

**2004-2005 CIS TIME STANDARDS**

		<b>EVENT</b>				
		<b>WOMEN</b>		<b>MEN</b>		
<b>scy</b>	<b>lcm</b>	<b>scm</b>		<b>scm</b>	<b>lcm</b>	<b>scy</b>
24.63	28.28	<b>:27.46</b>	<b>50 FREE</b>	<b>:24.00</b>	:24.72	21.52
:53.34	1:01.25	<b>0:59.47</b>	<b>100 FREE</b>	<b>:52.34</b>	:53.91	46.94
1:55.01	2:12.09	<b>2:08.24</b>	<b>200 FREE</b>	<b>1:54.18</b>	1:57.61	1:42.40
4:04.67	4:40.99	<b>4:32.81</b>	<b>400 FREE</b>	<b>4:03.88</b>	4:11.20	3:38.73
8:26.58	9:41.79	<b>9:24.84</b>	<b>800 FREE</b>			
			<b>1500 FREE</b>	<b>16:20.90</b>	16:50.33	
			<b>1650yd free</b>			16:26.63
:28.30	:32.51	<b>31.56</b>	<b>50 BACK</b>	<b>:27.65</b>	:28.48	:24.80
1:00.48	1:09.46	<b>1:07.44</b>	<b>100 BACK</b>	<b>:59.06</b>	1:00.83	:52.97
2:09.52	2:28.75	<b>2:24.42</b>	<b>200 BACK</b>	<b>2:07.89</b>	2:11.73	1:54.70
:31.83	:36.55	<b>:35.49</b>	<b>50 BREAST</b>	<b>:30.43</b>	:31.34	:27.29
1:08.30	1:18.43	<b>1:16.15</b>	<b>100 BREAST</b>	<b>1:05.76</b>	1:07.73	:58.98
2:27.38	2:49.26	<b>2:44.33</b>	<b>200 BREAST</b>	<b>2:24.74</b>	2:29.08	2:09.81
:26.77	:30.75	<b>:29.85</b>	<b>50 FLY</b>	<b>:26.20</b>	:26.99	:23.50
:58.95	1:07.70	<b>1:05.73</b>	<b>100 FLY</b>	<b>:57.29</b>	:59.01	:51.38
2:11.78	2:31.35	<b>2:26.94</b>	<b>200 FLY</b>	<b>2:08.20</b>	2:12.05	1:54.98
2:11.85	2:31.42	<b>2:27.01</b>	<b>200 IM</b>	<b>2:09.87</b>	2:13.77	1:56.48
4:38.19	5:19.49	<b>5:10.18</b>	<b>400 IM</b>	<b>4:35.93</b>	4:44.21	4:07.47