

## BOYS

<b>10 Years</b>	RQT	2%	3%	4%	5%	8%	10%
50m Freestyle							
100m Freestyle	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Freestyle	02:46.20	02:49.52	02:51.19	02:52.85	02:54.51	02:59.50	03:02.82
400m Freestyle	05:49.80	05:56.80	06:00.29	06:03.79	06:07.29	06:17.78	06:24.78
800m Freestyle							
1500m Freestyle							
50m Backstroke							
100m Backstroke	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Backstroke	03:05.60	03:09.31	03:11.17	03:13.02	03:14.88	03:20.45	03:24.16
50m Breaststroke	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
100m Breaststroke	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Breaststroke	03:35.10	03:39.40	03:41.55	03:43.70	03:45.85	03:52.31	03:56.61
50m Butterfly	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00	00:00.00
100m Butterfly	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Butterfly	03:16.00	03:19.92	03:21.88	03:23.84	03:25.80	03:31.68	03:35.60
200m I.M.	03:10.30	03:14.11	03:16.01	03:17.91	03:19.82	03:25.52	03:29.33
400m I.M.	06:49.00	06:57.18	07:01.27	07:05.36	07:09.45	07:21.72	07:29.90

<b>11 Years</b>		2%	3%	4%	5%	8%	10%
50m Freestyle							
100m Freestyle	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Freestyle	02:36.80	02:39.94	02:41.50	02:43.07	02:44.64	02:49.34	02:52.48
400m Freestyle	05:27.80	05:34.36	05:37.63	05:40.91	05:44.19	05:54.02	06:00.58
800m Freestyle	10:41.60	10:54.43	11:00.85	11:07.26	11:13.68	11:32.93	11:45.76
1500m Freestyle	20:08.40	20:32.57	20:44.65	20:56.74	21:08.82	21:45.07	22:09.24
50m Backstroke							
100m Backstroke	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Backstroke	03:05.60	03:09.31	03:11.17	03:13.02	03:14.88	03:20.45	03:24.16
50m Breaststroke							
100m Breaststroke	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Breaststroke	03:20.50	03:24.51	03:26.51	03:28.52	03:30.52	03:36.54	03:40.55
50m Butterfly							
100m Butterfly	Need 200 QT	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!	#VALUE!
200m Butterfly	02:58.80	03:02.38	03:04.16	03:05.95	03:07.74	03:13.10	03:16.68
200m I.M.	02:57.70	03:01.25	03:03.03	03:04.81	03:06.59	03:11.92	03:15.47
400m I.M.	06:17.10	06:24.64	06:28.41	06:32.18	06:35.96	06:47.27	06:54.81

## BOYS

<b>12 Years</b>	RQT	2%	3%	4%	5%	8%	10%
50m Freestyle							
100m Freestyle	01:08.00	01:09.36	01:10.04	01:10.72	01:11.40	01:13.44	01:14.80
200m Freestyle	02:27.80	02:30.76	02:32.23	02:33.71	02:35.19	02:39.62	02:42.58
400m Freestyle	05:09.90	05:16.10	05:19.20	05:22.30	05:25.39	05:34.69	05:40.89
800m Freestyle	10:41.60	10:54.43	11:00.85	11:07.26	11:13.68	11:32.93	11:45.76
1500m Freestyle	20:08.40	20:32.57	20:44.65	20:56.74	21:08.82	21:45.07	22:09.24
50m Backstroke							
100m Backstroke	01:16.90	01:18.44	01:19.21	01:19.98	01:20.75	01:23.05	01:24.59
200m Backstroke	02:44.40	02:47.69	02:49.33	02:50.98	02:52.62	02:57.55	03:00.84
50m Breaststroke							
100m Breaststroke	01:27.30	01:29.05	01:29.92	01:30.79	01:31.67	01:34.28	01:36.03
200m Breaststroke	03:08.60	03:12.37	03:14.26	03:16.14	03:18.03	03:23.69	03:27.46
50m Butterfly							
100m Butterfly	01:16.40	01:17.93	01:18.69	01:19.46	01:20.22	01:22.51	01:24.04
200m Butterfly	02:48.30	02:51.67	02:53.35	02:55.03	02:56.71	03:01.76	03:05.13
200m I.M.	02:47.80	02:51.16	02:52.83	02:54.51	02:56.19	03:01.22	03:04.58
400m I.M.	05:54.20	06:01.28	06:04.83	06:08.37	06:11.91	06:22.54	06:29.62

<b>13 Years</b>		2%	3%	4%	5%	8%	10%
50m Freestyle							
100m Freestyle	01:04.20	01:05.48	01:06.13	01:06.77	01:07.41	01:09.34	01:10.62
200m Freestyle	02:19.80	02:22.60	02:23.99	02:25.39	02:26.79	02:30.98	02:33.78
400m Freestyle	04:54.70	05:00.59	05:03.54	05:06.49	05:09.44	05:18.28	05:24.17
800m Freestyle	10:08.40	10:20.57	10:26.65	10:32.74	10:38.82	10:57.07	11:09.24
1500m Freestyle	19:02.70	19:25.55	19:36.98	19:48.41	19:59.84	20:34.12	20:56.97
50m Backstroke							
100m Backstroke	01:12.30	01:13.75	01:14.47	01:15.19	01:15.92	01:18.08	01:19.53
200m Backstroke	02:34.90	02:38.00	02:39.55	02:41.10	02:42.65	02:47.29	02:50.39
50m Breaststroke							
100m Breaststroke	01:21.60	01:23.23	01:24.05	01:24.86	01:25.68	01:28.13	01:29.76
200m Breaststroke	02:56.90	03:00.44	03:02.21	03:03.98	03:05.75	03:11.05	03:14.59
50m Butterfly							
100m Butterfly	01:11.70	01:13.13	01:13.85	01:14.57	01:15.29	01:17.44	01:18.87
200m Butterfly	02:38.40	02:41.57	02:43.15	02:44.74	02:46.32	02:51.07	02:54.24
200m I.M.	02:39.10	02:42.28	02:43.87	02:45.46	02:47.05	02:51.83	02:55.01
400m I.M.	05:36.10	05:42.82	05:46.18	05:49.54	05:52.91	06:02.99	06:09.71

## BOYS

<b>14 Years</b>	<b>RQT</b>	<b>2%</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>	<b>8%</b>	<b>10%</b>
50m Freestyle							
100m Freestyle	01:01.40	01:02.63	01:03.24	01:03.86	01:04.47	01:06.31	01:07.54
200m Freestyle	02:13.80	02:16.48	02:17.81	02:19.15	02:20.49	02:24.50	02:27.18
400m Freestyle	04:43.10	04:48.76	04:51.59	04:54.42	04:57.26	05:05.75	05:11.41
800m Freestyle	09:39.00	09:50.58	09:56.37	10:02.16	10:07.95	10:25.32	10:36.90
1500m Freestyle	18:17.50	18:39.45	18:50.42	19:01.40	19:12.37	19:45.30	20:07.25
50m Backstroke							
100m Backstroke	01:08.70	01:10.07	01:10.76	01:11.45	01:12.14	01:14.20	01:15.57
200m Backstroke	02:27.60	02:30.55	02:32.03	02:33.50	02:34.98	02:39.41	02:42.36
50m Breaststroke							
100m Breaststroke	01:17.80	01:19.36	01:20.13	01:20.91	01:21.69	01:24.02	01:25.58
200m Breaststroke	02:48.20	02:51.56	02:53.25	02:54.93	02:56.61	03:01.66	03:05.02
50m Butterfly							
100m Butterfly	01:08.00	01:09.36	01:10.04	01:10.72	01:11.40	01:13.44	01:14.80
200m Butterfly	02:30.70	02:33.71	02:35.22	02:36.73	02:38.23	02:42.76	02:45.77
200m I.M.	02:31.00	02:34.02	02:35.53	02:37.04	02:38.55	02:43.08	02:46.10
400m I.M.	05:19.80	05:26.20	05:29.39	05:32.59	05:35.79	05:45.38	05:51.78

<b>15/16 Years</b>		<b>2%</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>	<b>8%</b>	<b>10%</b>
50m Freestyle	00:27.90	00:28.46	00:28.74	00:29.02	00:29.29	00:30.13	00:30.69
100m Freestyle	01:00.20	01:01.40	01:02.01	01:02.61	01:03.21	01:05.02	01:06.22
200m Freestyle	02:11.10	02:13.72	02:15.03	02:16.34	02:17.65	02:21.59	02:24.21
400m Freestyle	04:36.90	04:42.44	04:45.21	04:47.98	04:50.74	04:59.05	05:04.59
800m Freestyle	09:40.60	09:52.21	09:58.02	10:03.82	10:09.63	10:27.05	10:38.66
1500m Freestyle	18:21.20	18:43.22	18:54.24	19:05.25	19:16.26	19:49.30	20:11.32
50m Backstroke	00:31.70	00:32.33	00:32.65	00:32.97	00:33.29	00:34.24	00:34.87
100m Backstroke	01:06.70	01:08.03	01:08.70	01:09.37	01:10.03	01:12.04	01:13.37
200m Backstroke	02:23.80	02:26.68	02:28.11	02:29.55	02:30.99	02:35.30	02:38.18
50m Breaststroke	00:35.20	00:35.90	00:36.26	00:36.61	00:36.96	00:38.02	00:38.72
100m Breaststroke	01:15.60	01:17.11	01:17.87	01:18.62	01:19.38	01:21.65	01:23.16
200m Breaststroke	02:44.00	02:47.28	02:48.92	02:50.56	02:52.20	02:57.12	03:00.40
50m Butterfly	00:30.40	00:31.01	00:31.31	00:31.62	00:31.92	00:32.83	00:33.44
100m Butterfly	01:05.90	01:07.22	01:07.88	01:08.54	01:09.19	01:11.17	01:12.49
200m Butterfly	02:25.00	02:27.90	02:29.35	02:30.80	02:32.25	02:36.60	02:39.50
200m I.M.	02:27.40	02:30.35	02:31.82	02:33.30	02:34.77	02:39.19	02:42.14
400m I.M.	05:11.80	05:18.04	05:21.15	05:24.27	05:27.39	05:36.74	05:42.98

## BOYS

17+ Years	RQT	2%	3%	4%	5%	8%	10%
50m Freestyle	00:26.80	00:27.34	00:27.60	00:27.87	00:28.14	00:28.94	00:29.48
100m Freestyle	00:57.90	00:59.06	00:59.64	01:00.22	01:00.79	01:02.53	01:03.69
200m Freestyle	02:06.10	02:08.62	02:09.88	02:11.14	02:12.40	02:16.19	02:18.71
400m Freestyle	04:26.00	04:31.32	04:33.98	04:36.64	04:39.30	04:47.28	04:52.60
800m Freestyle	09:17.90	09:29.06	09:34.64	09:40.22	09:45.79	10:02.53	10:13.69
1500m Freestyle	17:39.40	18:00.59	18:11.18	18:21.78	18:32.37	19:04.15	19:25.34
50m Backstroke	00:30.30	00:30.91	00:31.21	00:31.51	00:31.82	00:32.72	00:33.33
100m Backstroke	01:03.90	01:05.18	01:05.82	01:06.46	01:07.10	01:09.01	01:10.29
200m Backstroke	02:18.60	02:21.37	02:22.76	02:24.14	02:25.53	02:29.69	02:32.46
50m Breaststroke	00:33.70	00:34.37	00:34.71	00:35.05	00:35.39	00:36.40	00:37.07
100m Breaststroke	01:12.30	01:13.75	01:14.47	01:15.19	01:15.92	01:18.08	01:19.53
200m Breaststroke	02:36.80	02:39.94	02:41.50	02:43.07	02:44.64	02:49.34	02:52.48
50m Butterfly	00:29.00	00:29.58	00:29.87	00:30.16	00:30.45	00:31.32	00:31.90
100m Butterfly	01:03.10	01:04.36	01:04.99	01:05.62	01:06.26	01:08.15	01:09.41
200m Butterfly	02:18.50	02:21.27	02:22.66	02:24.04	02:25.43	02:29.58	02:32.35
200m I.M.	02:21.80	02:24.64	02:26.05	02:27.47	02:28.89	02:33.14	02:35.98
400m I.M.	05:00.30	05:06.31	05:09.31	05:12.31	05:15.31	05:24.32	05:30.33

## GIRLS

<b>10 Years</b>	<b>RQT</b>	<b>2%</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>	<b>8%</b>	<b>10%</b>
50m Freestyle							
100m Freestyle	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Freestyle	02:47.20	02:50.54	02:52.22	02:53.89	02:55.56	03:00.58	03:03.92
400m Freestyle	05:54.70	06:01.79	06:05.34	06:08.89	06:12.44	06:23.08	06:30.17
800m Freestyle	11:08.30	11:21.67	11:28.35	11:35.03	11:41.72	12:01.76	12:15.13
1500m Freestyle	21:29.50	21:55.29	22:08.19	22:21.08	22:33.98	23:12.66	23:38.45
50m Backstroke							
100m Backstroke	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Backstroke	03:07.60	03:11.35	03:13.23	03:15.10	03:16.98	03:22.61	03:26.36
50m Breaststroke							
100m Breaststroke	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Breaststroke	03:35.60	03:39.91	03:42.07	03:44.22	03:46.38	03:52.85	03:57.16
50m Butterfly							
100m Butterfly	Need 200 QT	200 QT	200 QT	200 QT	200 QT	200 QT	200 QT
200m Butterfly	03:18.40	03:22.37	03:24.35	03:26.34	03:28.32	03:34.27	03:38.24
200m I.M.	03:10.60	03:14.41	03:16.32	03:18.22	03:20.13	03:25.85	03:29.66
400m I.M.	06:48.90	06:57.08	07:01.17	07:05.26	07:09.35	07:21.61	07:29.79

<b>11 Years</b>		<b>2%</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>	<b>8%</b>	<b>10%</b>
50m Freestyle							
100m Freestyle	01:13.20	01:14.66	01:15.40	01:16.13	01:16.86	01:19.06	01:20.52
200m Freestyle	02:37.50	02:40.65	02:42.22	02:43.80	02:45.37	02:50.10	02:53.25
400m Freestyle	05:27.60	05:34.15	05:37.43	05:40.70	05:43.98	05:53.81	06:00.36
800m Freestyle	11:08.30	11:21.67	11:28.35	11:35.03	11:41.72	12:01.76	12:15.13
1500m Freestyle	21:29.50	21:55.29	22:08.19	22:21.08	22:33.98	23:12.66	23:38.45
50m Backstroke							
100m Backstroke	01:22.00	01:23.64	01:24.46	01:25.28	01:26.10	01:28.56	01:30.20
200m Backstroke	02:53.30	02:56.77	02:58.50	03:00.23	03:01.96	03:07.16	03:10.63
50m Breaststroke							
100m Breaststroke	01:33.30	01:35.17	01:36.10	01:37.03	01:37.96	01:40.76	01:42.63
200m Breaststroke	03:20.30	03:24.31	03:26.31	03:28.31	03:30.31	03:36.32	03:40.33
50m Butterfly							
100m Butterfly	01:22.10	01:23.74	01:24.56	01:25.38	01:26.21	01:28.67	01:30.31
200m Butterfly	03:00.70	03:04.31	03:06.12	03:07.93	03:09.73	03:15.16	03:18.77
200m I.M.	02:58.00	03:01.56	03:03.34	03:05.12	03:06.90	03:12.24	03:15.80
400m I.M.	06:15.20	06:22.70	06:26.46	06:30.21	06:33.96	06:45.22	06:52.72

## GIRLS

<b>12 Years</b>	<b>RQT</b>	<b>2%</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>	<b>8%</b>	<b>10%</b>
50m Freestyle							
100m Freestyle	01:09.20	01:10.58	01:11.28	01:11.97	01:12.66	01:14.74	01:16.12
200m Freestyle	02:29.00	02:31.98	02:33.47	02:34.96	02:36.45	02:40.92	02:43.90
400m Freestyle	05:10.00	05:16.20	05:19.30	05:22.40	05:25.50	05:34.80	05:41.00
800m Freestyle	10:33.60	10:46.27	10:52.61	10:58.94	11:05.28	11:24.29	11:36.96
1500m Freestyle	20:22.60	20:47.05	20:59.28	21:11.50	21:23.73	22:00.41	22:24.86
50m Backstroke							
100m Backstroke	01:17.20	01:18.74	01:19.52	01:20.29	01:21.06	01:23.38	01:24.92
200m Backstroke	02:44.40	02:47.69	02:49.33	02:50.98	02:52.62	02:57.55	03:00.84
50m Breaststroke							
100m Breaststroke	01:28.10	01:29.86	01:30.74	01:31.62	01:32.50	01:35.15	01:36.91
200m Breaststroke	03:09.10	03:12.88	03:14.77	03:16.66	03:18.56	03:24.23	03:28.01
50m Butterfly							
100m Butterfly	01:17.00	01:18.54	01:19.31	01:20.08	01:20.85	01:23.16	01:24.70
200m Butterfly	02:48.90	02:52.28	02:53.97	02:55.66	02:57.35	03:02.41	03:05.79
200m I.M.	02:48.30	02:51.67	02:53.35	02:55.03	02:56.71	03:01.76	03:05.13
400m I.M.	05:54.10	06:01.18	06:04.72	06:08.26	06:11.81	06:22.43	06:29.51

<b>13 Years</b>		<b>2%</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>	<b>8%</b>	<b>10%</b>
50m Freestyle							
100m Freestyle	01:07.10	01:08.44	01:09.11	01:09.78	01:10.46	01:12.47	01:13.81
200m Freestyle	02:23.90	02:26.78	02:28.22	02:29.66	02:31.09	02:35.41	02:38.29
400m Freestyle	05:00.30	05:06.31	05:09.31	05:12.31	05:15.31	05:24.32	05:30.33
800m Freestyle	10:09.30	10:21.49	10:27.58	10:33.67	10:39.77	10:58.04	11:10.23
1500m Freestyle	19:35.70	19:59.21	20:10.97	20:22.73	20:34.49	21:09.76	21:33.27
50m Backstroke							
100m Backstroke	01:14.40	01:15.89	01:16.63	01:17.38	01:18.12	01:20.35	01:21.84
200m Backstroke	02:39.10	02:42.28	02:43.87	02:45.46	02:47.05	02:51.83	02:55.01
50m Breaststroke							
100m Breaststroke	01:24.40	01:26.09	01:26.93	01:27.78	01:28.62	01:31.15	01:32.84
200m Breaststroke	03:00.90	03:04.52	03:06.33	03:08.14	03:09.95	03:15.37	03:18.99
50m Butterfly							
100m Butterfly	01:14.30	01:15.79	01:16.53	01:17.27	01:18.01	01:20.24	01:21.73
200m Butterfly	02:42.40	02:45.65	02:47.27	02:48.90	02:50.52	02:55.39	02:58.64
200m I.M.	02:43.00	02:46.26	02:47.89	02:49.52	02:51.15	02:56.04	02:59.30
400m I.M.	05:41.20	05:48.02	05:51.44	05:54.85	05:58.26	06:08.50	06:15.32

## GIRLS

<b>14/15 Years</b>	<b>RQT</b>	<b>2%</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>	<b>8%</b>	<b>10%</b>
50m Freestyle	00:31.00	00:31.62	00:31.93	00:32.24	00:32.55	00:33.48	00:34.10
100m Freestyle	01:06.20	01:07.52	01:08.19	01:08.85	01:09.51	01:11.50	01:12.82
200m Freestyle	02:22.40	02:25.25	02:26.67	02:28.10	02:29.52	02:33.79	02:36.64
400m Freestyle	04:57.60	05:03.55	05:06.53	05:09.50	05:12.48	05:21.41	05:27.36
800m Freestyle	10:10.10	10:22.30	10:28.40	10:34.50	10:40.60	10:58.91	11:11.11
1500m Freestyle	19:52.50	20:16.35	20:28.28	20:40.20	20:52.12	21:27.90	21:51.75
50m Backstroke	00:34.90	00:35.60	00:35.95	00:36.30	00:36.64	00:37.69	00:38.39
100m Backstroke	01:13.50	01:14.97	01:15.71	01:16.44	01:17.18	01:19.38	01:20.85
200m Backstroke	02:37.20	02:40.34	02:41.92	02:43.49	02:45.06	02:49.78	02:52.92
50m Breaststroke	00:38.90	00:39.68	00:40.07	00:40.46	00:40.85	00:42.01	00:42.79
100m Breaststroke	01:22.40	01:24.05	01:24.87	01:25.70	01:26.52	01:28.99	01:30.64
200m Breaststroke	02:58.00	03:01.56	03:03.34	03:05.12	03:06.90	03:12.24	03:15.80
50m Butterfly	00:33.60	00:34.27	00:34.61	00:34.94	00:35.28	00:36.29	00:36.96
100m Butterfly	01:12.80	01:14.26	01:14.98	01:15.71	01:16.44	01:18.62	01:20.08
200m Butterfly	02:39.00	02:42.18	02:43.77	02:45.36	02:46.95	02:51.72	02:54.90
200m I.M.	02:40.70	02:43.91	02:45.52	02:47.13	02:48.73	02:53.56	02:56.77
400m I.M.	05:37.20	05:43.94	05:47.32	05:50.69	05:54.06	06:04.18	06:10.92

<b>16+ Years</b>		<b>2%</b>	<b>3%</b>	<b>4%</b>	<b>5%</b>	<b>8%</b>	<b>10%</b>
50m Freestyle	00:30.10	00:30.70	00:31.00	00:31.30	00:31.61	00:32.51	00:33.11
100m Freestyle	01:04.30	01:05.59	01:06.23	01:06.87	01:07.52	01:09.44	01:10.73
200m Freestyle	02:18.40	02:21.17	02:22.55	02:23.94	02:25.32	02:29.47	02:32.24
400m Freestyle	04:50.20	04:56.00	04:58.91	05:01.81	05:04.71	05:13.42	05:19.22
800m Freestyle	09:57.10	10:09.04	10:15.01	10:20.98	10:26.95	10:44.87	10:56.81
1500m Freestyle	19:12.10	19:35.14	19:46.66	19:58.18	20:09.71	20:44.27	21:07.31
50m Backstroke	00:33.90	00:34.58	00:34.92	00:35.26	00:35.59	00:36.61	00:37.29
100m Backstroke	01:11.30	01:12.73	01:13.44	01:14.15	01:14.87	01:17.00	01:18.43
200m Backstroke	02:32.00	02:35.04	02:36.56	02:38.08	02:39.60	02:44.16	02:47.20
50m Breaststroke	00:37.80	00:38.56	00:38.93	00:39.31	00:39.69	00:40.82	00:41.58
100m Breaststroke	01:20.70	01:22.31	01:23.12	01:23.93	01:24.73	01:27.16	01:28.77
200m Breaststroke	02:54.10	02:57.58	02:59.32	03:01.06	03:02.80	03:08.03	03:11.51
50m Butterfly	00:32.60	00:33.25	00:33.58	00:33.90	00:34.23	00:35.21	00:35.86
100m Butterfly	01:11.10	01:12.52	01:13.23	01:13.94	01:14.66	01:16.79	01:18.21
200m Butterfly	02:34.40	02:37.49	02:39.03	02:40.58	02:42.12	02:46.75	02:49.84
200m I.M.	02:36.50	02:39.63	02:41.19	02:42.76	02:44.33	02:49.02	02:52.15
400m I.M.	05:27.90	05:34.46	05:37.74	05:41.02	05:44.30	05:54.13	06:00.69