BACK	43.39	1:29.99	39.58	1:19.99	33.54	1:09.99	30.74	59.99	29.88	49.99	28.92	39.99
100m BACK			1:26.63	2:09.99	1:13.49	1:59.99	1:07.13	1:59.99	1:05.29	1:49.99	1:03.40	1:39.99
200m BACK					2:37.75	3:29.99 or 100 BK <=1:39.99	2:29.35	3:09.99 or 100 BK <=1:29.99	2:24.17	3:09.99 or 100 BK <=1:29.99	2:25.78	2:49.99 or 100 BK <=1:19.99
50m BREAST	47.99	1:29.99	43.51	1:19.99	36.70	1:09.99	33.02	59.99	31.76	49.99	30.69	45.99
100m BREAST			1:33.48	2:19.99	1:20.21	2:09.99	1:13.55	2:09.99	1:10.28	1:59.99	1:07.12	1:49.99
200m BREAST					2:57.55	3:49.99 or 100 BR <=1:49.99	2:45.66	3:29.99 or 100 BR <=1:39.99	2:36.22	3:29.99 or 100 BR <=1:39.99	2:36.03	3:09.99 or 100 BR <=1:29.99
50m FLY	39.69	1:29.99	36.44	1:19.99	30.84	1:09.99	28.63	59.99	27.20	49.99	26.90	39.99
100m FLY			1:23.57	2:09.99	1:09.91	1:59.99	1:02.06	1:39.99	1:00.48	1:29.99	59.56	1:19.99
200m FLY					2:46.27	3:49.99 or 100 FL <=1:49.99	2:25.12	3:29.99 or 100 FL <=1:39.99	2:17.75	3:09.99 or 100 FL <=1:29.99	2:22.99	2:49.99 or 100 FL <=1:19.99
200m IM			3:01.21	3:59.99	2:55.39	3:49.99	2:22.13	3:39.99	2:20.45	3:29.99	2:19.12	3:19.99
400m IM							5:15.94	6:49.99 or 200 IM <=3:19.99	5:02.38	6:29.99 or 200 IM <=3:09.99	5:09.43	6:09.99 or 200 IM <=2:59.99

	FEMALE											
	GROUP 5		GROUP 4		GROUP 3		GROUP 2		GROUP 1		OPEN	
	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN	MAX	MIN
50m FREE	38.49	1:09.99	33.31	59.99	30.67	59.99	29.54	49.99	29.22	39.99	29.40	35.99
100m FREE	1:20.59	2:59.99	1:13.41	2:19.99	1:06.23	1:59.99	1:03.90	1:59.99	1:03.01	1:49.99	1:04.29	1:39.99
200m FREE			2:43.25	3:49.99	2:26.96	3:39.99	2:21.93	3:39.99	2:17.63	3:29.99	2:22.17	3:19.99
400m FREE					5:12.77	6:09.99 or 200 FR <=2:59.99	5:09.71	6:09.99 or 200 FR <=2:59.99	4:55.34	5:49.99 or 200 FR <=2:49.99	5:07.12	5:49.99 or 200 FR <=2:49.99
800m FREE							10:34.95	12:39.99 or 200 FR <=2:59.99	10:39.43	11:49.99 or 200 FR <=2:49.99	10:37.99	11:49.99 or 200 FR <=2:49.99
1500m FREE												
50m BACK	44.09	1:29.99	38.28	1:19.99	35.49	1:09.99	34.66	59.99	33.48	49.99	34.79	45.99
100m BACK			1:26.29	2:09.99	1:16.63	1:59.99	1:15.08	1:59.99	1:13.07	1:49.99	1:16.38	1:39.99
200m BACK					2:47.62	3:49.99 or 100 BK <=1:49.99	2:44.20	3:29.99 or 100 BK <=1:39.99	2:45.40	3:29.99 or 100 BK <=1:39.99	2:47.99	3:29.99 or 100 BK <=1:39.99
50m BREAST	48.69	1:29.99	44.2	1:19.99	38.97	1:09.99	38.20	59.99	37.16	49.99	38.47	45.99
100m BREAST			1:36.79	2:19.99	1:26.11	2:09.99	1:23.93	2:09.99	1:21.93	1:59.99	1:22.43	1:49.99
200m BREAST					3:09.57	4:09.99 or 100 BR <=1:59.99	3:02.66	3:49.99 or 100 BR <=1:49.99	3:04.39	3:49.99 or 100 BR <=1:49.99	3:01.88	3:49.99 or 100 BR <=1:49.99
50m FLY	41.69	1:29.99	36.73	1:19.99	32.43	1:09.99	32.11	59.99	31.32	49.99	31.58	45.99
100m FLY			1:24.94	2:09.99	1:13.06	1:59.99	1:13.34	1:49.99	1:08.70	1:39.99	1:10.20	1:29.99
200m FLY					2:57.76	3:49.99 or 100 FL <=1:49.99	2:45.84	3:29.99 or 100 FL <=1:39.99	2:42.04	3:29.99 or 100 FL <=1:39.99	2:33.95	3:09.99 or 100 FL <=1:29.99
200m IM			2:58.85	3:59.99	2:43.72	3:49.99	2:36.58	3:49.99	2:35.36	3:39.99	2:38.44	3:29.99
400m IM							5:50.87	6:49.99 or 200 IM <=3:19.99	5:48.19	6:49.99 or 200 IM <=3:19.99	5:57.41	6:29.99 or 200 IM <=3:09.99