

On Track Times 2014-2015 - Long Course Metres

MALE												
	Target Time		Age as of December 31, 2015									
			24	23	22	21	20	19	18	17	16&U	
50 FR	22.11	Gold			22.11	22.24	22.37	22.50	22.64	22.84	23.21	
		Podium		22.11	22.26	22.41	22.56	22.71	22.92	23.13	23.50	
		Final	22.11	22.33	22.55	22.77	22.99	23.21	23.43	23.76	24.35	
100 FR	48.82	Gold				48.82	49.15	49.49	49.94	50.39	51.20	
		Podium			48.82	49.15	49.48	49.81	50.23	50.68	51.49	
		Final		48.82	49.35	49.88	50.41	50.94	51.47	52.26	53.66	
200 FR	1:47.82	Gold					1:47.82	1:48.64	1:49.87	1:52.05		
		Podium					1:47.82	1:48.65	1:49.48	1:50.73	1:52.94	
		Final				1:47.82	1:48.88	1:49.94	1:51.00	1:52.59	1:55.41	
400 FR	3:48.92	Gold					3:48.92	3:50.64	3:53.23	3:57.83		
		Podium					3:48.92	3:50.66	3:52.41	3:55.03	3:59.68	
		Final				3:48.92	3:51.05	3:53.18	3:55.31	3:58.50	4:04.18	
1500 FR	15:11.83	Gold						15:11.83	15:18.46	15:26.73	15:41.55	
		Podium						15:11.83	15:17.75	15:25.09	15:33.42	15:48.35
		Final				15:11.83	15:20.78	15:29.73	15:38.68	15:52.10	16:15.97	
100 BK	54.40	Gold					54.40	54.65	54.90	55.39	56.28	
		Podium				54.40	54.82	55.24	55.66	56.29	57.41	
		Final		54.40	55.00	55.59	56.19	56.79	57.68	59.27		
200 BK	1:58.48	Gold						1:58.48	1:58.55	1:59.62	2:01.53	
		Podium						1:58.48	1:59.31	2:00.13	2:01.37	2:03.58
		Final				1:58.48	1:59.85	2:01.23	2:02.60	2:04.66	2:08.32	
100 BR	1:00.79	Gold				1:00.79	1:01.16	1:01.53	1:01.90	1:02.46	1:03.46	
		Podium			1:00.79	1:01.33	1:01.87	1:02.44	1:03.01	1:03.58	1:04.59	
		Final		1:00.79	1:01.36	1:01.92	1:02.49	1:03.05	1:03.62	1:04.46	1:05.97	
200 BR	2:11.74	Gold						2:11.74	2:12.73	2:13.92	2:16.07	
		Podium						2:11.74	2:12.91	2:14.08	2:15.84	2:18.96
		Final				2:11.74	2:13.63	2:15.53	2:17.42	2:20.26	2:25.31	
100 FLY	52.56	Gold				52.56	52.71	52.87	53.03	53.51	54.36	
		Podium			52.56	52.82	53.09	53.36	53.63	54.11	54.98	
		Final		52.56	53.03	53.50	53.97	54.44	54.91	55.62	56.87	
200 FLY	1:56.86	Gold					1:56.86	1:57.66	1:58.46	1:59.53	2:01.44	
		Podium					1:56.86	1:57.83	1:58.81	1:59.78	2:01.24	2:03.84
		Final			1:56.86	1:58.08	1:59.30	2:00.52	2:01.74	2:03.57	2:06.83	
200 IM	1:59.99	Gold					1:59.99	2:00.82	2:01.66	2:02.75	2:04.72	
		Podium					1:59.99	2:00.79	2:01.60	2:02.67	2:03.77	2:05.75
		Final			1:59.99	2:01.20	2:02.41	2:03.63	2:04.84	2:06.66	2:09.89	
400 IM	4:16.46	Gold						4:16.46	4:17.37	4:19.69	4:23.84	
		Podium						4:16.46	4:18.44	4:20.42	4:23.38	4:28.66
		Final				4:16.46	4:18.82	4:21.17	4:23.53	4:27.07	4:33.35	

FEMALE																						
	Target Time		Age as of December 31, 2015																			
			24	23	22	21	20	19	18	17	16	15	14&U									
50 FR	25.27	Gold					25.27	25.27	25.27	25.27	25.27	25.47	25.75	26.24								
		Podium						25.27	25.31	25.35	25.40	25.45	25.50	25.50	25.74	26.03	26.52					
		Final							25.27	25.41	25.54	25.68	25.81	25.95	26.08	26.22	26.54	26.92	27.56			
100 FR	54.57	Gold									54.57	54.76	54.95	55.15	55.67	56.29	57.36					
		Podium									54.57	54.88	55.19	55.51	55.83	56.36	56.98	58.06				
		Final										54.57	54.88	55.18	55.49	55.79	56.10	56.83	57.67	59.12		
200 FR	1:58.33	Gold												1:58.33	1:58.96	2:00.09	2:01.41	2:03.72				
		Podium												1:58.33	1:58.92	1:59.50	2:00.89	2:02.51	2:05.29			
		Final													1:58.33	1:59.12	1:59.91	2:00.70	2:02.58	2:04.75	2:08.50	
400 FR	4:09.35	Gold													4:09.35	4:09.97	4:12.34	4:15.12	4:19.97			
		Podium													4:09.35	4:10.96	4:12.58	4:14.98	4:17.78	4:22.68		
		Final													4:09.35	4:10.94	4:12.54	4:14.13	4:17.91	4:22.29	4:29.86	
800 FR	8:33.84	Gold															8:33.84	8:39.04	8:44.75	8:54.72		
		Podium															8:33.84	8:36.21	8:41.87	8:48.37	8:59.63	
		Final															8:33.84	8:37.14	8:40.43	8:48.26	8:57.33	9:12.99
100 BK	1:00.82	Gold														1:00.82	1:01.33	1:01.91	1:02.59	1:03.78		
		Podium														1:00.82	1:01.17	1:01.52	1:02.34	1:03.30	1:04.95	
		Final														1:00.82	1:01.26	1:01.69	1:02.13	1:03.16	1:04.36	1:06.43
200 BK	2:10.84	Gold															2:10.84	2:12.23	2:13.83	2:16.61		
		Podium															2:10.84	2:11.52	2:13.14	2:15.02	2:18.26	
		Final														2:10.84	2:11.78	2:12.71	2:14.94	2:17.51	2:21.96	
100 BR	1:08.49	Gold													1:08.49	1:08.81	1:09.46	1:10.23	1:11.56			
		Podium													1:08.49	1:08.97	1:09.44	1:10.10	1:10.87	1:12.22		
		Final													1:08.49	1:08.99	1:09.35	1:09.71	1:10.56	1:11.54	1:13.22	
200 BR	2:26.89	Gold															2:26.89	2:26.89	2:27.47	2:29.09	2:31.92	
		Podium															2:26.89	2:27.43	2:27.46	2:28.86	2:30.50	2:33.36
		Final														2:26.89	2:27.82	2:28.74	2:29.67	2:31.87	2:34.41	2:38.81
100 FLY	58.70	Gold												58.70	59.05	59.40	59.96	1:00.62	1:01.78			
		Podium												58.70	59.11	59.52	59.93	1:00.50	1:01.16	1:02.33		
		Final												58.70	59.09	59.49	59.88	1:00.27	1:01.20	1:02.28	1:04.15	
200 FLY	2:08.95	Gold														2:08.95	2:10.06	2:11.30	2:12.74	2:15.26		
		Podium														2:08.95	2:09.62	2:10.29	2:11.87	2:13.71	2:16.88	
		Final													2:08.95	2:09.98	2:11.01	2:12.05	2:14.50	2:17.34	2:22.24	
200 IM	2:13.36	Gold															2:13.36	2:13.36	2:14.30	2:15.78	2:18.36	
		Podium															2:13.36	2:14.04	2:14.72	2:16.33	2:18.20	2:21.42
		Final														2:13.36	2:14.19	2:15.02	2:15.85	2:17.82	2:20.10	2:24.04
400 IM	4:41.75	Gold																4:41.75	4:47.81	4:53.88		
		Podium																4:41.75	4:45.50	4:49.84	4:57.33	
		Final																4:41.75	4:44.03	4:49.43	4:55.70	5:06.51