

Men's LCM  
Time Standards Analysis

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

men-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	0.4	07 total	07 18&u	0.5	07 total	07 18&u
50 fr	23.39	62	6	23.49	74	7	23.59	93	11	23.69	115	16	23.79	141	19	23.89	174	24	23.99	201	32	24.09	224	39	24.19	259	54
100 fr	51.39	84	9	51.59	98	10	51.79	117	14	51.99	134	17	52.19	162	24	52.39	187	29	52.59	211	37	52.79	251	45	52.99	298	72
200 fr	1:52.49	58	7	1:52.89	70	10	1:53.29	83	14	1:53.69	96	19	1:54.09	116	30	1:54.49	140	35	1:54.89	170	47	1:55.29	194	56	1:55.69	231	74
400 fr	3:59.79	66	16	4:00.59	78	19	4:01.39	94	23	4:02.19	108	30	4:02.99	123	43	4:03.79	138	50	4:04.59	156	59	4:05.39	179	72	4:06.19	194	87
800 fr	8:17.89	40	14	8:19.49	42	15	8:21.09	51	19	8:22.69	62	27	8:24.29	75	38	8:25.89	93	48	8:27.49	107	59	8:29.09	122	72	8:30.69	131	81
1500 fr	15:54.49	60	19	15:57.49	65	22	16:00.49	72	26	16:03.49	82	34	16:06.49	91	40	16:09.49	105	47	16:12.49	115	52	16:15.49	133	65	16:18.49	145	75
100 bk	57.89	71	12	58.09	79	16	58.29	89	21	58.49	103	27	58.69	113	32	58.89	126	36	59.09	143	44	59.29	153	46	59.49	174	53
200 bk	2:05.59	69	19	2:05.99	76	23	2:06.39	91	30	2:06.79	104	39	2:07.19	118	46	2:07.59	129	50	2:07.99	141	55	2:08.39	149	61	2:08.79	162	67
100 br	1:04.79	61	8	1:04.99	66	9	1:05.19	74	11	1:05.39	83	15	1:05.59	96	20	1:05.79	108	23	1:05.99	115	25	1:06.19	130	32	1:06.39	141	37
200 br	2:21.19	61	10	2:21.59	65	10	2:21.99	72	11	2:22.39	78	14	2:22.79	86	19	2:23.19	97	25	2:23.59	101	28	2:23.99	109	33	2:24.39	116	36
100 fl	55.39	89	12	55.59	102	16	55.79	109	19	55.99	121	22	56.19	139	29	56.39	155	36	56.59	180	42	56.79	209	50	56.99	232	57
200 fl	2:03.49	69	24	2:03.89	80	27	2:04.29	93	30	2:04.69	102	32	2:05.09	111	36	2:05.49	129	49	2:05.89	140	51	2:06.29	155	59	2:06.69	164	63
200 im	2:07.19	73	21	2:07.59	83	25	2:07.99	91	27	2:08.39	103	31	2:08.79	119	37	2:09.19	131	44	2:09.59	147	51	2:09.99	165	62	2:10.39	182	73
400 im	4:31.09	54	15	4:31.89	64	21	4:32.69	73	25	4:33.49	81	30	4:34.29	95	35	4:35.09	108	44	4:35.89	121	50	4:36.69	139	60	4:37.49	148	66
Average	66	14		74	16		86	20		98	25		113	32		130	39		146	45		165	54		184	64	

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

men-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	0.4	06 total	06 18&u	0.5	06 total	06 18&u
50 fr	23.39	48	1	23.49	56	2	23.59	70	3	23.69	83	8	23.79	105	13	23.89	126	21	23.99	152	31	24.09	168	38	24.19	196	53
100 fr	51.39	52	2	51.59	69	7	51.79	79	8	51.99	100	11	52.19	123	20	52.39	142	30	52.59	161	35	52.79	188	47	52.99	213	52
200 fr	1:52.49	50	10	1:52.89	57	12	1:53.29	68	17	1:53.69	76	20	1:54.09	89	24	1:54.49	103	27	1:54.89	127	37	1:55.29	143	44	1:55.69	176	61
400 fr	3:59.79	52	13	4:00.59	61	16	4:01.39	71	20	4:02.19	81	26	4:02.99	94	32	4:03.79	107	40	4:04.59	125	50	4:05.39	141	58	4:06.19	157	70
800 fr	8:17.89	27	14	8:19.49	30	15	8:21.09	39	21	8:22.69	46	27	8:24.29	55	32	8:25.89	70	45	8:27.49	79	51	8:29.09	88	59	8:30.69	97	65
1500 fr	15:54.49	51	21	15:57.49	55	24	16:00.49	65	28	16:03.49	74	34	16:06.49	81	38	16:09.49	89	44	16:12.49	105	55	16:15.49	121	67	16:18.49	126	70
100 bk	57.89	64	10	58.09	71	11	58.29	80	17	58.49	94	24	58.69	104	25	58.89	118	31	59.09	130	34	59.29	138	37	59.49	154	44
200 bk	2:05.59	63	18	2:05.99	65	20	2:06.39	72	22	2:06.79	82	25	2:07.19	94	33	2:07.59	105	42	2:07.99	112	47	2:08.39	127	56	2:08.79	138	59
100 br	1:04.79	75	12	1:04.99	80	12	1:05.19	85	14	1:05.39	91	18	1:05.59	104	25	1:05.79	115	28	1:05.99	125	32	1:06.19	134	37	1:06.39	146	41
200 br	2:21.19	69	12	2:21.59	70	12	2:21.99	76	16	2:22.39	80	17	2:22.79	86	19	2:23.19	94	23	2:23.59	106	27	2:23.99	111	30	2:24.39	118	33
100 fl	55.39	63	7	55.59	78	10	55.79	96	14	55.99	116	20	56.19	128	24	56.39	151	29	56.59	171	35	56.79	187	43	56.99	208	48
200 fl	2:03.49	67	22	2:03.89	75	26	2:04.29	81	31	2:04.69	91	32	2:05.09	96	35	2:05.49	107	40	2:05.89	122	48	2:06.29	141	54	2:06.69	153	60
200 im	2:07.19	67	15	2:07.59	77	19	2:07.99	89	24	2:08.39	101	28	2:08.79	108	30	2:09.19	125	41	2:09.59	143	48	2:09.99	155	54	2:10.39	170	65
400 im	4:31.09	44	16	4:31.89	49	21	4:32.69	53	21	4:33.49	69	29	4:34.29	82	38	4:35.09	91	41	4:35.89	105	50	4:36.69	115	54	4:37.49	120	57
Average	57	12		64	15		73	18		85	23		96	28		110	34		126	41		140	48		155	56	

2005

men-lcm	2/1/04 - 4/1/05	-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	0.4	05 total	05 18&u	0.5	05 total	05 18&u
50 fr	23.39	64	2	23.49	74	3	23.59	88	6	23.69	107	12	23.79	131	19	23.89	146	21	23.99	172	24	24.09	201	26	24.19	233	37	
100 fr	51.39	64	7	51.59	84	12	51.79	108	14	51.99	127	14	52.19	147	21	52.39	171	27	52.59	203	32	52.79	242	48	52.99	272	56	
200 fr	1:52.49	65	16	1:52.89	75	18	1:53.29	96	23	1:53.69	117	26	1:54.09	126	30	1:54.49	149	35	1:54.89	167	38	1:55.29	190	51	1:55.69	219	62	
400 fr	3:59.79	60	12	4:00.59	70	19	4:01.39	80	23	4:02.19	94	27	4:02.99	103	33	4:03.79	116	40	4:04.59	132	48	4:05.39	154	63	4:06.19	170	73	
800 fr	8:17.89	30	11	8:19.49	35	15	8:21.09	43	20	8:22.69	57	24	8:24.29	59	34	8:25.89	60	35	8:27.49	66	41	8:29.09	99	63	8:30.69	114	75	
1500 fr	15:54.49	43	15	15:57.49	49	18	16:00.49	55	21	16:03.49	61	25	16:06.49	63	27	16:09.49	66	30	16:12.49	69	33	16:15.49	106	57	16:18.49	122	68	
100 bk	57.89	63	11	58.09	73	12	58.29	83	16	58.49	96	23	58.69	110	30	58.89	123	35	59.09	137	36	59.29	165	50	59.49	188	56	
200 bk	2:05.59	57	18	2:05.99	62	19	2:06.39	72	22	2:06.79	81	26	2:07.19	82	27	2:07.59	83	28	2:07.99	86	31	2:08.39	128	49	2:08.79	140	55	
100 br	1:04.79	63	10	1:04.99	73	11	1:05.19	80	15	1:05.39	90	17	1:05.59	91	18	1:05.79	91	18	1:05.99	91	18	1:06.19	128	30	1:06.39	144	33	
200 br	2:21.19	65	12	2:21.59	69	15	2:21.99	77	20	2:22.39	82	22	2:22.79	86	24	2:23.19	94	26	2:23.59	100	30	2:23.99	112	32	2:24.39	118	33	
100 fl	55.39	77	9	55.59	86	10	55.79	98	14	55.99	117	20	56.19	127	2													

Men's LCM  
Time Standards Analysis

400 fr	3:59.79	40	6	4:00.59	53	15	4:01.39	63	18	4:02.19	76	26	4:02.99	87	30	4:03.79	97	33	4:04.59	112	39
800 fr	8:17.89	34	9	8:19.49	40	11	8:21.09	46	16	8:22.69	52	19	8:24.29	67	31	8:25.89	71	33	8:27.49	79	39
1500 fr	15:54.49	38	10	15:57.49	41	11	16:00.49	50	17	16:03.49	59	20	16:06.49	62	22	16:09.49	73	27	16:12.49	82	31
100 bk	57.89	47	10	58.09	52	12	58.29	62	12	58.49	71	16	58.69	86	24	58.89	99	30	59.09	119	41
200 bk	2:05.59	48	17	2:06.99	52	18	2:06.39	63	19	2:06.79	72	21	2:07.19	80	23	2:07.59	95	30	2:07.99	104	35
100 br	1:04.79	45	9	1:04.99	53	11	1:05.19	60	13	1:05.39	69	16	1:05.59	77	21	1:05.79	90	24	1:05.99	99	26
200 br	2:21.19	53	12	2:21.59	56	13	2:21.99	64	14	2:22.39	72	17	2:22.79	79	20	2:23.19	87	25	2:23.59	91	29
100 fl	55.39	48	11	55.59	57	12	55.79	66	13	55.99	76	15	56.19	95	21	56.39	114	27	56.59	125	28
200 fl	2:03.49	40	7	2:03.89	48	10	2:04.29	62	14	2:04.69	72	16	2:05.09	82	17	2:05.49	94	23	2:05.89	105	27
200 im	2:07.19	56	13	2:07.59	66	19	2:07.99	71	19	2:08.39	81	20	2:08.79	93	27	2:09.19	109	34	2:09.59	121	40
400 im	4:31.09	46	13	4:31.89	53	15	4:32.69	60	20	4:33.49	70	25	4:34.29	83	33	4:35.09	93	39	4:35.89	103	43

2002  
men-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	23.39	30	1	23.49	39	3	23.59	50	4	23.69	61	6	23.79	75	8	23.89	88	11	23.99	107	15
100 fr	51.39	33	2	51.59	41	3	51.79	50	6	51.99	64	12	52.19	80	15	52.39	95	19	52.59	112	23
200 fr	1:52.49	31	7	1:52.89	38	8	1:53.29	54	11	1:53.69	65	14	1:54.09	80	19	1:54.49	95	26	1:54.89	116	34
400 fr	3:59.79	38	10	4:00.59	46	14	4:01.39	61	21	4:02.19	76	30	4:02.99	88	37	4:03.79	99	40	4:04.59	115	49
800 fr	8:17.89	22	10	8:19.49	31	17	8:21.09	36	17	8:22.69	48	27	8:24.29	58	32	8:25.89	65	33	8:27.49	78	44
1500 fr	15:54.49	28	13	15:57.49	35	16	16:00.49	47	22	16:03.49	51	24	16:06.49	59	27	16:09.49	62	27	16:12.49	72	33
100 bk	57.89	34	8	58.09	41	10	58.29	48	14	58.49	62	21	58.69	70	23	58.89	84	28	59.09	96	32
200 bk	2:05.59	32	10	2:06.99	42	14	2:06.39	48	17	2:06.79	54	19	2:07.19	62	21	2:07.59	79	27	2:07.99	95	40
100 br	1:04.79	33	4	1:04.99	39	6	1:05.19	50	10	1:05.39	57	10	1:05.59	67	15	1:05.79	80	21	1:05.99	93	26
200 br	2:21.19	45	13	2:21.59	49	13	2:21.99	54	13	2:22.39	67	20	2:22.79	74	22	2:23.19	82	25	2:23.59	91	27
100 fl	55.39	35	3	55.59	42	5	55.79	57	10	55.99	68	14	56.19	78	18	56.39	92	23	56.59	106	25
200 fl	2:03.49	41	2	2:03.89	54	7	2:04.29	60	9	2:04.69	68	12	2:05.09	78	18	2:05.49	86	20	2:05.89	95	24
200 im	2:07.19	46	13	2:07.59	55	19	2:07.99	65	24	2:08.39	78	29	2:08.79	87	32	2:09.19	96	34	2:09.59	111	39
400 im	4:31.09	41	14	4:31.89	45	15	4:32.69	50	16	4:33.49	58	19	4:34.29	68	25	4:35.09	80	32	4:35.89	91	38

2001  
men-lcm

	-0.3	01 total	01 18&U	-0.2	01total	01 18&U	-0.1	01 total	01 18&U	2003 nat	01 total	01 18&U	0.1	01total	0118&U	0.2	01 total	01 18&U	0.3	01 total	01 18&U
50 fr	23.39	38	1	23.49	47	1	23.59	56	2	23.69	66	4	23.79	79	5	23.89	93	6	23.99	108	10
100 fr	51.39	41	3	51.59	57	8	51.79	65	9	51.99	74	11	52.19	92	17	52.39	110	21	52.59	129	24
200 fr	1:52.49	37	11	1:52.89	47	13	1:53.29	55	14	1:53.69	68	21	1:54.09	86	26	1:54.49	111	40	1:54.89	125	44
400 fr	3:59.79	32	12	4:00.59	50	22	4:01.39	61	29	4:02.19	70	32	4:02.99	84	39	4:03.79	96	45	4:04.59	109	49
800 fr	8:17.89	29	14	8:19.49	35	16	8:21.09	45	23	8:22.69	60	33	8:24.29	67	37	8:25.89	74	40	8:27.49	84	46
1500 fr	15:54.49	36	17	15:57.49	47	24	16:00.49	54	28	16:03.49	61	33	16:06.49	71	39	16:09.49	75	40	16:12.49	78	42
100 bk	57.89	46	10	58.09	53	13	58.29	56	14	58.49	66	17	58.69	72	22	58.89	79	24	59.09	94	29
200 bk	2:05.59	45	16	2:06.99	50	18	2:06.39	59	23	2:06.79	67	27	2:07.19	74	30	2:07.59	89	39	2:07.99	97	45
100 br	1:04.79	37	9	1:04.99	41	11	1:05.19	46	13	1:05.39	51	17	1:05.59	60	20	1:05.79	64	20	1:05.99	79	26
200 br	2:21.19	48	14	2:21.59	51	14	2:21.99	52	14	2:22.39	61	17	2:22.79	67	18	2:23.19	72	22	2:23.59	78	26
100 fl	55.39	45	10	55.59	50	10	55.79	56	11	55.99	62	12	56.19	73	14	56.39	85	18	56.59	99	24
200 fl	2:03.49	46	10	2:03.89	58	16	2:04.29	63	18	2:04.69	68	19	2:05.09	79	23	2:05.49	89	27	2:05.89	95	30
200 im	2:07.19	37	9	2:07.59	49	12	2:07.99	56	15	2:08.39	63	19	2:08.79	70	23	2:09.19	80	25	2:09.59	93	36
400 im	4:31.09	38	12	4:31.89	38	12	4:32.69	45	16	4:33.49	54	24	4:34.29	65	28	4:35.09	75	31	4:35.89	80	34