

SCM Records

Women	18 to 24	25 to 29	30 to 34	35 to 39	40 to 44	45 to 49	50 to 54	55 to 59	60 to 64	65 to 69	70 to 74	75 to 79	80 to 84	85 to 89	90 to 94	95 to 99
50 Free	:27.40	:26.94	:26.69	:27.91	:28.39	:28.90	:29.73	:33.91	:35.09	:38.53	:39.88	:43.85	:46.45			
100 Free	:59.70	:58.81	:57.80	1:01.18	1:01.55	1:02.20	1:06.29	1:16.27	1:20.85	1:22.91	1:29.25	1:34.48	1:51.36			
200 Free	2:08.95	2:07.83	2:04.98	2:09.52	2:11.43	2:11.00	2:28.36	2:51.10	2:55.92	3:09.18	3:22.12	4:02.32	4:34.99			
400 Free	4:40.67	4:25.94	4:26.91	4:31.98	4:32.89	4:33.09	5:23.19	5:58.32	6:03.49	6:27.61	7:03.60	8:42.22	9:18.27			
800 Free	9:57.96	9:12.32	9:08.32	9:21.94	9:21.44	9:21.65	11:07.54	12:24.76	12:35.81	13:29.49	15:06.02	16:10.73	19:09.77			
1500 Free	19:24.60	17:36.61	17:21.99	17:47.18	17:38.37	17:49.34	21:20.09	23:39.10	23:51.42	27:19.79	28:33.88	30:31.30	36:39.49			
50 Back	:32.53	:31.42	:31.26	:32.10	:33.73	:35.42	:37.44	:39.80	:42.77	:46.10	:47.24	:48.53	:55.33			
100 Back	1:08.99	1:07.83	1:08.70	1:09.39	1:12.27	1:12.39	1:21.61	1:28.24	1:35.37	1:35.39	1:41.71	1:49.05	2:03.18			
200 Back	2:29.00	2:26.71	2:27.73	2:28.55	2:31.83	2:31.42	2:57.72	3:14.12	3:23.02	3:24.29	3:29.29	4:02.80	4:56.76			
50 Breast	:35.69	:32.80	:34.47	:37.19	:35.60	:34.70	:38.78	:38.73	:45.69	:46.51	:46.99	:50.34	1:03.18		1:43.97	
100 Breast	1:17.24	1:11.80	1:18.34	1:20.41	1:18.06	1:24.73	1:25.50	1:25.63	1:39.42	1:43.13	1:47.17	1:56.82	2:21.00			
200 Breast	2:51.43	2:32.37	2:47.61	2:56.44	2:50.00	3:04.92	3:07.68	3:16.59	3:29.39	3:38.61	3:44.03	4:10.22	5:36.49			
50 Fly	:29.99	:29.67	:29.69	:31.12	:31.24	:32.48	:33.49	:37.10	:40.85	:42.24	:42.47	:53.08	1:14.98	3:19.20		
100 Fly	1:06.08	1:05.09	1:04.98	1:08.08	1:08.75	1:10.49	1:21.36	1:28.84	1:30.25	1:33.27	1:39.02	2:02.44	3:30.99	7:29.71		
200 Fly	2:25.14	2:27.75	2:28.42	2:29.68	2:28.50	2:28.26	3:05.77	3:26.54	3:21.73	3:33.38	3:55.59	4:33.81	12:05.24	16:51.87		
100 IM	1:09.10	1:06.73	1:07.26	1:11.75	1:10.04	1:13.33	1:17.80	1:23.61	1:32.04	1:36.27	1:34.10	1:47.56	2:02.30			
200 IM	2:25.28	2:22.81	2:23.49	2:32.50	2:33.78	2:33.25	2:52.99	3:15.79	3:16.93	3:24.26	3:21.52	4:13.60	5:10.81			
400 IM	5:06.61	5:02.47	5:09.02	5:16.74	5:21.60	5:19.13	6:16.17	6:50.55	6:48.57	7:01.55	7:19.12	8:38.09	11:18.33	21:51.74		
Men	18 to 24	25 to 29	30 to 34	35 to 39	40 to 44	45 to 49	50 to 54	55 to 59	60 to 64	65 to 69	70 to 74	75 to 79	80 to 84	85 to 89	90 to 94	95 to 99
50 Free	:24.60	:23.19	:23.88	:24.58	:24.29	:25.34	:25.53	:27.09	:28.48	:29.61	:32.17	:34.54	:37.49	:45.78		
100 Free	:52.70	:51.41	:52.61	:53.03	:53.39	:55.56	:55.71	1:01.68	1:04.40	1:06.57	1:12.07	1:23.48	1:31.57	1:50.46		
200 Free	1:56.70	1:53.55	1:56.54	1:57.61	1:58.22	2:03.71	2:04.46	2:11.64	2:32.71	2:42.44	2:49.23	3:05.73	3:41.23	4:26.03		
400 Free	4:08.40	4:11.45	4:13.02	4:20.19	4:15.81	4:29.04	4:35.19	4:41.64	5:27.43	5:59.87	6:06.17	6:35.60	7:58.74	9:42.27		
800 Free	9:00.50	8:38.35	9:11.34	9:10.92	8:52.91	9:38.05	9:47.12	10:52.46	11:08.08	12:35.80	12:31.01	14:27.22	16:10.00	19:32.77		
1500 Free	17:55.64	16:16.13	16:47.69	17:42.71	17:05.75	18:28.58	18:35.11	20:14.95	22:15.16	23:39.42	24:21.14	26:52.74	30:42.37			
50 Back	:28.78	:26.82	:26.77	:27.88	:28.08	:29.57	:30.81	:33.67	:35.21	:36.65	:38.24	:44.75	:48.93	1:00.19		
100 Back	1:01.58	:57.05	:57.64	:59.83	1:00.46	1:01.81	1:05.06	1:14.50	1:17.77	1:21.03	1:27.77	1:48.72	1:57.87			
200 Back	2:20.64	2:06.55	2:05.06	2:10.63	2:10.73	2:12.10	2:22.81	2:44.90	2:58.09	3:14.87	3:14.76	4:01.78	4:06.10			
50 Breast	:30.63	:29.87	:30.61	:30.22	:31.05	:32.23	:34.05	:34.80	:36.83	:40.83	:43.30	:48.28	:52.22	1:31.02		
100 Breast	1:05.41	1:05.92	1:06.87	1:07.90	1:08.66	1:11.77	1:15.47	1:17.78	1:22.26	1:31.72	1:37.25	1:47.95	1:55.14			
200 Breast	2:21.01	2:22.50	2:27.16	2:31.60	2:32.14	2:34.80	2:49.10	2:54.93	3:00.85	3:20.48	3:29.79	3:47.76	4:08.42			
50 Fly	:25.93	:25.22	:25.94	:26.38	:27.17	:27.56	:28.16	:30.09	:31.78	:33.31	:37.39	:44.02	:53.31			
100 Fly	:55.65	:57.11	:58.87	:57.70	:59.42	1:01.57	1:04.17	1:08.32	1:15.84	1:31.36	1:37.50	1:45.46	2:06.57			
200 Fly	2:11.06	2:10.17	2:13.00	2:16.12	2:31.32	2:22.25	2:29.54	2:37.43	3:11.43	3:34.06	3:47.75	4:18.05	8:55.22			
100 IM	:58.47	:59.50	:59.80	1:01.38	1:01.69	1:03.22	1:05.62	1:08.17	1:15.79	1:20.39	1:27.89	1:42.16	1:49.15			
200 IM	2:06.71	2:12.15	2:10.73	2:12.29	2:13.33	2:16.53	2:26.92	2:35.08	2:57.67	3:18.47	3:22.05	3:56.77	4:01.35			
400 IM	4:54.81	4:43.22	4:44.03	4:50.41	4:47.23	5:07.18	5:14.70	5:23.15	6:21.49	7:00.16	7:29.99	7:58.62	8:36.45			