

AJC 2019 STANDARDS Long Course Meters**WOMEN G1**

100	Free	1:09.30
200	Free	2:30.28
400	Free	5:13.02
800	Free	10:50.38
100	Back	1:19.07
200	Back	2:50.09
100	Breast	1:29.04
200	Breast	3:10.96
100	Fly	1:16.31
200	Fly	2:51.97
200	IM	2:52.03
400	IM	6:08.03

WOMEN G2

100	Free	1:07.12
200	Free	2:25.55
400	Free	5:08.32
800	Free	10:40.63
100	Back	1:16.63
200	Back	2:44.86
100	Breast	1:26.30
200	Breast	3:05.38
100	Fly	1:13.96
200	Fly	2:47.70
200	IM	2:46.70
400	IM	5:51.64

MEN G1

100	Free	1:04.93
200	Free	2:23.40
400	Free	5:02.40
1500	Free	21:10.92
100	Back	1:13.98
200	Back	2:41.13
100	Breast	1:22.67
200	Breast	2:59.16
100	Fly	1:11.20
200	Fly	2:41.63
200	IM	2:42.22
400	IM	6:01.76

MEN G2

100	Free	1:02.00
200	Free	2:16.93
400	Free	4:51.82
1500	Free	19:25.12
100	Back	1:10.72
200	Back	2:34.02
100	Breast	1:19.02
200	Breast	2:51.80
100	Fly	1:08.06
200	Fly	2:32.07
200	IM	2:35.01
400	IM	5:31.65