

2005-2006 CIS TIME STANDARDS						
			EVENT			
			WOMEN	MEN		
scy	lcm	scm		scm	lcm	scy
24.60	28.25	27.43	50 FREE	23.93	24.65	21.46
0:53.01	1:00.88	59.11	100 FREE	52.22	53.79	46.83
1:54.41	2:11.40	2:07.57	200 FREE	1:53.78	1:57.19	1:42.04
4:03.50	4:39.65	4:31.50	400 FREE	4:03:85	4:11.17	3:38.70
8:25.19	9:40.19	9:23.29	800 FREE			
			1500 FREE	16:22.19	16:51.66	
			1650yd free			16:27.93
28.06	32.23	31.29	50 BACK	27.54	28.37	24.70
1:00.10	1:09.02	1:07.01	100 BACK	0:59.02	1:00.79	0:52.93
2:08.76	2:27.88	2:23.57	200 BACK	2:08.03	2:11.87	1:54.83
31.59	36.28	35.22	50 BREAST	30.41	31.32	27.27
1:07.80	1:17.87	1:15.60	100 BREAST	1:05.78	1:07.75	0:59.00
2:26.21	2:47.91	2:43.02	200 BREAST	2:24.82	2:29.16	2:09.88
26.53	30.47	29.58	50 FLY	26.13	26.91	23.43
0:58.61	1:07.31	1:05.35	100 FLY	0:57.22	0:58.94	0:51.32
2:11.09	2:30.54	2:26.16	200 FLY	2:08.00	2:11.84	1:54.80
2:11.77	2:31.33	2:26.92	200 IM	2:10.12	2:14.02	1:56.70
4:38.13	5:19.42	5:10.12	400 IM	4:35.85	4:44.13	4:07.40