

**2009-2010 CIS TIME STANDARDS**

WOMEN		EVENT		MEN		
SCY	LCM	SCM		SCM	LCM	SCY
00:24.04	00:27.97	<b>00:27.16</b>	<b>50 Free</b>	<b>00:23.89</b>	00:24.61	00:21.14
00:51.96	01:00.47	<b>00:58.71</b>	<b>100 Free</b>	<b>00:52.07</b>	00:53.63	00:46.08
01:51.85	02:10.17	<b>02:06.38</b>	<b>200 Free</b>	<b>01:53.66</b>	01:57.07	01:40.59
03:57.58	04:36.50	<b>04:28.45</b>	<b>400 Free</b>	<b>04:03.86</b>	04:11.18	03:35.82
08:11.41	09:31.92	<b>09:15.26</b>	<b>800 Free</b>	-	-	-
-	-	-	<b>1500 Free</b>	<b>16:30.08</b>	16:59.78	16:48.59
00:27.51	00:32.01	<b>00:31.08</b>	<b>50 Back</b>	<b>00:27.37</b>	00:28.19	00:24.22
00:58.42	01:07.99	<b>01:06.01</b>	<b>100 Back</b>	<b>00:58.34</b>	01:00.09	00:51.63
02:05.75	02:26.35	<b>02:22.09</b>	<b>200 Back</b>	<b>02:07.69</b>	02:11.52	01:53.01
00:30.65	00:35.67	<b>00:34.63</b>	<b>50 Breast</b>	<b>00:30.21</b>	00:31.12	00:26.74
01:06.03	01:16.85	<b>01:14.61</b>	<b>100 Breast</b>	<b>01:05.43</b>	01:07.39	00:57.91
02:23.02	02:46.46	<b>02:41.61</b>	<b>200 Breast</b>	<b>02:23.81</b>	02:28.12	02:07.27
00:25.94	00:30.19	<b>00:29.31</b>	<b>50 Fly</b>	<b>00:25.94</b>	00:26.72	00:22.96
00:57.31	01:06.70	<b>01:04.76</b>	<b>100 Fly</b>	<b>00:57.25</b>	00:58.97	00:50.67
02:07.20	02:28.04	<b>02:23.73</b>	<b>200 Fly</b>	<b>02:07.41</b>	02:11.23	01:52.76
02:08.09	02:29.08	<b>02:24.74</b>	<b>200 IM</b>	<b>02:08.87</b>	02:12.74	01:54.05
04:31.30	05:15.75	<b>05:06.55</b>	<b>400 IM</b>	<b>04:35.08</b>	04:43.33	04:03.45
03:28.70	04:02.89	03:55.82	400 Free Relay	03:30.29	03:36.60	03:06.11
07:32.57	08:46.72	08:31.38	800 Free Relay	07:44.93	07:58.88	06:51.46
03:51.46	04:29.39	04:21.54	400 Medley Relay	03:51.91	03:58.87	03:25.24

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