

2016 Senior Time Standards ---- SI Swimming –Men

Men – SCY

	2016 Sr Classic	2016 Futures	2016 LCM Jrs	2016 LCM Jr Bonus	2016 US Open	2016 US Open 18U Bonus	2016 Olympic Trials
50 SCY Free	24.39	21.49	20.59	21.19	19.89	20.59	
100 SCY Free	52.79	46.69	44.59	45.39	43.39	44.59	
200 SCY Free	1:55.69	1:42.09	1:38.79	1:40.09	1:36.09	1:38.79	
500 SCY Free	05:11.59	4:37.09	4:29.29	4:30.09	4:20.29	4:29.29	
1000 SCY Free	10:55.89	9:34.29	9:15.19	9:19.39	9:07.49	9:15.19	
1650 SCY Free	19:00.19	16:05.49	15:37.49	15:46.39	15:15.59	15:37.49	
100 SCY Back	01:05.29	52.49	49.89	50.49	47.19	49.89	
200 SCY Back	02:22.89	1:53.59	1:48.39	1:49.69	1:45.49	1:48.39	
100 SCY Breast	01:12.99	58.89	55.99	56.59	53.89	55.99	
200 SCY Breast	02:37.59	2:08.59	2:01.59	2:02.89	1:59.19	2:01.59	
100 SCY Fly	01:01.59	51.59	49.19	49.89	47.59	49.19	
200 SCY Fly	02:20.69	1:53.69	1:48.29	1:49.89	1:45.69	1:48.29	
200 SCY Ind Medley	02:11.99	1:55.09	1:49.29	1:50.69	1:45.79	1:49.29	
400 SCY Ind Medley	04:50.59	4:07.59	3:53.49	3:56.89	3:47.99	3:53.49	
200 SCY Free Relay							
400 SCY Free Relay		3:12.89					
800 SCY Free Relay		6:58.59					
200 SCY Med Relay							
400 SCY Med Relay		3:32.79					

Men – LCM

	2016 Sr Classic	2016 Futures	2016 LCM Jrs	2016 LCM Jr Bonus	2016 US Open	2016 US Open 18U Bonus	2016 Olympic Trials
50 LCM Free	27.89	24.89	24.09	24.49	23.29	24.09	23.29
100 LCM Free	59.99	53.79	52.19	52.89	50.79	52.19	50.69
200 LCM Free	2:11.29	1:58.09	1:54.69	1:56.49	1:51.89	1:54.69	1:51.89
400 LCM Free	4:41.89	4:09.99	4:03.59	4:05.49	3:58.69	4:03.59	3:58.69
800 LCM Free	9:52.79	8:40.69	8:24.69	8:27.69	8:15.49	8:24.69	N/A
1500 LCM Free	19:30.19	16:38.99	16:08.09	16:27.39	15:49.99	16:08.09	15:49.99
100 LCM Back	1:13.89	1:00.79	45:36.00	33:36.00	33:36.00	45:36.00	33:36.00
200 LCM Back	2:41.29	2:11.89	2:07.39	2:09.69	2:03.99	2:07.39	2:03.79
100 LCM Breast	1:22.29	1:08.69	1:06.29	1:07.09	1:03.89	1:06.29	1:03.69
200 LCM Breast	2:57.39	2:29.09	2:23.69	2:25.09	2:18.99	2:23.69	2:18.39
100 LCM Fly	1:09.79	58.39	56.69	57.69	54.79	56.69	54.79
200 LCM Fly	2:38.79	2:10.19	2:05.49	2:07.29	2:02.29	2:05.49	2:01.99
200 LCM Ind Medley	2:29.19	2:12.79	2:08.69	2:10.09	2:05.29	2:08.69	2:05.09
400 LCM Ind Medley	5:30.69	4:42.39	4:33.89	4:37.29	4:27.99	4:33.89	4:27.49
200 LCM Free Relay							
400 LCM Free Relay		3:40.89	3:34.89		3:29.29		
800 LCM Free Relay		8:00.49	7:47.69		7:42.79		
200 LCM Free Relay							
400 LCM Med Relay		4:05.89	3:56.99		3:50.09		