

Women's LCM  
Time Standards Analysis

2007 (9/1/06 - 8/31/07)

women-lcm	-0.3	07 total	07 18&u	-0.2	07 total	07 18&u	-0.1	07 total	07 18&u	2003 nat.	07 total	07 18&u	0.1	07 total	07 18&u	0.2	07 total	07 18&u	0.3	07 total	07 18&u
50 fr	26.49	70	24	26.59	89	30	26.69	116	43	26.79	135	54	26.89	158	67	26.99	192	78	27.09	224	103
100 fr	57.29	84	25	57.49	103	33	57.69	121	42	57.89	138	51	58.09	158	61	58.29	182	75	58.49	204	87
200 fr	2:03.69	81	33	2:04.09	102	44	2:04.49	119	54	2:04.89	141	68	2:05.29	166	85	2:05.69	189	100	2:06.09	210	113
400 fr	4:19.29	73	26	4:20.09	88	44	4:20.89	106	57	4:21.69	119	66	4:22.49	135	76	4:23.29	153	88	4:24.09	169	97
800 fr	8:51.49	47	26	8:53.09	58	34	8:54.69	63	38	8:56.29	74	47	8:57.89	86	57	8:59.49	101	67	9:01.09	114	74
1500 fr	16:57.69	33	19	17:00.69	39	23	17:03.69	45	28	17:06.69	60	41	17:09.69	64	43	17:12.69	74	52	17:15.69	85	59
100 bk	1:04.99	113	57	1:05.19	129	69	1:05.39	143	77	1:05.59	158	85	1:05.79	177	97	1:05.99	198	113	1:06.19	214	123
200 bk	2:18.79	78	38	2:19.19	86	42	2:19.59	102	55	2:19.99	111	63	2:20.39	123	73	2:20.79	132	79	2:21.19	149	92
100 br	1:12.69	68	32	1:12.89	88	47	1:13.09	95	54	1:13.29	105	61	1:13.49	117	68	1:13.69	126	74	1:13.89	140	79
200 br	2:36.89	78	37	2:37.29	89	46	2:37.69	98	51	2:38.09	104	57	2:38.49	114	65	2:38.89	123	74	2:39.29	133	80
100 fl	1:02.49	107	48	1:02.69	121	52	1:02.89	126	54	1:03.09	143	62	1:03.29	159	69	1:03.49	172	76	1:03.69	191	88
200 fl	2:16.09	61	35	2:16.49	70	41	2:16.89	76	44	2:17.29	82	47	2:17.69	89	51	2:18.09	91	54	2:18.49	102	63
200 im	2:20.29	75	37	2:20.69	86	43	2:21.09	98	48	2:21.49	105	52	2:21.89	114	57	2:22.29	136	70	2:22.69	151	83
400 im	4:55.39	53	31	4:56.19	56	33	4:56.99	64	37	4:57.79	77	47	4:58.59	86	53	4:59.39	107	68	5:00.19	114	73
Average		73	33		86	42		98	49		111	57		125	66		141	76		157	87

2006 (9/1/05 - 8/31/06)

women-lcm	-0.3	06 total	06 18&u	-0.2	06 total	06 18&u	-0.1	06 total	06 18&u	2003 nat.	06 total	06 18&u	0.1	06 total	06 18&u	0.2	06 total	06 18&u	0.3	06 total	06 18&u
50 fr	26.49	62	20	26.59	76	29	26.69	99	45	26.79	130	63	26.89	157	79	26.99	182	94	27.09	219	116
100 fr	57.29	60	19	57.49	68	24	57.69	81	31	57.89	101	43	58.09	120	54	58.29	136	66	58.49	167	85
200 fr	2:03.69	62	25	2:04.09	82	33	2:04.49	100	47	2:04.89	121	62	2:05.29	140	70	2:05.69	155	81	2:06.09	177	97
400 fr	4:19.29	48	25	4:20.09	68	36	4:20.89	84	49	4:21.69	95	55	4:22.49	113	66	4:23.29	126	71	4:24.09	141	83
800 fr	8:51.49	35	20	8:53.09	45	26	8:54.69	53	32	8:56.29	63	37	8:57.89	73	44	8:59.49	86	54	9:01.09	103	68
1500 fr	16:57.69	29	20	17:00.69	34	23	17:03.69	38	26	17:06.69	43	30	17:09.69	59	43	17:12.69	72	50	17:15.69	77	55
100 bk	1:04.99	93	42	1:05.19	102	50	1:05.39	114	60	1:05.59	126	70	1:05.79	135	78	1:05.99	157	91	1:06.19	173	103
200 bk	2:18.79	69	31	2:19.19	76	36	2:19.59	90	45	2:19.99	96	50	2:20.39	109	61	2:20.79	123	71	2:21.19	133	80
100 br	1:12.69	80	43	1:12.89	91	48	1:13.09	97	53	1:13.29	108	57	1:13.49	120	67	1:13.69	127	73	1:13.89	139	80
200 br	2:36.89	65	36	2:37.29	71	39	2:37.69	77	43	2:38.09	86	51	2:38.49	99	60	2:38.89	110	68	2:39.29	122	74
100 fl	1:02.49	77	31	1:02.69	95	38	1:02.89	106	44	1:03.09	122	54	1:03.29	134	63	1:03.49	154	77	1:03.69	179	92
200 fl	2:16.09	51	29	2:16.49	58	34	2:16.89	67	40	2:17.29	72	45	2:17.69	83	52	2:18.09	96	60	2:18.49	100	62
200 im	2:20.29	79	41	2:20.69	89	45	2:21.09	99	51	2:21.49	110	61	2:21.89	123	70	2:22.29	139	82	2:22.69	164	99
400 im	4:55.39	47	30	4:56.19	58	37	4:56.99	67	45	4:57.79	76	51	4:58.59	88	55	4:59.39	103	66	5:00.19	115	75
Average		61	29		72	36		84	44		96	52		111	62		126	72		144	84

2005

women-lcm	-0.3	05 total	05 18&u	-0.2	05 total	05 18&u	-0.1	05 total	05 18&u	2003 nat.	05 total	05 18&u	0.1	05 total	05 18&u	0.2	05 total	05 18&u	0.3	05 total	05 18&u
50 fr	26.49	67	19	26.59	88	27	26.69	102	33	26.79	117	45	26.89	127	55	26.99	133	61	27.09	140	68
100 fr	57.29	71	21	57.49	84	24	57.69	105	34	57.89	116	37	58.09	137	47	58.29	157	61	58.49	188	80
200 fr	2:03.69	75	23	2:04.09	93	31	2:04.49	114	39	2:04.89	128	50	2:05.29	142	58	2:05.69	166	74	2:06.09	198	94
400 fr	4:19.29	59	27	4:20.09	71	34	4:20.89	87	64	4:21.69	102	56	4:22.49	105	59	4:23.29	115	69	4:24.09	123	77
800 fr	8:51.49	49	25	8:53.09	54	27	8:54.69	68	35	8:56.29	85	45	8:57.89	86	46	8:59.49	89	49	9:01.09	94	52
1500 fr	16:57.69	26	17	17:00.69	34	21	17:03.69	45	27	17:06.69	55	34	17:09.69	60	39	17:12.69	62	41	17:15.69	63	42
100 bk	1:04.99	76	41	1:05.19	93	49	1:05.39	108	57	1:05.59	118	63	1:05.79	118	63	1:05.99	119	64	1:06.19	120	65
200 bk	2:18.79	63	29	2:19.19	76	37	2:19.59	84	43	2:19.99	95	48	2:20.39	95	48	2:20.79	95	48	2:21.19	98	50
100 br	1:12.69	72	30	1:12.89	82	37	1:13.09	92	41	1:13.29	102	49	1:13.49	103	50	1:13.69	105	52	1:13.89	106	53
200 br	2:36.89	80	40	2:37.29	86	45	2:37.69	92	46	2:38.09	102	54	2:38.49	105	57	2:38.89	109	61	2:39.29	110	62
100 fl	1:02.49	82	29	1:02.69	92	35	1:02.89	112	48	1:03.09	121	51	1:03.29	126	56	1:03.49	133	63	1:03.69	138	69
200 fl	2:16.09	45	18	2:16.49	54	24	2:16.89	67	33	2:17.29	72	35	2:17.69	73	36	2:18.09	73	36	2:18.49	73	36
200 im	2:20.29	66	23	2:20.69	72	24	2:21.09	90	29	2:21.49	109	42	2:21.89	109	42	2:22.29	117	47	2:22.69	136	59
400 im	4:55.39	55	24	4:56.19	61	28	4:56.99	78	38	4:57.79	89	43	4:58.59	89	43	4:59.39	93	46	5:00.19	103	49
Average		63	26		74	32		89	41		101	47		105	50		112	55		121	61

2004

women-lcm	-0.3	04 total	04 18&u	-0.2	04 total	04 18&u	-0.1	04 total	04 18&u	2003 nat.	04 total	04 18&u	0.1	04 total	04 18&u	0.2	04 total	04 18&u	0.3	04 total	04 18&u
50 fr	26.49	77	22	26.59	95	30	26.69	111	36	26.79	122	45	26.89	145	59	26.99	173	69	27.09	204	91
100 fr	57.29	65	15	57.49	79	21	57.69	97	32	57.89	112	35	58.09	127	43	58.29	145	65	58.49	178	76
200 fr	2:03.69	73	25	2:04.09	88	30	2:04.49	111	37	2:04.89	120	42	2:05.29	137	54	2:05.69	162	68	2:06.09	157	83
400 fr	4:19.29	53	21	4:20.09	89	30	4:20.89	82	38	4:21.69	97	51	4:22.49	113	56	4:23.29	133	70	4:24.09	149	77
800 fr	8:51.49	47	22	8:53.09	58	26	8:54.69	67	31	8:56.29	81	38	8:57.89	88	42	8:59.49	101	51	9:01.09	115	58
1500 fr	16:57.69	21	13	17:00.69	29	18	17:03.69	38	23	17:06.69	43	27	17:09.69	52	30	17:12.69	56	34	17:15.69	60	38
100 bk	1:04.99	79	37	1:05.19	92	45	1:05.39	107	54	1:05.59	116	60	1:05.79	126	65	1:05.99	135	70	1:06.19	148	80

Women's LCM  
Time Standards Analysis

200 bk	2:18.79	56	22	2:19.19	68	27	2:19.59	74	35	2:19.99	87	42	2:20.39	95	46	2:20.79	108	54	2:21.19	120	62
100 br	1:12.69	67	25	1:12.89	75	31	1:13.09	91	40	1:13.29	99	49	1:13.49	110	54	1:13.69	116	59	1:13.89	125	67
200 br	2:36.89	72	34	2:37.29	80	40	2:37.69	86	42	2:38.09	92	47	2:38.49	93	48	2:38.89	101	53	2:39.29	110	57
100 fl	1:02.49	82	27	1:02.69	89	29	1:02.89	106	38	1:03.09	119	43	1:03.29	130	50	1:03.49	147	57	1:03.69	170	70
200 fl	2:16.09	47	18	2:16.49	54	20	2:16.89	65	28	2:17.29	70	30	2:17.69	82	38	2:18.09	91	42	2:18.49	101	48
200 im	2:20.29	70	22	2:20.69	75	22	2:21.09	90	28	2:21.49	105	38	2:21.89	119	45	2:22.29	134	54	2:22.69	146	63
400 im	4:55.39	49	22	4:56.19	58	28	4:56.99	74	40	4:57.79	85	45	4:58.59	97	50	4:59.39	103	55	5:00.19	113	61

2003

women-lcm	-0.3	03 total	03 18&u	-0.2	03 total	03 18&u	-0.1	03 total	03 18&u	2003 nat.	03 total	03 18&u	0.1	03 total	03 18&u	0.2	03 total	03 18&u	0.3	03 total	03 18&u
50 fr	26.49	42	16	26.59	54	21	26.69	65	24	26.79	75	30	26.89	93	36	26.99	117	49	27.09	143	60
100 fr	57.29	38	11	57.49	47	15	57.69	64	24	57.89	80	31	58.09	96	42	58.29	121	56	58.49	156	76
200 fr	2:03.69	48	23	2:04.09	59	29	2:04.49	76	39	2:04.89	92	50	2:05.29	113	59	2:05.69	132	67	2:06.09	156	82
400 fr	4:19.29	46	24	4:20.09	61	39	4:20.89	71	48	4:21.69	84	58	4:22.49	98	65	4:23.29	108	73	4:24.09	131	88
800 fr	8:51.49	48	30	8:53.09	56	33	8:54.69	66	38	8:56.29	75	45	8:57.89	83	52	8:59.49	96	60	9:01.09	103	66
1500 fr	16:57.7	42	27	17:00.69	48	30	17:03.69	57	36	17:06.69	61	39	17:09.69	65	40	17:12.69	73	46	17:15.69	82	53
100 bk	1:04.99	55	23	1:05.19	67	31	1:05.39	84	43	1:05.59	104	56	1:05.79	117	62	1:05.99	130	72	1:06.19	144	82
200 bk	2:18.79	45	25	2:19.19	50	27	2:19.59	64	36	2:19.99	78	47	2:20.39	88	53	2:20.79	90	54	2:21.19	102	59
100 br	1:12.69	52	24	1:12.89	55	25	1:13.09	59	29	1:13.29	61	30	1:13.49	67	34	1:13.69	76	38	1:13.89	89	49
200 br	2:36.89	49	24	2:37.29	56	29	2:37.69	58	31	2:38.09	65	36	2:38.49	74	41	2:38.89	80	45	2:39.29	91	54
100 fl	1:02.49	54	18	1:02.69	67	24	1:02.89	80	32	1:03.09	89	37	1:03.29	107	46	1:03.49	121	55	1:03.69	141	66
200 fl	2:16.09	38	19	2:16.49	45	22	2:16.89	48	23	2:17.29	54	24	2:17.69	63	32	2:18.09	72	37	2:18.49	83	40
200 im	2:20.29	46	21	2:20.69	51	24	2:21.09	58	28	2:21.49	67	33	2:21.89	80	43	2:22.29	96	51	2:22.69	113	63
400 im	4:55.39	38	18	4:56.19	44	23	4:56.99	50	29	4:57.79	58	34	4:58.59	64	39	4:59.39	70	44	5:00.19	84	52

2002

women-lcm	-0.3	02 total	02 18&u	-0.2	02 total	02 18&u	-0.1	02 total	02 18&u	2003 nat.	02 total	02 18&u	0.1	02 total	02 18&u	0.2	02 total	02 18&u	0.3	02 total	02 18&u
50 fr	26.49	35	12	26.59	46	14	26.69	56	18	26.79	67	22	26.89	80	29	26.99	98	39	27.09	115	46
100 fr	57.29	35	11	57.49	44	15	57.69	52	18	57.89	64	23	58.09	78	27	58.29	92	33	58.49	113	45
200 fr	2:03.69	35	9	2:04.09	41	11	2:04.49	55	19	2:04.89	69	26	2:05.29	86	36	2:05.69	108	52	2:06.09	128	67
400 fr	4:19.29	29	17	4:20.09	40	23	4:20.89	52	30	4:21.69	67	39	4:22.49	86	52	4:23.29	100	60	4:24.09	118	74
800 fr	8:51.49	28	18	8:53.09	36	25	8:54.69	42	28	8:56.29	48	34	8:57.89	60	43	8:59.49	72	51	9:01.09	80	57
1500 fr	16:57.69	22	19	17:00.69	31	25	17:03.69	39	29	17:06.69	47	37	17:09.69	56	43	17:12.69	63	48	17:15.69	71	53
100 bk	1:04.99	46	25	1:05.19	56	30	1:05.39	67	39	1:05.59	80	46	1:05.79	93	54	1:05.99	104	61	1:06.19	119	67
200 bk	2:18.79	39	21	2:19.19	42	24	2:19.59	46	27	2:19.99	59	36	2:20.39	67	40	2:20.79	76	49	2:21.19	82	57
100 br	1:12.69	35	14	1:12.89	38	15	1:13.09	41	18	1:13.29	47	23	1:13.49	52	28	1:13.69	60	32	1:13.89	73	42
200 br	2:36.89	46	27	2:37.29	49	28	2:37.69	54	32	2:38.09	63	39	2:38.49	67	42	2:38.89	75	47	2:39.29	85	55
100 fl	1:02.49	53	21	1:02.69	70	33	1:02.89	81	41	1:03.09	94	47	1:03.29	112	55	1:03.49	121	58	1:03.69	128	61
200 fl	2:16.09	33	18	2:16.49	35	18	2:16.89	43	21	2:17.29	54	27	2:17.69	60	30	2:18.09	72	39	2:18.49	76	43
200 im	2:20.29	29	17	2:20.69	34	19	2:21.09	43	26	2:21.49	56	35	2:21.89	65	42	2:22.29	77	52	2:22.69	97	65
400 im	4:55.39	28	16	4:56.19	34	21	4:56.99	40	23	4:57.79	45	28	4:58.59	57	37	4:59.39	69	44	5:00.19	75	50

2001

women-lcm	-0.3	01 total	01 18&U	-0.2	01 total	01 18&U	-0.1	01 total	01 18&U	2003 nat	01 total	01 18&U	0.1	01 total	01 18&U	0.2	01 total	01 18&U	0.3	01 total	01 18&U
50 fr	26.49	34	14	26.59	40	17	26.69	46	19	26.79	66	30	26.89	75	36	26.99	92	46	27.09	113	57
100 fr	57.29	33	9	57.49	40	12	57.69	52	14	57.89	62	21	58.09	74	30	58.29	97	44	58.49	116	56
200 fr	2:03.69	42	14	2:04.09	45	17	2:04.49	56	21	2:04.89	72	33	2:05.29	80	39	2:05.69	92	46	2:06.09	107	57
400 fr	4:19.29	42	24	4:20.09	46	27	4:20.89	52	32	4:21.69	63	40	4:22.49	71	45	4:23.29	83	56	4:24.09	97	65
800 fr	8:51.49	32	25	8:53.09	33	26	8:54.69	39	29	8:56.29	48	38	8:57.89	62	48	8:59.49	68	53	9:01.09	82	63
1500 fr	16:57.69	37	27	17:00.69	43	31	17:03.69	48	35	17:06.69	54	38	17:09.69	62	43	17:12.69	71	47	17:15.69	74	49
100 bk	1:04.99	53	35	1:05.19	61	42	1:05.39	66	46	1:05.59	74	52	1:05.79	84	58	1:05.99	94	66	1:06.19	102	71
200 bk	2:18.79	43	31	2:19.19	47	35	2:19.59	51	38	2:19.99	56	42	2:20.39	69	50	2:20.79	77	54	2:21.19	82	58
100 br	1:12.69	43	22	1:12.89	51	27	1:13.09	54	28	1:13.29	60	32	1:13.49	63	33	1:13.69	70	38	1:13.89	75	40
200 br	2:36.89	42	22	2:37.29	44	23	2:37.69	49	24	2:38.09	55	28	2:38.49	63	34	2:38.89	73	42	2:39.29	83	50
100 fl	1:02.49	48	25	1:02.69	51	27	1:02.89	55	30	1:03.09	68	40	1:03.29	81	50	1:03.49	93	58	1:03.69	114	68
200 fl	2:16.09	31	21	2:16.49	37	25	2:16.89	39	26	2:17.29	47	31	2:17.69	52	34	2:18.09	65	43	2:18.49	76	48

Women's LCM  
Time Standards Analysis

200 im	2:20.29	40	23	2:20.69	46	27	2:21.09	55	30	2:21.49	68	40	2:21.89	77	44	2:22.29	85	48	2:22.69	97	55
400 im	4:55.39	37	22	4:56.19	45	28	4:56.99	52	32	4:57.79	58	37	4:58.59	65	42	4:59.39	74	46	5:00.19	87	57