

2007-2008 CIS TIME STANDARDS

WOMEN			EVENT	MEN		
SCY	LCM	SCM		SCM	LCM	SCY
00:24.41	00:28.04	00:27.22	50 Free	00:23.97	00:24.69	00:21.50
00:52.73	01:00.55	00:58.79	100 Free	00:52.12	00:53.68	00:46.74
01:53.45	02:10.30	02:06.50	200 Free	01:54.08	01:57.50	01:42.31
04:02.32	04:38.30	04:30.19	400 Free	04:05.80	04:13.17	03:40.45
08:21.01	09:35.39	09:18.63	800 Free	-	-	-
-	-	-	1500 Free	16:34.74	17:04.58	-
-	-	-	1650 Free	-	-	16:40.55
00:27.96	00:32.11	00:31.17	50 Back	00:27.33	00:28.15	00:24.51
00:59.57	01:08.41	01:06.42	100 Back	00:58.71	01:00.47	00:52.65
02:08.18	02:27.21	02:22.92	200 Back	02:08.47	02:12.32	01:55.22
00:31.25	00:35.89	00:34.84	50 Breast	00:30.39	00:31.30	00:27.26
01:07.21	01:17.19	01:14.94	100 Breast	01:05.74	01:07.71	00:58.96
02:25.58	02:47.19	02:42.32	200 Breast	02:24.76	02:29.10	02:09.83
00:26.29	00:30.19	00:29.31	50 Fly	00:26.09	00:26.87	00:23.40
00:58.12	01:06.74	01:04.80	100 Fly	00:57.31	00:59.03	00:51.40
02:09.45	02:28.67	02:24.34	200 Fly	02:08.16	02:12.00	01:54.94
02:10.99	02:30.43	02:26.05	200 IM	02:10.42	02:14.33	01:56.97
04:36.54	05:17.59	05:08.34	400 IM	04:36.37	04:44.66	04:07.87
03:31.80	04:03.24	03:56.16	400 Free Relay	03:30.55	03:36.87	03:08.83
07:42.07	08:50.67	08:35.21	800 Free Relay	07:46.17	08:00.16	06:58.09
03:55.86	04:30.87	04:22.98	400 Medley Relay	03:51.96	03:58.92	03:28.04

SCM= short course metres
 LCM= long course metres
 SCY= short course yards