



SEPTEMBER 2022

PLAYING REGULATIONS – SWIMMING (M/F)

PR/11-16

11. APPENDICES

11.1. TIME STANDARDS 2022-2023

2022-23 U SPORTS STANDARDS						
SCY	LCM	SCM		SCM	LCM	SCY
<i>WOMEN</i>			EVENT	<i>MEN</i>		
0:23.83	0:27.24	0:26.45	50 FREE	0:23.12	0:23.81	0:20.83
0:51.44	0:58.81	0:57.10	100 FREE	0:50.48	0:51.99	0:45.48
1:50.85	2:06.73	2:03.04	200 FREE	1:50.39	1:53.70	1:39.45
5:00.26	4:30.61	4:22.73	400 FREE	3:55.80	4:02.87	4:29.49
10:20.27	9:19.02	9:02.74	800 FREE			
			1500 FREE	15:55.63	16:24.30	15:49.93
0:26.47	0:30.26	0:29.38	50 BACK	0:25.87	0:26.65	0:23.31
0:57.13	1:05.31	1:03.41	100 BACK	0:55.66	0:57.33	0:50.14
2:04.20	2:22.00	2:17.86	200 BACK	2:02.29	2:05.96	1:50.17
0:29.88	0:34.17	0:33.17	50 BREAST	0:28.89	0:29.76	0:26.03
1:04.83	1:14.12	1:11.96	100 BREAST	1:02.83	1:04.71	0:56.60
2:20.94	2:41.13	2:36.44	200 BREAST	2:17.52	2:21.65	2:03.89
0:25.28	0:28.90	0:28.06	50 FLY	0:24.93	0:25.68	0:22.46
0:56.50	1:04.59	1:02.71	100 FLY	0:55.24	0:56.90	0:49.77
2:07.09	2:25.30	2:21.07	200 FLY	2:03.02	2:06.71	1:50.83
2:06.98	2:25.18	2:20.95	200 LM.	2:04.06	2:07.78	1:51.77
4:30.68	5:09.47	5:00.46	400 LM.	4:25.55	4:33.52	3:59.23
3:28.39	3:58.25	3:51.31	400 Fr. Rly	3:22.90	3:28.99	3:02.79
7:33.28	8:38.23	8:23.14	800 Fr. Rly	7:28.63	7:42.09	6:44.17
3:49.15	4:21.99	4:14.36	400 Med. Rly	3:44.42	3:51.15	3:22.18

SCM = short course metres

LCM = long course metres

SCY= short course yards