

## MEN

		2009 National Standard	2009 Emerging Standard	2009 Military Standard
50 Free	S1	1:40.80	1:50.40	1:50.40
50 Free	S2	1:09.40	1:16.00	1:16.00
50 Free	S3	0:48.05	0:52.65	0:52.65
50 Free	S4	0:41.35	0:45.25	0:45.25
50 Free	S5	0:35.50	0:38.85	0:38.85
50 Free	S6	0:32.65	0:35.75	0:35.75
50 Free	S7	0:30.25	0:30.25	0:30.25
50 Free	S8	0:28.54	0:31.30	0:31.30
50 Free	S9	0:26.90	0:29.45	0:29.45
50 Free	S10	0:25.05	0:28.00	0:28.00
50 Free	S11	0:28.40	0:31.00	0:31.00
50 Free	S12	0:25.95	0:28.00	0:28.00
50 Free	S13	0:25.50	0:28.00	0:28.00
100 Free	S1	3:36.35	3:57.00	3:57.00
100 Free	S2	2:31.55	2:46.00	2:46.00
100 Free	S3	1:49.45	1:59.85	1:59.85
100 Free	S4	1:31.10	1:39.80	1:39.80
100 Free	S5	1:19.10	1:26.65	1:26.65
100 Free	S6	1:12.10	1:18.95	1:18.95
100 Free	S7	1:07.40	1:13.80	1:13.80
100 Free	S8	1:01.75	1:07.75	1:07.75
100 Free	S9	0:58.65	1:03.00	1:03.00
100 Free	S10	0:55.65	1:00.00	1:00.00
100 Free	S11	1:03.40	1:08.00	1:08.00
100 Free	S12	0:57.35	1:02.75	1:02.75
100 Free	S13	0:55.50	1:00.00	1:00.00
200 Free	S1	7:43.85	8:52.45	8:52.45
200 Free	S2	5:21.25	5:51.80	5:51.80
200 Free	S3	3:38.25	3:59.00	3:59.00
200 Free	S4	3:16.10	3:34.75	3:34.75
200 Free	S5	2:52.90	3:09.40	3:09.40
400 Free	S6	5:36.50	6:08.55	6:08.55
400 Free	S7	5:14.45	5:44.40	5:44.40
400 Free	S8	4:53.45	5:21.40	5:21.40
400 Free	S9	4:33.30	4:59.30	4:59.30
400 Free	S10	4:24.75	4:50.00	4:50.00
400 Free	S11	5:03.95	5:32.90	5:32.90
400 Free	S12	4:32.45	4:58.40	4:58.40
400 Free	S13	4:36.80	5:03.15	5:03.15
50 Back	S1	1:53.15	2:03.95	2:03.95
50 Back	S2	1:10.70	1:17.45	1:17.45
50 Back	S3	0:56.05	1:01.40	1:01.40
50 Back	S4	0:51.50	0:56.40	0:56.40
50 Back	S5	0:40.75	0:40.75	0:40.75
100 Back	S6	1:20.90	1:28.65	1:28.65
100 Back	S7	1:18.95	1:26.45	1:26.45
100 Back	S8	1:14.85	1:22.00	1:22.00

## WOMEN

		2009 National Standard	2009 Emerging Standard	2009 Military Standard
50 Free	S1	1:27.00	2:39.19	2:39.19
50 Free	S2	1:27.95	1:39.39	1:39.39
50 Free	S3	1:07.45	1:13.85	1:13.85
50 Free	S4	0:55.95	1:01.30	1:01.30
50 Free	S5	0:39.45	0:43.20	0:43.20
50 Free	S6	0:39.10	0:42.80	0:42.80
50 Free	S7	0:36.25	0:38.75	0:38.75
50 Free	S8	0:32.60	0:34.50	0:34.50
50 Free	S9	0:31.15	0:33.00	0:33.00
50 Free	S10	0:29.95	0:31.00	0:31.00
50 Free	S11	0:33.85	0:37.35	0:37.35
50 Free	S12	0:29.65	0:31.00	0:31.00
50 Free	S13	0:29.45	0:31.00	0:31.00
100 Free	S1	4:58.10	5:40.65	5:40.65
100 Free	S2	3:04.60	3:33.60	3:33.60
100 Free	S3	2:30.30	2:33.65	2:33.65
100 Free	S4	2:01.10	2:12.65	2:12.65
100 Free	S5	1:26.35	1:34.55	1:34.55
100 Free	S6	1:23.35	1:31.30	1:31.30
100 Free	S7	1:16.60	1:23.90	1:23.90
100 Free	S8	1:12.00	1:18.85	1:18.85
100 Free	S9	1:05.85	1:11.50	1:11.50
100 Free	S10	1:04.65	1:10.00	1:10.00
100 Free	S11	1:14.65	1:21.75	1:21.75
100 Free	S12	1:04.65	1:10.85	1:10.85
100 Free	S13	1:03.50	1:09.55	1:09.55
200 Free	S1	8:34.51	9:51.70	9:51.70
200 Free	S2	6:50.00	7:54.15	7:54.15
200 Free	S3	5:02.80	5:17.20	5:17.20
200 Free	S4	4:05.00	4:20.00	4:20.00
200 Free	S5	3:01.15	3:18.40	3:18.40
400 Free	S6	6:07.20	6:40.00	6:40.00
400 Free	S7	5:44.65	6:15.00	6:15.00
400 Free	S8	5:12.10	5:40.00	5:40.00
400 Free	S9	4:58.85	5:15.00	5:15.00
400 Free	S10	4:50.00	5:10.00	5:10.00
400 Free	S11	6:06.90	6:41.85	6:41.85
400 Free	S12	5:14.15	5:44.10	5:44.10
400 Free	S13	4:51.00	5:19.15	5:19.15
50 Back	S1	1:26.40	1:34.60	1:34.60
50 Back	S2	1:20.15	1:27.80	1:27.80
50 Back	S3	1:11.40	1:18.20	1:18.20
50 Back	S4	1:04.45	1:10.55	1:10.55
50 Back	S5	0:48.05	0:52.60	0:52.60
100 Back	S6	1:35.10	1:44.15	1:44.15
100 Back	S7	1:30.65	1:39.25	1:39.25
100 Back	S8	1:24.00	1:33.00	1:33.00

100 Back	S9	1:06.85	1:13.25	1:13.25
100 Back	S10	1:06.55	1:12.90	1:12.90
100 Back	S11	1:12.90	1:19.85	1:19.85
100 Back	S12	1:05.20	1:11.40	1:11.40
100 Back	S13	1:06.60	1:12.95	1:12.95
50 Breast	SB1	1:45.00	2:00.75	2:00.75
50 Breast	SB2	1:03.00	1:10.00	1:10.00
50 Breast	SB3	0:55.50	1:00.75	1:00.75
100 Breast	SB4	1:47.15	1:57.35	1:57.35
100 Breast	SB5	1:40.95	1:50.55	1:50.55
100 Breast	SB6	1:34.50	1:43.45	1:43.45
100 Breast	SB7	1:28.25	1:36.65	1:36.65
100 Breast	SB8	1:17.15	1:24.50	1:24.50
100 Breast	SB9	1:13.70	1:20.70	1:20.70
100 Breast	SB11	1:18.45	1:25.90	1:25.90
100 Breast	SB12	1:13.35	1:20.30	1:20.30
100 Breast	SB13	1:12.35	1:19.25	1:19.25
50 Fly	S1	n/a	n/a	n/a
50 Fly	S2	n/a	n/a	n/a
50 Fly	S3	1:13.70	1:24.75	1:24.75
50 Fly	S4	0:50.35	0:55.15	0:55.15
50 Fly	S5	0:38.95	0:42.65	0:42.65
50 Fly	S6	0:34.15	0:37.40	0:37.40
50 Fly	S7	0:34.10	0:37.35	0:37.35
100 Fly	S8	1:04.80	1:10.95	1:10.95
100 Fly	S9	1:03.15	1:09.15	1:09.15
100 Fly	S10	1:02.40	1:08.30	1:08.30
100 Fly	S11	1:09.10	1:15.70	1:15.70
100 Fly	S12	1:03.55	1:09.60	1:09.60
100 Fly	S13	1:03.90	1:09.95	1:09.95
150 IM	SM1	n/a	n/a	n/a
150 IM	SM2	6:00.00	6:54.00	6:54.00
150 IM	SM3	3:21.65	3:40.85	3:40.85
150 IM	SM4	2:49.20	3:05.30	3:05.30
200 IM	SM5	3:10.70	3:28.85	3:28.85
200 IM	SM6	2:56.90	3:13.75	3:13.75
200 IM	SM7	2:58.65	3:15.65	3:15.65
200 IM	SM8	2:37.45	2:52.45	2:52.45
200 IM	SM9	2:27.25	2:41.25	2:41.25
200 IM	SM10	2:22.00	2:35.50	2:35.50
200 IM	SM11	2:39.35	2:54.55	2:54.55
200 IM	SM12	2:20.75	2:34.20	2:34.20
200 IM	SM13	2:24.00	2:37.70	2:37.70

100 Back	S9	1:15.00	1:20.00	1:20.00
100 Back	S10	1:15.00	1:20.00	1:20.00
100 Back	S11	1:32.00	1:40.75	1:40.75
100 Back	S12	1:17.50	1:24.90	1:24.90
100 Back	S13	1:14.55	1:21.65	1:21.65
50 Breast	SB1	n/a	n/a	n/a
50 Breast	SB2	1:34.00	1:42.95	1:42.95
50 Breast	SB3	1:09.75	1:16.40	1:16.40
100 Breast	SB4	2:07.35	2:19.45	2:19.45
100 Breast	SB5	2:00.25	2:11.70	2:11.70
100 Breast	SB6	1:49.20	1:59.60	1:59.60
100 Breast	SB7	1:43.55	1:53.40	1:53.40
100 Breast	SB8	1:29.90	1:38.45	1:38.45
100 Breast	SB9	1:27.25	1:37.50	1:37.50
100 Breast	SB11	1:43.00	1:50.00	1:50.00
100 Breast	SB12	1:23.55	1:31.50	1:31.50
100 Breast	SB13	1:24.60	1:32.65	1:32.65
50 Fly	S1	n/a	n/a	n/a
50 Fly	S2	n/a	n/a	n/a
50 Fly	S3	1:29.65	1:38.20	1:38.20
50 Fly	S4	1:12.50	1:22.50	1:22.50
50 Fly	S5	0:52.10	0:57.05	0:57.05
50 Fly	S6	0:42.75	0:46.85	0:46.85
50 Fly	S7	0:40.45	0:44.30	0:44.30
100 Fly	S8	1:19.10	1:26.65	1:26.65
100 Fly	S9	1:13.00	1:20.00	1:20.00
100 Fly	S10	1:12.50	1:19.50	1:19.50
100 Fly	S11	1:40.00	1:52.00	1:52.00
100 Fly	S12	1:14.45	1:21.55	1:21.55
100 Fly	S13	1:10.30	1:17.00	1:17.00
150 IM	SM1	n/a	n/a	n/a
150 IM	SM2	n/a	n/a	n/a
150 IM	SM3	4:20.85	4:45.65	4:45.65
150 IM	SM4	3:32.50	3:55.00	3:55.00
200 IM	SM5	4:05.00	4:30.00	4:30.00
200 IM	SM6	3:25.00	3:44.50	3:44.50
200 IM	SM7	3:17.40	3:36.15	3:36.15
200 IM	SM8	2:59.50	3:15.00	3:15.00
200 IM	SM9	2:46.00	3:00.00	3:00.00
200 IM	SM10	2:46.00	3:00.00	3:00.00
200 IM	SM11	3:22.20	3:41.45	3:41.45
200 IM	SM12	2:43.10	2:58.60	2:58.60
200 IM	SM13	2:36.75	2:51.70	2:51.70