

Recruit Time Standards

Time Standard	
50 Free	23.7
100 Free	51.8
200 Free	01:53.5
500 Free	05:04.0
1000 Free	
1650 Free	17:20.0
100 Back	56.5
200 Back	02:05.0
100 Breast	01:04.1
200 Breast	02:22.0
100 Fly	56.3
200 Fly	02:05.5
200 IM	02:06.0
400 IM	04:30.0