

**USA SWIMMING "GO FOR THE GOLD" PROGRAM
SWIMTULSA EDITION**

SHORT COURSE METER TIMES - WOMEN

	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	1500 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	100 I.M.	200 I.M.	400 I.M.
GOLD	27.29	59.04	2:07.08	4:29.02	9:09.07	17:32.74	30.74	1:06.48	2:22.96	34.51	1:14.47	2:41.27	30.07	1:05.03	2:22.62	1:07.03	2:24.29	5:05.35
GOLD	27.83	1:00.24	2:09.66	4:34.42	9:20.08	17:54.02	31.36	1:07.83	2:25.87	35.21	1:15.98	2:44.55	30.68	1:06.36	2:25.52	1:08.40	2:27.22	5:11.55
GOLD	28.40	1:01.44	2:12.25	4:39.81	9:31.11	18:15.29	31.98	1:09.18	2:28.76	35.91	1:17.49	2:47.82	31.29	1:07.68	2:28.42	1:09.75	2:30.15	5:17.75
SILVER	29.20	1:03.18	2:16.00	4:47.65	9:47.12	18:46.23	32.89	1:11.14	2:32.98	36.93	1:19.69	2:52.58	32.18	1:09.60	2:32.63	1:11.73	2:34.41	5:26.76
SILVER	29.73	1:04.29	2:18.38	4:52.65	9:57.32	19:05.93	33.47	1:12.39	2:35.67	37.57	1:21.34	2:56.16	32.75	1:10.82	2:35.31	1:12.99	2:37.12	5:32.50
SILVER	30.23	1:05.39	2:20.75	4:57.60	10:07.42	19:25.43	34.04	1:13.63	2:38.33	38.22	1:22.47	2:58.61	33.30	1:12.03	2:37.96	1:14.24	2:39.81	5:38.18
BRONZE	30.90	1:06.84	2:23.88	5:04.15	10:20.79	19:51.25	34.80	1:15.27	2:41.85	39.07	1:24.32	3:02.58	34.04	1:13.63	2:41.47	1:15.89	2:43.36	5:45.71
BRONZE	31.46	1:08.04	2:26.46	5:09.55	10:31.81	20:12.52	35.42	1:16.61	2:44.76	39.77	1:25.83	3:05.86	34.65	1:14.95	2:44.37	1:17.26	2:46.29	5:51.90
BRONZE	32.03	1:09.29	2:29.14	5:15.15	10:43.23	20:34.58	36.08	1:18.01	2:47.77	40.50	1:27.39	3:09.26	36.29	1:16.32	2:47.38	1:18.67	2:49.33	5:58.34
BLUE	32.88	1:11.13	2:33.10	5:23.44	11:00.17	21:07.29	37.03	1:20.09	2:52.23	41.58	1:29.72	3:14.29	36.23	1:18.35	2:51.83	1:20.75	2:53.83	6:07.87
BLUE	33.81	1:13.14	2:37.43	5:32.48	11:18.64	21:42.95	38.07	1:22.35	2:57.09	42.75	1:32.25	3:19.78	37.25	1:20.56	2:56.68	1:23.04	2:58.74	6:18.25
BLUE	34.80	1:15.27	2:42.02	5:42.08	11:38.23	22:20.78	39.18	1:24.75	3:02.25	44.00	1:34.94	3:25.59	38.34	1:22.91	3:01.83	1:25.46	3:03.95	6:29.28
RED	35.88	1:17.61	2:47.06	5:52.62	11:59.75	23:02.36	40.40	1:27.39	3:07.92	45.37	1:37.89	3:32.00	39.53	1:25.49	3:07.48	1:28.11	3:09.68	6:41.39
RED	37.25	1:20.59	2:53.46	6:06.02	12:27.10	23:55.15	41.95	1:30.73	3:15.13	47.11	1:41.64	3:40.12	41.05	1:28.77	3:14.67	1:31.50	3:16.95	6:56.78
RED	36.83	1:23.56	2:59.86	6:19.42	13:03.19	24:47.96	43.50	1:34.08	3:22.33	48.84	1:45.39	3:48.25	42.56	1:32.04	3:21.85	1:34.87	3:24.22	7:12.17
RED	40.00	1:26.54	3:06.27	6:32.80	13:21.78	25:40.75	45.04	1:37.44	3:29.53	50.58	1:49.15	3:56.37	44.08	1:35.32	3:29.05	1:38.25	3:31.48	7:27.55
WHITE	42.01	1:30.89	3:15.63	6:52.39	14:01.77	26:57.98	47.32	1:42.33	3:40.07	53.12	1:54.64	4:08.26	46.29	1:40.11	3:39.56	1:43.19	3:42.11	7:50.05
WHITE	44.92	1:37.18	3:29.18	7:20.73	14:59.62	28:49.72	50.49	1:49.42	3:55.31	56.80	2:02.58	4:25.46	49.49	1:47.05	3:54.75	1:50.33	3:57.50	8:22.60
WHITE	50.03	1:48.20	3:53.82	8:10.36	16:40.93	32:05.33	56.33	2:01.83	4:21.99	1:03.25	2:16.47	4:55.56	55.11	1:59.19	4:21.38	2:02.85	4:24.44	9:19.61

SHORT COURSE METER TIMES - MEN

	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	1500 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	100 I.M.	200 I.M.	400 I.M.
GOLD	24.08	52.27	1:54.43	4:07.84	8:32.23	16:21.62	27.29	59.37	2:09.86	30.40	1:06.03	2:23.40	26.63	57.60	2:07.08	59.15	2:09.41	4:37.60
GOLD	24.76	53.77	1:57.72	4:14.86	8:46.73	16:49.62	28.07	1:01.07	2:13.58	31.28	1:07.93	2:27.51	27.39	59.25	2:10.72	1:00.85	2:13.12	4:45.56
GOLD	25.45	55.26	2:00.97	4:21.82	9:01.12	17:17.42	28.85	1:02.77	2:17.27	32.13	1:09.81	2:31.59	28.15	1:00.88	2:14.34	1:02.53	2:16.81	4:53.37
SILVER	26.37	57.25	2:05.34	4:31.17	9:20.46	17:54.75	29.89	1:05.03	2:22.24	33.30	1:12.33	2:37.08	29.17	1:03.09	2:19.21	1:04.79	2:21.76	5:04.07
SILVER	26.93	58.47	2:08.02	4:36.88	9:32.27	18:17.58	30.54	1:06.42	2:25.28	34.01	1:13.87	2:40.43	29.79	1:04.44	2:22.17	1:06.18	2:24.78	5:10.56
SILVER	27.49	59.68	2:10.66	4:42.54	9:43.99	18:40.18	31.17	1:07.80	2:28.28	34.72	1:15.40	2:43.75	30.40	1:05.77	2:25.11	1:07.54	2:27.77	5:16.98
BRONZE	28.33	1:01.51	2:14.64	4:51.07	10:01.60	19:14.21	31.96	1:09.86	2:32.80	35.78	1:17.70	2:48.74	31.34	1:07.78	2:29.54	1:09.61	2:32.28	5:26.65
BRONZE	30.18	1:05.40	2:21.89	5:03.11	10:22.42	19:54.40	34.02	1:13.94	2:40.29	38.14	1:22.55	2:59.00	33.81	1:12.05	2:38.46	1:14.14	2:40.81	5:42.50
BRONZE	32.03	1:09.29	2:29.14	5:15.15	10:43.23	20:34.58	36.08	1:18.01	2:47.77	40.50	1:27.39	3:09.26	36.29	1:16.32	2:47.38	1:18.67	2:49.33	5:58.34
BLUE	32.88	1:11.13	2:33.10	5:23.44	11:00.17	21:07.29	37.03	1:20.09	2:52.23	41.58	1:29.72	3:14.29	36.23	1:18.35	2:51.83	1:20.75	2:53.83	6:07.87
BLUE	33.81	1:13.14	2:37.43	5:32.48	11:18.64	21:42.95	38.07	1:22.35	2:57.09	42.75	1:32.25	3:19.78	37.25	1:20.56	2:56.68	1:23.04	2:58.74	6:18.25
BLUE	34.80	1:15.27	2:42.02	5:42.08	11:38.23	22:20.78	39.18	1:24.75	3:02.25	44.00	1:34.94	3:25.59	38.34	1:22.91	3:01.83	1:25.46	3:03.95	6:29.28
RED	35.88	1:17.61	2:47.06	5:52.62	11:59.75	23:02.36	40.40	1:27.39	3:07.92	45.37	1:37.89	3:32.00	39.53	1:25.49	3:07.48	1:28.11	3:09.68	6:41.39
RED	37.25	1:20.59	2:53.46	6:06.02	12:27.10	23:55.15	41.95	1:30.73	3:15.13	47.11	1:41.64	3:40.12	41.05	1:28.77	3:14.67	1:31.50	3:16.95	6:56.78
RED	36.83	1:23.56	2:59.86	6:19.42	13:03.19	24:47.96	43.50	1:34.08	3:22.33	48.84	1:45.39	3:48.25	42.56	1:32.04	3:21.85	1:34.87	3:24.22	7:12.17
RED	40.00	1:26.54	3:06.27	6:32.80	13:21.78	25:40.75	45.04	1:37.44	3:29.53	50.58	1:49.15	3:56.37	44.08	1:35.32	3:29.05	1:38.25	3:31.48	7:27.55
WHITE	42.01	1:30.89	3:15.63	6:52.39	14:01.77	26:57.98	47.32	1:42.33	3:40.07	53.12	1:54.64	4:08.26	46.29	1:40.11	3:39.56	1:43.19	3:42.11	7:50.05
WHITE	44.92	1:37.18	3:29.18	7:20.73	14:59.62	28:49.72	50.49	1:49.42	3:55.31	56.80	2:02.58	4:25.46	49.49	1:47.05	3:54.75	1:50.33	3:57.50	8:22.60
WHITE	50.03	1:48.20	3:53.82	8:10.36	16:40.93	32:05.33	56.33	2:01.83	4:21.99	1:03.25	2:16.47	4:55.56	55.11	1:59.19	4:21.38	2:02.85	4:24.44	9:19.61

**USA SWIMMING "GO FOR THE GOLD" PROGRAM
SWIMTULSA EDITION**

SHORT COURSE YARD TIMES - WOMEN

	50 FREE	100 FREE	200 FREE	500 FREE	1000 FREE	1650 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	100 I.M.	200 I.M.	400 I.M.
GOLD	24.59	53.19	1:54.49	5:03.79	10:20.19	17:21.69	27.69	59.89	2:08.79	31.09	1:07.09	2:25.29	27.09	58.59	2:08.49	1:00.39	2:09.99	4:35.09
GOLD	25.07	54.27	1:56.81	5:09.96	10:32.78	17:42.84	28.25	1:01.11	2:11.41	31.72	1:08.45	2:28.24	27.64	59.78	2:11.10	1:01.62	2:12.63	4:40.68
GOLD	25.59	55.35	1:59.14	5:16.13	10:45.38	18:03.99	28.81	1:02.32	2:14.02	32.35	1:09.81	2:31.19	28.19	1:00.97	2:13.71	1:02.84	2:15.27	4:46.26
SILVER	26.31	56.92	2:02.52	5:25.09	11:03.68	18:34.74	29.63	1:04.09	2:17.82	33.27	1:11.79	2:35.48	28.99	1:02.70	2:17.50	1:04.62	2:19.11	4:54.38
SILVER	26.78	57.92	2:04.67	5:30.80	11:15.34	18:54.32	30.15	1:05.22	2:20.24	33.85	1:13.28	2:38.70	29.50	1:03.80	2:19.92	1:05.76	2:21.55	4:59.55
SILVER	27.23	58.91	2:06.80	5:36.46	11:26.88	19:13.71	30.67	1:06.33	2:22.64	34.43	1:14.30	2:40.91	30.00	1:04.89	2:22.31	1:06.88	2:23.97	5:04.67
BRONZE	27.84	1:00.22	2:09.62	5:43.94	11:42.16	19:39.37	31.35	1:07.81	2:25.81	35.20	1:15.96	2:44.49	30.67	1:05.33	2:25.47	1:08.27	2:27.17	5:11.45
BRONZE	28.34	1:01.30	2:11.95	5:50.11	11:54.75	20:00.52	31.91	1:09.02	2:28.43	35.83	1:17.32	2:47.44	31.22	1:07.52	2:28.08	1:09.60	2:29.81	5:17.03
BRONZE	28.86	1:02.42	2:14.36	5:56.51	12:07.81	20:22.45	32.50	1:10.28	2:31.14	36.49	1:18.73	2:59.50	31.79	1:08.76	2:30.79	1:10.87	2:32.55	5:22.83
BLUE	29.62	1:04.08	2:17.93	6:05.99	12:27.17	20:54.96	33.36	1:12.15	2:35.16	37.46	1:20.83	2:55.04	32.64	1:10.59	2:34.80	1:12.75	2:36.60	5:31.41
BLUE	30.46	1:05.89	2:21.83	6:16.32	12:48.27	21:30.41	34.30	1:14.19	2:39.54	38.51	1:23.11	2:59.98	33.56	1:12.58	2:39.17	1:14.81	2:41.03	5:40.77
BLUE	31.35	1:07.81	2:25.96	6:27.29	13:10.66	22:08.01	35.30	1:16.35	2:44.19	39.64	1:25.53	3:05.22	34.54	1:14.69	2:43.81	1:16.99	2:45.72	5:50.70
RED	32.32	1:09.92	2:30.50	6:39.34	13:35.26	22:49.34	36.40	1:18.73	2:49.30	40.87	1:28.19	3:10.99	35.61	1:17.02	2:48.90	1:19.38	2:50.88	6:01.61
RED	33.56	1:12.60	2:36.27	6:54.65	14:06.51	23:41.82	37.79	1:21.74	2:55.79	42.44	1:31.57	3:18.31	36.98	1:19.97	2:55.38	1:22.43	2:57.43	6:15.48
RED	34.80	1:15.28	2:42.04	7:09.95	14:47.76	24:34.31	39.19	1:24.76	3:02.28	44.00	1:34.95	3:25.63	38.34	1:22.92	3:01.85	1:25.47	3:03.98	6:29.34
RED	36.04	1:17.96	2:47.81	7:25.26	15:09.01	25:26.79	40.58	1:27.78	3:08.77	45.57	1:38.33	3:32.95	39.71	1:25.87	3:08.33	1:28.51	3:10.52	6:43.20
WHITE	37.85	1:21.88	2:56.24	7:47.65	15:54.71	26:43.56	42.63	1:32.19	3:18.26	47.86	1:43.28	3:43.66	41.70	1:30.19	3:17.80	1:32.96	3:20.10	7:03.47
WHITE	40.47	1:27.55	3:08.45	8:20.03	17:00.82	28:34.61	45.58	1:38.58	3:31.99	51.17	1:50.43	3:59.15	44.59	1:36.44	3:31.49	1:39.40	3:33.96	7:32.79
WHITE	45.07	1:37.48	3:30.65	9:16.75	18:56.61	31:49.08	50.75	1:49.76	3:56.03	56.98	2:02.95	4:26.27	49.65	1:47.38	3:55.48	1:50.68	3:58.23	8:24.15

SHORT COURSE YARDS TIMES - MEN

	50 FREE	100 FREE	200 FREE	500 FREE	1000 FREE	1650 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	100 I.M.	200 I.M.	400 I.M.
GOLD	21.69	47.09	1:43.09	4:39.59	9:38.09	16:10.99	24.59	53.49	1:56.99	27.39	59.49	2:09.19	23.99	51.89	1:54.49	53.29	1:56.59	4:10.09
GOLD	22.31	48.44	1:46.05	4:47.61	9:54.66	16:38.83	25.29	55:02	2:00.34	28.18	1:01.20	2:12.89	24.68	53.38	1:57.77	54.82	1:59.93	4:17.26
GOLD	22.93	49.78	1:48.98	4:55.56	10:11.11	17:06.46	25.99	56.55	2:03.67	28.95	1:02.89	2:16.57	25.36	54.85	2:01.03	56.33	2:03.25	4:24.30
SILVER	23.76	51.58	1:52.92	5:06.25	10:33.21	17:43.57	26.93	58.59	2:08.14	30.00	1:05.16	2:21.51	26.28	56.84	2:05.41	58.37	2:07.71	4:33.94
SILVER	24.26	52.68	1:55.33	5:12.78	10:46.71	18:06.26	27.51	59.84	2:10.88	30.64	1:06.55	2:24.53	26.84	58.05	2:08.08	59.62	2:10.43	4:39.78
SILVER	24.77	53.77	1:57.71	5:19.25	11:00.10	18:28.73	28.08	1:01.08	2:13.59	31.28	1:07.93	2:27.52	27.39	59.25	2:10.73	1:00.85	2:13.13	4:45.57
BRONZE	25.52	55.41	2:01.30	5:28.99	11:20.23	19:02.55	28.79	1:02.94	2:17.66	32.23	1:10.00	2:32.02	28.23	1:01.06	2:14.72	1:02.71	2:17.19	4:54.28
BRONZE	27.19	58.92	2:07.83	5:42.75	11:44.02	19:42.50	30.65	1:06.61	2:24.40	34.36	1:14.37	2:41.26	30.01	1:04.91	2:22.76	1:06.79	2:24.87	5:08.56
BRONZE	28.86	1:02.42	2:14.36	5:56.51	12:07.81	20:22.45	32.50	1:10.28	2:31.14	36.49	1:18.73	2:59.50	31.79	1:08.76	2:30.79	1:10.87	2:32.55	5:22.83
BLUE	29.62	1:04.08	2:17.93	6:05.99	12:27.17	20:54.96	33.36	1:12.15	2:35.16	37.46	1:20.83	2:55.04	32.64	1:10.59	2:34.80	1:12.75	2:36.60	5:31.41
BLUE	30.46	1:05.89	2:21.83	6:16.32	12:48.27	21:30.41	34.30	1:14.19	2:39.54	38.51	1:23.11	2:59.98	33.56	1:12.58	2:39.17	1:14.81	2:41.03	5:40.77
BLUE	31.35	1:07.81	2:25.96	6:27.29	13:10.66	22:08.01	35.30	1:16.35	2:44.19	39.64	1:25.53	3:05.22	34.54	1:14.69	2:43.81	1:16.99	2:45.72	5:50.70
RED	32.32	1:09.92	2:30.50	6:39.34	13:35.26	22:49.34	36.40	1:18.73	2:49.30	40.87	1:28.19	3:10.99	35.61	1:17.02	2:48.90	1:19.38	2:50.88	6:01.61
RED	33.56	1:12.60	2:36.27	6:54.65	14:06.51	23:41.82	37.79	1:21.74	2:55.79	42.44	1:31.57	3:18.31	36.98	1:19.97	2:55.38	1:22.43	2:57.43	6:15.48
RED	34.80	1:15.28	2:42.04	7:09.95	14:47.76	24:34.31	39.19	1:24.76	3:02.28	44.00	1:34.95	3:25.63	38.34	1:22.92	3:01.85	1:25.47	3:03.98	6:29.34
RED	36.04	1:17.96	2:47.81	7:25.26	15:09.01	25:26.79	40.58	1:27.78	3:08.77	45.57	1:38.33	3:32.95	39.71	1:25.87	3:08.33	1:28.51	3:10.52	6:43.20
WHITE	37.85	1:21.88	2:56.24	7:47.65	15:54.71	26:43.56	42.63	1:32.19	3:18.26	47.86	1:43.28	3:43.66	41.70	1:30.19	3:17.80	1:32.96	3:20.10	7:03.47
WHITE	40.47	1:27.55	3:08.45	8:20.03	17:00.82	28:34.61	45.58	1:38.58	3:31.99	51.17	1:50.43	3:59.15	44.59	1:36.44	3:31.49	1:39.40	3:33.96	7:32.79
WHITE	45.07	1:37.48	3:30.65	9:16.75	18:56.61	31:49.08	50.75	1:49.76	3:56.03	56.98	2:02.95	4:26.27	49.65	1:47.38	3:55.48	1:50.68	3:58.23	8:24.15

**USA SWIMMING "GO FOR THE GOLD" PROGRAM
SWIMTULSA EDITION**

LONG COURSE METERS TIMES - WOMEN

	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	1500 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	200 I.M.	400 I.M.
GOLD	27.89	1:00.29	2:09.69	4:30.79	9:13.49	17:42.19	31.79	1:08.59	2:26.89	36.09	1:17.59	2:46.99	30.59	1:06.09	2:25.89	2:27.79	5:13.49
GOLD	28.49	1:01.59	2:12.39	4:35.29	9:24.89	18:03.69	32.39	1:09.99	2:29.89	36.79	1:19.19	2:50.39	31.19	1:07.49	2:28.89	2:30.79	5:19.79
GOLD	29.09	1:02.79	2:14.99	4:31.79	9:36.09	18:25.29	33.09	1:11.39	2:32.89	37.49	1:20.79	2:53.79	31.79	1:08.79	2:31.89	2:33.79	5:26.19
SILVER	29.89	1:04.59	2:18.79	4:49.79	9:52.49	18:56.59	33.99	1:13.39	2:37.19	38.49	1:23.09	2:58.69	32.79	1:10.79	2:36.19	2:38.19	5:35.39
SILVER	30.39	1:05.69	2:21.29	4:54.89	10:02.89	19:16.59	34.59	1:14.69	2:39.99	39.29	1:24.79	3:02.39	33.29	1:11.99	2:38.89	2:40.99	5:41.29
SILVER	30.89	1:06.79	2:23.69	4:59.89	10:13.19	19:36.39	35.19	1:15.99	2:42.69	39.89	1:25.99	3:04.99	33.89	1:13.19	2:41.59	2:43.69	5:47.19
BRONZE	31.59	1:08.29	2:26.89	5:06.59	10:26.79	20:02.49	35.99	1:17.69	2:46.29	40.79	1:27.89	3:09.09	34.59	1:14.89	2:45.19	2:47.39	5:54.89
BRONZE	32.19	1:09.49	2:29.49	5:11.09	10:37.99	20:24.09	36.59	1:19.09	2:49.29	41.49	1:29.49	3:12.49	35.29	1:16.69	2:48.19	2:50.39	6:01.19
BRONZE	32.79	1:10.79	2:32.19	5:17.79	10:49.69	20:46.49	37.29	1:20.49	2:52.39	42.29	1:31.09	3:15.99	35.89	1:17.59	2:51.29	2:53.49	6:07.89
BLUE	33.69	1:12.69	2:36.29	5:26.29	11:06.99	21:19.59	38.29	1:22.69	2:56.99	43.39	1:33.49	3:21.19	36.89	1:19.69	2:55.79	2:58.09	6:17.59
BLUE	34.59	1:14.69	2:40.69	5:35.49	11:25.79	21:55.79	39.39	1:24.99	3:01.99	44.69	1:36.19	3:26.89	37.89	1:21.89	3:00.79	3:03.09	6:28.29
BLUE	35.59	1:16.89	2:45.39	5:45.19	11:45.79	22:34.09	40.49	1:27.49	3:07.29	45.99	1:38.99	3:32.89	38.99	1:24.29	3:05.99	3:08.49	6:39.59
RED	36.69	1:19.29	2:50.49	5:55.99	12:07.79	23:16.19	41.79	1:30.19	3:13.09	47.39	1:41.99	3:39.59	40.19	1:26.89	3:11.79	3:14.29	6:51.99
RED	38.09	1:22.29	2:57.09	6:09.59	12:35.59	24:09.69	43.39	1:33.69	3:20.49	49.19	1:45.99	3:47.99	41.79	1:30.29	3:19.19	3:21.79	7:07.79
RED	39.49	1:25.39	3:03.59	6:23.29	13:12.49	25:03.29	44.99	1:37.09	3:27.89	50.99	1:49.89	3:56.39	43.29	1:33.59	3:26.49	3:29.19	7:23.59
RED	40.89	1:28.39	3:10.09	6:36.89	13:31.39	25:56.79	46.59	1:40.59	3:35.29	52.79	1:53.79	4:04.79	44.79	1:36.89	3:33.89	3:36.69	7:39.39
WHITE	42.99	1:32.89	3:19.69	6:56.89	14:12.19	26:43.59	48.89	1:45.59	3:46.19	55.49	1:59.49	4:17.09	47.09	1:41.79	3:44.59	3:47.49	8:02.49
WHITE	45.99	1:39.29	3:33.49	7:25.69	15:11.19	29:08.29	52.29	1:52.89	4:01.79	59.29	2:07.79	4:34.89	50.29	1:48.79	4:00.19	4:03.29	8:15.89
WHITE	51.19	1:50.49	3:58.69	8:16.29	16:54.59	32:26.59	58.19	2:05.69	4:29.19	1:05.99	2:22.19	5:06.09	56.09	2:01.19	4:27.39	4:30.89	9:34.39

LONG COURSE METERS TIMES - MEN

	50 FREE	100 FREE	200 FREE	400 FREE	800 Free	1500 Free	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	200 I.M.	400 I.M.
GOLD	24.89	54.09	1:58.29	4:09.79	8:40.09	16:38.89	28.49	1:01.89	2:12.79	31.69	1:08.69	2:30.29	27.09	58.59	2:11.39	2:13.59	4:44.99
GOLD	25.69	55.69	2:01.69	4:16.99	8:54.49	17:07.49	29.39	1:03.69	2:16.59	32.59	1:10.69	2:34.59	27.89	1:00.29	2:15.19	2:17.49	4:53.19
GOLD	26.39	57.19	2:05.09	4:24.09	9:09.79	17:35.99	30.19	1:05.49	2:20.39	33.49	1:12.69	2:38.89	28.69	1:01.99	2:18.89	2:21.29	5:01.19
SILVER	27.29	59.29	2:09.59	4:33.69	9:29.69	18:14.09	31.29	1:07.79	2:25.49	34.69	1:15.29	2:44.69	29.69	1:04.19	2:23.99	2:26.39	5:12.19
SILVER	27.89	1:00.59	2:12.39	4:39.49	9:41.79	18:37.49	31.89	1:09.29	2:28.59	35.39	1:16.89	2:48.19	30.39	1:05.59	2:26.99	2:29.49	5:18.89
SILVER	28.49	1:01.79	2:15.09	4:45.29	9:53.89	19:00.59	32.59	1:10.59	2:31.69	36.19	1:18.49	2:51.69	30.99	1:06.89	2:30.09	2:32.59	5:25.49
BRONZE	29.29	1:03.69	2:19.19	4:53.99	10:11.99	19:35.39	33.39	1:12.89	2:36.29	37.29	1:20.89	2:56.89	31.89	1:08.99	2:34.69	2:37.19	5:35.39
BRONZE	31.04	1:07.24	2:25.69	5:05.89	10:30.84	20:10.94	35.34	1:16.69	2:44.34	39.79	1:25.99	3:06.44	33.79	1:13.29	2:42.99	2:45.34	5:51.64
BRONZE	32.79	1:10.79	2:32.19	5:17.79	10:49.69	20:46.49	37.29	1:20.49	2:52.39	42.29	1:31.09	3:15.99	35.89	1:17.59	2:51.29	2:53.49	6:07.89
BLUE	33.69	1:12.69	2:36.29	5:26.29	11:06.99	21:19.59	38.29	1:22.69	2:56.99	43.39	1:33.49	3:21.19	36.89	1:19.69	2:55.79	2:58.09	6:17.59
BLUE	34.59	1:14.69	2:40.69	5:35.49	11:25.79	21:55.79	39.39	1:24.99	3:01.99	44.69	1:36.19	3:26.89	37.89	1:21.89	3:00.79	3:03.09	6:28.29
BLUE	35.59	1:16.89	2:45.39	5:45.19	11:45.79	22:34.09	40.49	1:27.49	3:07.29	45.99	1:38.99	3:32.89	38.99	1:24.29	3:05.99	3:08.49	6:39.59
RED	36.69	1:19.29	2:50.49	5:55.99	12:07.79	23:16.19	41.79	1:30.19	3:13.09	47.39	1:41.99	3:39.59	40.19	1:26.89	3:11.79	3:14.29	6:51.99
RED	38.09	1:22.29	2:57.09	6:09.59	12:35.59	24:09.69	43.39	1:33.69	3:20.49	49.19	1:45.99	3:47.99	41.79	1:30.29	3:19.19	3:21.79	7:07.79
RED	39.49	1:25.39	3:03.59	6:23.29	13:12.49	25:03.29	44.99	1:37.09	3:27.89	50.99	1:49.89	3:56.39	43.29	1:33.59	3:26.49	3:29.19	7:23.59
RED	40.89	1:28.39	3:10.09	6:36.89	13:31.39	25:56.79	46.59	1:40.59	3:35.29	52.79	1:53.79	4:04.79	44.79	1:36.89	3:33.89	3:36.69	7:39.39
WHITE	42.99	1:32.89	3:19.69	6:56.89	14:12.19	26:43.59	48.89	1:45.59	3:46.19	55.49	1:59.49	4:17.09	47.09	1:41.79	3:44.59	3:47.49	8:02.49
WHITE	45.99	1:39.29	3:33.49	7:25.69	15:11.19	29:08.29	52.29	1:52.89	4:01.79	59.29	2:07.79	4:34.89	50.29	1:48.79	4:00.19	4:03.29	8:15.89
WHITE	51.19	1:50.49	3:58.69	8:16.29	16:54.59	32:26.59	58.19	2:05.69	4:29.19	1:05.99	2:22.19	5:06.09	56.09	2:01.19	4:27.39	4:30.89	9:34.39