

IN OW TIME STANDARDS

National BB Freestyle Cuts

GIRLS			EVENT	BOYS		
SCY	LCM	SCM	10 & Under	SCY	LCM	SCM
2:58.29	3:23.59	3:16.99	200 <u>OR</u>	2:50.89	3:13.99	3:08.89
7:39.49	6:51.59	6:42.09	400 M / 500 Y	7:35.19	6:52.69	6:38.39
			11 & 12			
6:40.09	6:00.09	5:50.09	400 M / 500 Y	6:35.09	5:54.39	5:45.79
			13 & 14			
21:53.19	22:23.09	21:45.59	1500 M / 1650 Y	20:51.99	21:35.29	20:44.69
			15 & Over			
21:38.89	22:10.69	21:31.29	1500 M / 1650 Y	20:21.89	20:49.49	20:14.79