

USA SWIMMING "GO FOR THE GOLD" PROGRAM

YARD TIMES - WOMEN

	50 FREE	100 FREE	200 FREE	500 FREE	1000 FREE	1650 FREE	50 BACK	100 BACK	200 BACK	50 BRST	100 BRST	200 BRST	50 FLY	100 FLY	200 FLY	100 I.M.	200I.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	1:06.33	2:25.47	1:08.37	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	2:50.50	: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	7:09.96	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

YARD TIMES – MEN

	50 FREE	100 FREE	200 FREE	500 FREE	1000 FREE	1650 FREE	50 BACK	100 BACK	200 BACK	50 BRST	100 BRST	200 BRST	50 FLY	100 FLY	200 FLY	100 I.M.	200I.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	:26.20	:56.88	2:04.52	5:37.72	11:38.27	19:32.86	:29.70	1:04.61	2:21.31	:33.08	1:11.86	2:36.05	:28.98	1:02.68	2:18.29	1:04.37	2:20.83	5:02.08
BRONZE	:26.88	:58.35	2:07.74	5:46.44	11:56.32	20:03.17	:30.47	1:06.28	2:24.96	:33.94	1:13.72	2:40.08	:29.73	1:04.30	2:21.87	1:06.03	2:24.47	5:09.89
BLUE	:27.80	1:00.36	2:12.14	5:58.38	12:21.00	20:44.62	:31.52	1:08.56	2:29.96	:35.11	1:16.25	2:45.60	:30.75	1:06.51	2:26.75	1:08.31	2:29.45	5:20.57
BLUE	:28.75	1:02.42	2:16.65	6:10.61	12:46.29	21:27.09	:32.60	1:10.90	2:35.08	:36.31	1:18.86	2:51.25	:31.80	1:08.78	2:31.76	1:10.64	2:34.55	5:31.51
BLUE	:29.79	1:04.67	2:21.58	6:23.97	13:13.97	22:13.49	:33.77	1:13.46	2:40.67	:37.62	1:21.70	2:57.42	:32.95	1:11.26	2:37.23	1:13.18	2:40.12	5:43.46
RED	:31.22	1:07.78	2:28.38	6:42.43	13:52.09	23:17.62	:35.39	1:16.99	2:48.39	:39.42	1:25.63	3:05.95	:34.53	1:14.69	2:44.79	1:16.70	2:47.82	5:59.97
RED	:32.45	1:10.44	2:34.21	6:58.23	14:24.74	24:12.46	:36.78	1:20.01	2:55.00	:40.97	1:28.99	3:13.25	:35.89	1:17.62	2:51.26	1:19.71	2:54.40	6:14.10
RED	:33.67	1:13.10	2:40.03	7:14.02	14:57.40	25:07.31	:38.17	1:23.04	3:01.61	:42.52	1:32.35	3:20.55	:37.24	1:20.55	2:57.73	1:22.72	3:00.99	6:28.23
RED	:34.90	1:15.76	2:45.85	7:29.81	15:30.05	26:02.16	:39.56	1:26.06	3:08.22	:44.07	1:35.71	3:27.85	:38.60	1:23.48	3:04.20	1:25.73	3:07.57	6:42.35
WHITE	:36.55	1:19.36	2:53.74	7:51.19	16:14.25	27:16.39	:41.44	1:30.15	3:17.16	:46.16	1:40.26	3:37.72	:40.43	1:27.45	3:12.95	1:29.81	3:16.49	7:01.47
WHITE	:39.17	1:25.04	3:06.17	8:24.91	17:23.97	29:13.51	:44.41	1:36.60	3:31.27	:49.46	1:47.43	3:53.30	:43.32	1:33.71	3:26.76	1:36.24	3:30.55	7:31.64
WHITE	:43.94	1:35.40	3:28.85	9:26.42	19:31.16	32:47.14	:49.82	1:48.37	3:57.01	:55.49	2:00.52	4:21.73	:48.60	1:45.12	3:51.95	1:47.96	3:56.20	8:26.66

USA SWIMMING "GO FOR THE GOLD" PROGRAM

METER TIMES – WOMEN

	50 FREE	100 FREE	200 FREE	500 FREE	1000 FREE	1650 FREE	50 BACK	100 BACK	200 BACK	50 BRST	100 BRST	200 BRST	50 FLY	100 FLY	200 FLY	200I.M.	400 I.M.
GOLD	:27.89	1:00.29	2:09.69	4:30.79	9:13.59	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	4:36.29	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	:38.59	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	8:34.39

METER TIMES – MENS

	50 FREE	100 FREE	200 FREE	500 FREE	1000 FREE	1650 FREE	50 BACK	100 BACK	200 BACK	50 BRST	100 BRST	200 BRST	50 FLY	100 FLY	200 FLY	200I.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	1:10.69	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	:30.09	1:05.39	2:22.89	5:01.79	10:28.19	20:06.59	:34.49	1:14.79	2:40.39	:38.29	1:22.99	3:01.59	:32.79	1:10.79	2:38.79	2:41.39	5:44.29
BRONZE	:30.89	1:07.09	2:26.59	5:09.59	10:44.49	20:37.79	:35.39	1:16.69	2:44.59	:39.29	1:25.19	3:06.29	:33.59	1:12.69	2:42.89	2:45.59	5:53.19
BLUE	:31.99	1:09.39	2:31.69	5:20.19	11:06.69	21:20.39	:36.59	1:19.39	2:50.29	:40.59	1:28.09	3:12.69	:34.79	1:15.89	2:48.49	2:51.09	6:05.29
BLUE	:32.99	1:11.79	2:36.79	5:31.19	11:29.39	22:04.09	:37.39	1:22.09	2:56.09	:41.99	1:31.09	3:19.29	:35.99	1:17.69	2:54.19	2:57.09	6:17.79
BLUE	:34.19	1:14.29	2:42.49	5:43.09	11:54.29	22:51.79	:39.19	1:24.99	3:02.69	:43.49	1:34.39	3:26.39	:37.29	1:20.49	3:00.49	3:03.49	6:31.39
RED	:35.89	1:17.89	2:50.29	5:59.59	12:28.59	23:57.79	:41.09	1:29.09	3:11.19	:45.59	1:38.89	3:36.39	:38.99	1:24.39	3:10.29	3:12.29	6:50.19
RED	:37.29	1:20.99	2:56.99	6:13.69	12:57.99	24:54.19	:42.69	1:32.59	3:18.69	:47.39	1:42.79	3:44.89	:40.59	1:27.69	3:16.59	3:19.89	7:06.29
RED	:38.69	1:23.99	3:03.69	6:27.79	13:27.39	25:50.59	:44.29	1:36.09	3:26.19	:49.19	1:46.69	3:53.29	:42.09	1:30.99	3:23.99	3:27.39	7:22.39
RED	:40.09	1:27.09	3:10.39	6:41.89	13:56.69	26:46.89	:45.89	1:39.59	3:33.69	:50.99	1:50.59	4:01.79	:43.59	1:34.29	3:31.39	3:34.99	7:38.49
WHITE	:41.99	1:31.19	3:19.39	7:20.99	14:36.49	28:03.39	:48.09	1:44.39	3:43.79	:53.39	1:55.79	4:13.29	:45.69	1:38.79	3:41.49	3:45.19	8:00.29
WHITE	:57.79	1:37.69	3:33.69	7:31.09	15:39.19	30:03.89	:51.49	1:51.79	3:59.79	:57.19	2:04.09	4:31.39	:48.99	1:45.89	3:57.29	4:01.29	8:34.69
WHITE	:50.49	1:49.59	3:59.69	8:26.09	17:33.59	33:43.59	:57.79	2:05.39	4:29.09	1:04.19	2:19.19	5:04.49	:54.89	1:58.69	4:26.19	4:30.69	9:37.39