

2006-2007 CIS TIME STANDARDS						
			EVENT			
			WOMEN	MEN		
scy	lcm	scm		scm	lcm	scy
24.46	28.09	27.27	50 FREE	23.94	24.66	21.47
52.91	1:00.76	58.99	100 FREE	52.11	53.67	46.74
1:53.78	2:10.68	2:06.87	200 FREE	1:53.95	1:57.37	1:42.20
4:02.97	4:39.04	4:30.91	400 FREE	4:04.92	4:12.27	3:39.66
8:23.43	9:38.17	9:21.33	800 FREE			
			1500 FREE	16:29.53	16:59.22	
			1650yd free			16:35.31
27.96	32.11	31.17	50 BACK	27.41	28.23	24.58
0:59.77	1:08.64	1:06.64	100 BACK	0:59.04	1:00.81	0:52.95
2:08.25	2:27.29	2:23.00	200 BACK	2:08.51	2:12.37	1:55.26
31.43	36.09	35.04	50 BREAST	30.44	31.35	27.30
1:07.43	1:17.45	1:15.19	100 BREAST	1:05.89	1:07.87	:59.09
2:25.80	2:47.45	2:42.57	200 BREAST	2:25.14	2:29.49	2:10.17
26.39	30.31	29.43	50 FLY	26.09	26.87	23.40
0:58.31	1:06.97	1:05.02	100 FLY	0:57.35	0:59.07	0:51.43
2:10.37	2:29.72	2:25.36	200 FLY	2:08.39	2:12.24	1:55.15
2:11.39	2:30.90	2:26.50	200 IM	2:10.64	2:14.56	1:57.17
4:37.85	5:19.09	5:09.80	400 IM	4:36.12	4:44.40	4:07.64
3:32.40	4:03.93	3:56.83	400 Fr Rly	3:30.36	3:36.67	3:08.66
7:43.26	8:52.03	8:36.53	800 Fr Rly	7:46.32	8:00.31	6:58.22
3:56.30	4:31.37	4:23.47	400 Med Rly	3:51.79	3:58.74	3:27.88