

## 2013 WINTER NATIONAL TIME STANDARDS

Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
26.69	26.19	23.29	50 Fr	20.59	22.89	23.59
57.69	56.29	50.89	100 Fr	45.19	49.99	51.79
2:04.59	2:01.49	1:49.69	200 Fr	1:39.09	1:49.89	1:53.29
4:20.79	4:12.29	4:51.99	400/500 Fr	4:28.89	3:52.49	4:01.09
8:54.49	8:42.99	10:01.19	800/1000 Fr	9:20.59	8:10.09	8:21.49
17:06.69	16:34.79	16:45.19	1500/1650 Fr	15:34.89	15:17.79	15:59.99
1:05.49	1:02.59	56.49	100 Bk	50.49	55.89	58.59
2:19.89	2:15.39	2:01.19	200 Bk	1:49.39	2:01.59	2:06.69
1:13.79	1:11.99	1:04.09	100 Br	56.79	1:03.19	1:05.59
2:39.19	2:34.89	2:18.29	200 Br	2:03.39	2:17.79	2:22.89
1:03.19	1:01.99	55.89	100 Fl	49.79	54.49	55.99
2:17.89	2:15.89	2:02.69	200 Fl	1:50.19	2:00.69	2:04.59
2:21.89	2:17.59	2:03.69	200 IM	1:51.39	2:03.19	2:08.19
4:58.59	4:52.09	4:22.99	400 IM	3:57.79	4:23.59	4:32.59
3:52.69		3:23.39	4X100 Fr-R	3:00.69		3:29.29
8:22.19		7:18.99	4x200 Fr-R	6:41.29		7:42.79
4:18.29		3:44.19	4x100 Med-R	3:16.99		3:50.09

\* Qualifying period is November 1, 2012 through the entry deadline

\* **No Bonus Standards**