

Manitoba MARLINS

NATIONAL GROUP CONSIDERATION TIME STANDARDS 2009/10

2008-2009 Time Standards Female				Event	2008-2009 Time Standards Male			
NAT CUT	Westerns	NAT CUT	Westerns		Westerns	NAT CUT	Westerns	NAT CUT
LCM	LCM	SCM	SCM	SCM	SCM	SCM	LCM	LCM
30.21	29.05	29.62	28.48	50 free	25.28	27.05	25.79	27.60
01:04.99	01:02.49	01:03.72	01:01.27	100 free	00:54.94	00:58.79	00:56.03	00:59.95
02:20.92	02:15.50	02:18.15	02:12.84	200 free	02:00.04	02:09.64	02:02.44	02:11.01
04:57.72	04:46.27	04:51.89	04:40.66	400 free	04:15.07	04:32.92	04:19.77	04:37.95
10:14.30	09:50.67	10:02.56	09:39.38	800 free	09:05.82	09:44.03	09:16.73	09:55.70
19:48.96	19:03.23	19:25.65	18:40.82	1500 free	17:01.45	18:12.95	17:21.87	18:34.80
01:13.94	01:11.10	01:12.50	01:09.71	100 back	01:02.25	01:06.61	01:03.50	01:07.95
02:37.81	02:31.74	02:34.72	02:28.77	200 back	02:14.00	02:23.38	02:16.68	02:26.25
01:23.19	01:19.99	01:21.57	01:18.43	100 breast	01:10.07	01:14.97	01:11.47	01:16.47
02:59.72	02:52.81	02:56.21	02:49.43	200 breast	02:32.23	02:42.89	02:35.27	02:46.14
01:11.75	01:08.99	01:10.35	01:07.64	100 fly	00:59.95	01:04.15	01:01.15	01:05.43
02:37.91	02:31.84	02:34.82	02:28.87	200 fly	02:15.47	02:24.95	02:18.18	02:27.85
02:38.65	02:32.55	02:35.54	02:29.56	200 I.M.	02:14.34	02:23.74	02:17.03	02:26.62
05:38.72	05:25.69	05:32.08	05:19.31	400 I.M.	04:50.90	05:11.26	04:56.71	05:17.48

* Please note that NAT CUTS will change (get faster) from season to season.