

# 100 Freestyle

50 (47.88%)	100 (52.12%)	Total
:47.88	:52.12	1:40.00
:45.48	:49.51	1:35.00
:43.09	:46.91	1:30.00
:40.670	:44.30	1:25.00
:38.30	:41.70	1:20.00
:35.91	:39.09	1:15.00
:35.43	:38.57	1:14.00
:34.95	:38.05	1:13.00
:34.47	:37.53	1:12.00
:33.99	:37.01	1:11.00
:33.52	:36.48	1:10.00
:33.04	:35.96	1:09.00
:32.56	:35.44	1:08.00
:32.08	:34.92	1:07.00
:31.60	:34.40	1:06.00
:31.12	:33.88	1:05.00
:30.64	:33.36	1:04.00
:30.16	:32.84	1:03.00
:29.69	:32.31	1:02.00
:29.21	:31.79	1:01.00
:28.73	:31.27	1:00.00
:28.49	:31.01	:59.50
:28.25	:30.75	:59.00
:28.01	:30.49	:58.50
:27.77	:30.23	:58.00
:27.53	:29.97	:57.50
:27.29	:29.71	:57.00
:27.05	:29.45	:56.50
:26.81	:29.19	:56.00
:26.57	:28.93	:55.50
:26.33	:28.67	:55.00
:26.09	:28.41	:54.50
:25.86	:28.14	:54.00
:25.62	:27.88	:53.50
:25.38	:27.62	:53.00
:25.14	:27.36	:52.50
:24.90	:27.10	:52.00
:24.66	:26.84	:51.50
:24.42	:26.58	:51.00
:24.18	:26.32	:50.50
:23.94	:26.06	:50.00
:23.70	:25.80	:49.50
:23.46	:25.54	:49.00
:23.22	:25.28	:48.50
:22.98	:25.02	:48.00
:22.74	:24.76	:47.50
:22.50	:24.50	:47.00
:22.26	:24.24	:46.50
:22.02	:23.98	:46.00
:21.79	:23.71	:45.50
:21.55	:23.45	:45.00
:21.31	:23.19	:44.50
:21.07	:22.93	:44.00
:20.83	:22.67	:43.50

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## 100 Backstroke

50 (46.95%)	100 (53.05%)	Total
:46.95	:53.05	1:40.00
:44.60	:50.40	1:35.00
:42.26	:47.75	1:30.00
:39.91	:45.09	1:25.00
:37.56	:42.44	1:20.00
:36.39	:41.11	1:17.50
:35.21	:39.79	1:15.00
:34.74	:39.26	1:14.00
:34.27	:38.73	1:13.00
:33.80	:38.20	1:12.00
:33.33	:37.67	1:11.00
:32.87	:37.14	1:10.00
:32.40	:36.60	1:09.00
:31.93	:36.07	1:08.00
:31.46	:35.54	1:07.00
:30.99	:35.01	1:06.00
:30.52	:34.48	1:05.00
:30.28	:34.22	1:04.50
:30.05	:33.95	1:04.00
:29.81	:33.69	1:03.50
:29.58	:33.42	1:03.00
:29.34	:33.16	1:02.50
:29.11	:32.89	1:02.00
:28.87	:32.63	1:01.50
:28.64	:32.36	1:01.00
:28.40	:32.10	1:00.50
:28.17	:31.83	1:00.00
:27.94	:31.56	:59.50
:27.70	:31.30	:59.00
:27.47	:31.03	:58.50
:27.23	:30.77	:58.00
:27.00	:30.50	:57.50
:26.76	:30.24	:57.00
:26.53	:29.97	:56.50
:26.29	:29.71	:56.00
:26.06	:29.44	:55.50
:25.82	:29.18	:55.00
:25.59	:28.91	:54.50
:25.35	:28.65	:54.00
:25.12	:28.38	:53.50
:24.88	:28.12	:53.00
:24.65	:27.85	:52.50
:24.41	:27.59	:52.00
:24.18	:27.32	:51.50
:23.94	:27.06	:51.00
:23.71	:26.79	:50.50
:23.48	:26.52	:50.00
:23.24	:26.26	:49.50
:23.01	:25.99	:49.00
:22.77	:25.73	:48.50
:22.54	:25.46	:48.00
:22.30	:25.20	:47.50
:22.07	:24.93	:47.00
:21.83	:24.67	:46.50

## 100 Breaststroke

50 (46.27%)	100 (53.73%)	Total
:42.26	:47.74	1:30.00
:39.91	:45.09	1:25.00
:38.73	:43.77	1:22.50
:38.50	:43.50	1:22.00
:38.26	:43.24	1:21.50
:38.03	:42.97	1:21.00
:37.79	:42.71	1:20.50
:37.56	:42.44	1:20.00
:37.33	:42.17	1:19.50
:37.09	:41.91	1:19.00
:36.86	:41.64	1:18.50
:36.62	:41.38	1:18.00
:36.39	:41.11	1:17.50
:36.15	:40.85	1:17.00
:35.92	:40.58	1:16.50
:35.68	:40.32	1:16.00
:35.45	:40.05	1:15.50
:35.21	:39.79	1:15.00
:34.98	:39.52	1:14.50
:34.74	:39.26	1:14.00
:34.51	:38.99	1:13.50
:34.27	:38.73	1:13.00
:34.04	:38.46	1:12.50
:33.80	:38.20	1:12.00
:33.57	:37.93	1:11.50
:33.33	:37.67	1:11.00
:33.10	:37.40	1:10.50
:32.87	:37.13	1:10.00
:32.63	:36.87	1:09.50
:32.40	:36.60	1:09.00
:32.16	:36.34	1:08.50
:31.93	:36.07	1:08.00
:31.69	:35.81	1:07.50
:31.46	:35.54	1:07.00
:31.22	:35.28	1:06.50
:30.99	:35.01	1:06.00
:30.75	:34.75	1:05.50
:30.52	:34.48	1:05.00
:30.28	:34.22	1:04.50
:30.05	:33.95	1:04.00
:29.81	:33.69	1:03.50
:29.58	:33.42	1:03.00
:29.34	:33.16	1:02.50
:29.11	:32.89	1:02.00
:28.87	:32.63	1:01.50
:28.64	:32.36	1:01.00
:28.40	:32.10	1:00.50
:28.17	:31.83	1:00.00
:27.94	:31.56	:59.50
:27.70	:31.30	:59.00
:27.47	:31.03	:58.50
:27.23	:30.77	:58.00
:27.00	:30.50	:57.50
:26.76	:30.24	:57.00

## 200 Freestyle

50 (22.47%)	100 (25.13%)	150 (26.24%)	200 (26.25%)	.....	Time
:33.70	:37.70	:39.36	:39.24		2:30.00
:32.58	:36.44	:38.05	:37.93		2:25.00
:31.46	:35.18	:36.74	:36.62		2:20.00
:31.23	:34.93	:36.47	:36.36		2:19.00
:31.01	:34.68	:36.21	:36.10		2:18.00
:30.79	:34.43	:35.95	:35.84		2:17.00
:30.56	:34.18	:35.69	:35.58		2:16.00
:30.33	:33.93	:35.42	:35.32		2:15.00
:30.11	:33.67	:35.16	:35.05		2:14.00
:29.89	:33.42	:34.90	:34.79		2:13.00
:29.66	:33.17	:34.64	:34.53		2:12.00
:29.44	:32.92	:34.37	:34.27		2:11.00
:29.21	:32.67	:34.11	:34.01		2:10.00
:28.99	:32.42	:33.85	:33.75		2:09.00
:28.76	:32.17	:33.59	:33.48		2:08.00
:28.54	:31.92	:33.32	:33.22		2:07.00
:28.31	:31.66	:33.06	:32.96		2:06.00
:28.09	:31.41	:32.80	:32.70		2:05.00
:27.86	:31.16	:32.54	:32.44		2:04.00
:27.64	:30.91	:32.28	:32.18		2:03.00
:27.41	:30.66	:32.01	:31.92		2:02.00
:27.19	:30.41	:31.75	:31.65		2:01.00
:26.85	:30.03	:31.36	:31.26		1:59.50
:26.74	:29.90	:31.23	:31.13		1:59.00
:26.63	:29.78	:31.09	:31.00		1:58.50
:26.51	:29.65	:30.96	:30.87		1:58.00
:26.40	:29.53	:30.83	:30.74		1:57.50
:26.29	:29.40	:30.70	:30.61		1:57.00
:26.18	:29.28	:30.57	:30.48		1:56.50
:26.07	:29.15	:30.44	:30.35		1:56.00
:25.95	:29.03	:30.31	:30.21		1:55.50
:25.84	:28.90	:30.18	:30.08		1:55.00
:25.73	:28.77	:30.04	:29.95		1:54.50
:25.62	:28.65	:29.91	:29.82		1:54.00
:25.50	:28.52	:29.78	:29.69		1:53.50
:25.39	:28.40	:29.65	:29.56		1:53.00
:25.28	:28.27	:29.52	:29.43		1:52.50
:25.17	:28.15	:29.39	:29.30		1:52.00
:25.05	:28.02	:29.26	:29.17		1:51.50
:24.94	:27.90	:29.13	:29.04		1:51.00
:24.83	:27.77	:29.00	:28.91		1:50.50
:24.72	:27.64	:28.86	:28.78		1:50.00
:24.60	:27.52	:28.73	:28.65		1:49.50
:24.49	:27.39	:28.60	:28.51		1:49.00
:24.38	:27.27	:28.47	:28.38		1:48.50
:24.27	:27.14	:28.34	:28.25		1:48.00
:24.16	:27.01	:28.21	:28.12		1:47.50
:24.04	:26.89	:28.08	:27.99		1:47.00
:23.93	:26.76	:27.95	:27.86		1:46.50
:23.82	:26.64	:27.81	:27.73		1:46.00
:23.71	:26.51	:27.68	:27.60		1:45.50
:23.59	:26.39	:27.55	:27.47		1:45.00
:23.48	:26.26	:27.42	:27.34		1:44.50
:23.37	:26.14	:27.29	:27.20		1:44.00

## 50 Freestyle

25 (46.92%)	50 (53.08%)	Total
:24.40	:27.60	:52.00
:23.46	:26.54	:50.00
:22.52	:25.48	:48.00
:21.58	:24.42	:46.00
:20.64	:23.36	:44.00
:19.71	:22.29	:42.00
:18.77	:21.23	:40.00
:17.83	:20.17	:38.00
:17.36	:19.64	:37.00
:16.89	:19.11	:36.00
:16.42	:18.58	:35.00
:15.95	:18.05	:34.00
:15.48	:17.52	:33.00
:15.01	:16.99	:32.00
:14.55	:16.45	:31.00
:14.08	:15.92	:30.00
:13.84	:15.66	:29.50
:13.61	:15.39	:29.00
:13.37	:15.13	:28.50
:13.14	:14.86	:28.00
:13.02	:14.73	:27.75
:12.90	:14.60	:27.50
:12.79	:14.46	:27.25
:12.67	:14.33	:27.00
:12.55	:14.20	:26.75
:12.43	:14.07	:26.50
:12.32	:13.93	:26.25
:12.20	:13.80	:26.00
:12.08	:13.67	:25.75
:11.96	:13.54	:25.50
:11.85	:13.40	:25.25
:11.73	:13.27	:25.00
:11.61	:13.14	:24.75
:11.50	:13.00	:24.50
:11.38	:12.87	:24.25
:11.26	:12.74	:24.00
:11.14	:12.61	:23.75
:11.03	:12.47	:23.50
:10.91	:12.34	:23.25
:10.79	:12.21	:23.00
:10.67	:12.08	:22.75
:10.56	:11.94	:22.50
:10.44	:11.81	:22.25
:10.32	:11.68	:22.00
:10.21	:11.54	:21.75
:10.09	:11.41	:21.50
:09.97	:11.28	:21.25
:09.85	:11.15	:21.00
:09.74	:11.01	:20.75
:09.62	:10.88	:20.50
:09.50	:10.75	:20.25
:09.38	:10.62	:20.00
:09.27	:10.48	:19.75
:09.15	:10.35	:19.50

## 100 Butterfly

50 (45.92%)	100 (54.08%)	Total
:48.22	:56.78	1:45.00
:47.07	:55.43	1:42.50
:45.92	:54.08	1:40.00
:44.77	:52.73	1:37.50
:43.62	:51.38	1:35.00
:42.48	:50.02	1:32.50
:41.33	:48.67	1:30.00
:40.18	:47.32	1:27.50
:39.03	:45.97	1:25.00
:37.88	:44.62	1:22.50
:36.74	:43.26	1:20.00
:35.59	:41.91	1:17.50
:34.44	:40.56	1:15.00
:33.98	:40.02	1:14.00
:33.52	:39.48	1:13.00
:33.06	:38.94	1:12.00
:32.60	:38.40	1:11.00
:32.14	:37.86	1:10.00
:31.68	:37.32	1:09.00
:31.23	:36.77	1:08.00
:30.77	:36.23	1:07.00
:30.31	:35.69	1:06.00
:29.85	:35.15	1:05.00
:29.39	:34.61	1:04.00
:28.93	:34.07	1:03.00
:28.47	:33.53	1:02.00
:28.01	:32.99	1:01.00
:27.55	:32.45	1:00.00
:27.32	:32.18	:59.50
:27.09	:31.91	:59.00
:26.86	:31.64	:58.50
:26.63	:31.37	:58.00
:26.40	:31.10	:57.50
:26.17	:30.83	:57.00
:25.94	:30.56	:56.50
:25.72	:30.28	:56.00
:25.49	:30.01	:55.50
:25.26	:29.74	:55.00
:25.03	:29.47	:54.50
:24.80	:29.20	:54.00
:24.57	:28.93	:53.50
:24.34	:28.66	:53.00
:24.11	:28.39	:52.50
:23.88	:28.12	:52.00
:23.65	:27.85	:51.50
:23.42	:27.58	:51.00
:23.19	:27.31	:50.50
:22.96	:27.04	:50.00
:22.73	:26.77	:49.50
:22.50	:26.50	:49.00
:22.27	:26.23	:48.50
:22.04	:25.96	:48.00
:21.81	:25.69	:47.50
:21.58	:25.42	:47.00

# 500 Freestyle

50 (8.7%)	100(9.6%)	150(10.0%)	200(10.3%)	250(10.3%)	300(10.3%)	350(10.3%)	400(10.3%)	450(10.2%)	500(10.1%)	Total
:36.41	:40.15	:42.21	:43.09	:43.43	:43.30	:43.22	:43.05	:42.80	:42.34	7:00.00
:35.55	:39.20	:41.21	:42.07	:42.39	:42.27	:42.19	:42.03	:41.78	:41.33	6:50.00
:35.11	:38.72	:40.70	:41.55	:41.88	:41.76	:41.67	:41.51	:41.27	:40.82	6:45.00
:34.68	:38.24	:40.20	:41.04	:41.36	:41.24	:41.16	:41.00	:40.76	:40.32	6:40.00
:34.25	:37.76	:39.70	:40.53	:40.84	:40.72	:40.65	:40.49	:40.25	:39.82	6:35.00
:33.81	:37.28	:39.20	:40.01	:40.33	:40.21	:40.13	:39.98	:39.74	:39.31	6:30.00
:33.38	:36.81	:38.70	:39.50	:39.81	:39.69	:39.62	:39.46	:39.23	:38.81	6:25.00
:32.95	:36.33	:38.19	:38.99	:39.29	:39.18	:39.10	:38.95	:38.72	:38.30	6:20.00
:32.51	:35.85	:37.69	:38.48	:38.78	:38.66	:38.59	:38.44	:38.21	:37.80	6:15.00
:32.08	:35.37	:37.19	:37.96	:38.26	:38.15	:38.07	:37.93	:37.70	:37.30	6:10.00
:31.65	:34.89	:36.68	:37.45	:37.74	:37.63	:37.56	:37.41	:37.19	:36.79	6:05.00
:31.21	:34.42	:36.18	:36.94	:37.22	:37.12	:37.04	:36.90	:36.68	:36.29	6:00.00
:31.04	:34.22	:35.98	:36.73	:37.02	:36.91	:36.84	:36.70	:36.48	:36.09	5:58.00
:30.87	:34.03	:35.78	:36.53	:36.81	:36.70	:36.63	:36.49	:36.28	:35.88	5:56.00
:30.69	:33.84	:35.58	:36.32	:36.60	:36.50	:36.43	:36.29	:36.07	:35.68	5:54.00
:30.52	:33.65	:35.38	:36.12	:36.40	:36.29	:36.22	:36.08	:35.87	:35.48	5:52.00
:30.35	:33.46	:35.18	:35.91	:36.19	:36.09	:36.02	:35.88	:35.67	:35.28	5:50.00
:30.17	:33.27	:34.97	:35.70	:35.98	:35.88	:35.81	:35.67	:35.46	:35.08	5:48.00
:30.00	:33.08	:34.77	:35.50	:35.78	:35.67	:35.60	:35.47	:35.26	:34.88	5:46.00
:29.83	:32.89	:34.57	:35.29	:35.57	:35.47	:35.40	:35.26	:35.05	:34.68	5:44.00
:29.65	:32.70	:34.37	:35.09	:35.36	:35.26	:35.19	:35.06	:34.85	:34.47	5:42.00
:29.48	:32.50	:34.17	:34.88	:35.16	:35.05	:34.99	:34.85	:34.65	:34.27	5:40.00
:29.30	:32.31	:33.97	:34.68	:34.95	:34.85	:34.78	:34.65	:34.44	:34.07	5:38.00
:29.13	:32.12	:33.77	:34.47	:34.74	:34.64	:34.57	:34.44	:34.24	:33.87	5:36.00
:28.96	:31.93	:33.57	:34.27	:34.54	:34.43	:34.37	:34.24	:34.03	:33.67	5:34.00
:28.78	:31.74	:33.37	:34.06	:34.33	:34.23	:34.16	:34.03	:33.83	:33.47	5:32.00
:28.61	:31.55	:33.17	:33.86	:34.12	:34.02	:33.96	:33.83	:33.63	:33.26	5:30.00
:28.44	:31.36	:32.96	:33.65	:33.92	:33.82	:33.75	:33.62	:33.42	:33.06	5:28.00
:28.26	:31.17	:32.76	:33.45	:33.71	:33.61	:33.55	:33.42	:33.22	:32.86	5:26.00
:28.09	:30.97	:32.56	:33.24	:33.50	:33.40	:33.34	:33.21	:33.02	:32.66	5:24.00
:27.92	:30.78	:32.36	:33.04	:33.29	:33.20	:33.13	:33.01	:32.81	:32.46	5:22.00
:27.74	:30.59	:32.16	:32.83	:33.09	:32.99	:32.93	:32.80	:32.61	:32.26	5:20.00
:27.57	:30.40	:31.96	:32.63	:32.88	:32.79	:32.72	:32.60	:32.40	:32.05	5:18.00
:27.40	:30.21	:31.76	:32.42	:32.67	:32.58	:32.52	:32.39	:32.20	:31.85	5:16.00
:27.22	:30.02	:31.56	:32.22	:32.47	:32.37	:32.31	:32.19	:32.00	:31.65	5:14.00
:27.05	:29.83	:31.36	:32.01	:32.26	:32.17	:32.10	:31.98	:31.79	:31.45	5:12.00
:26.88	:29.64	:31.16	:31.80	:32.05	:31.96	:31.90	:31.78	:31.59	:31.25	5:10.00
:26.70	:29.44	:30.95	:31.60	:31.85	:31.75	:31.69	:31.57	:31.39	:31.05	5:08.00
:26.53	:29.25	:30.75	:31.40	:31.64	:31.55	:31.49	:31.37	:31.18	:30.84	5:06.00
:26.36	:29.06	:30.55	:31.19	:31.43	:31.34	:31.28	:31.16	:30.98	:30.64	5:04.00
:26.18	:28.87	:30.35	:30.99	:31.23	:31.14	:31.08	:30.96	:30.77	:30.44	5:02.00
:26.01	:28.68	:30.15	:30.78	:31.02	:30.93	:30.87	:30.75	:30.57	:30.24	5:00.00
:25.84	:28.49	:29.95	:30.57	:30.81	:30.72	:30.66	:30.55	:30.37	:30.04	4:58.00
:25.66	:28.30	:29.75	:30.37	:30.61	:30.52	:30.46	:30.34	:30.16	:29.84	4:56.00
:25.49	:28.11	:29.55	:30.16	:30.40	:30.31	:30.25	:30.14	:29.96	:29.64	4:54.00
:25.32	:27.92	:29.35	:29.96	:30.19	:30.11	:30.05	:29.93	:29.75	:29.43	4:52.00
:25.14	:27.72	:29.15	:29.75	:29.99	:29.90	:29.84	:29.73	:29.55	:29.23	4:50.00
:24.97	:27.53	:28.94	:29.55	:29.78	:29.69	:29.64	:29.52	:29.35	:29.03	4:48.00
:24.80	:27.34	:28.74	:29.34	:29.57	:29.49	:29.43	:29.32	:29.14	:28.83	4:46.00
:24.62	:27.15	:28.54	:29.14	:29.37	:29.28	:29.22	:29.11	:28.94	:28.63	4:44.00
:24.45	:26.96	:28.34	:28.93	:29.16	:29.07	:29.02	:28.91	:28.74	:28.43	4:42.00
:24.28	:26.77	:28.14	:28.73	:28.95	:28.87	:28.81	:28.70	:28.53	:28.22	4:40.00
:24.10	:26.58	:27.94	:28.52	:28.75	:28.67	:28.61	:28.50	:28.33	:28.02	4:38.00

Please Note: Due to mathematical rounding, some splits may not be exact. All split approximations are  $\pm .0015$

## 200 Individual Medley

50 (19.70%)	100 (25.75%)	150 (30.11%)	200 (24.44%)	Time
:31.03	:40.56	:47.42	:38.49	2:37.50
:30.54	:39.91	:46.67	:37.88	2:35.00
:30.04	:39.27	:45.92	:37.27	2:32.50
:29.55	:38.63	:45.17	:36.66	2:30.00
:29.35	:38.37	:44.86	:36.42	2:29.00
:29.16	:38.11	:44.56	:36.17	2:28.00
:28.96	:37.85	:44.26	:35.93	2:27.00
:28.76	:37.60	:43.96	:35.68	2:26.00
:28.57	:37.34	:43.66	:35.44	2:25.00
:28.37	:37.08	:43.36	:35.19	2:24.00
:28.17	:36.82	:43.06	:34.95	2:23.00
:27.97	:36.57	:42.76	:34.70	2:22.00
:27.78	:36.31	:42.46	:34.46	2:21.00
:27.58	:36.05	:42.15	:34.22	2:20.00
:27.38	:35.79	:41.85	:33.97	2:19.00
:27.19	:35.54	:41.55	:33.73	2:18.00
:26.99	:35.28	:41.25	:33.48	2:17.00
:26.79	:35.02	:40.95	:33.24	2:16.00
:26.60	:34.76	:40.65	:32.99	2:15.00
:26.40	:34.51	:40.35	:32.75	2:14.00
:26.20	:34.25	:40.05	:32.51	2:13.00
:26.00	:33.99	:39.75	:32.26	2:12.00
:25.81	:33.73	:39.44	:32.02	2:11.00
:25.61	:33.48	:39.14	:31.77	2:10.00
:25.51	:33.35	:38.99	:31.65	2:09.50
:25.41	:33.22	:38.84	:31.53	2:09.00
:25.31	:33.09	:38.69	:31.41	2:08.50
:25.22	:32.96	:38.54	:31.28	2:08.00
:25.12	:32.83	:38.39	:31.16	2:07.50
:25.02	:32.70	:38.24	:31.04	2:07.00
:24.92	:32.57	:38.09	:30.92	2:06.50
:24.82	:32.45	:37.94	:30.79	2:06.00
:24.72	:32.32	:37.79	:30.62	2:05.50
:24.62	:32.19	:37.64	:30.55	2:05.00
:24.53	:32.06	:37.49	:30.42	2:04.50
:24.43	:31.93	:37.33	:30.31	2:04.00
:24.33	:31.80	:37.19	:30.18	2:03.50
:24.23	:31.67	:37.04	:30.06	2:03.00
:24.14	:31.53	:36.89	:29.94	2:02.50
:24.04	:31.41	:36.73	:29.82	2:02.00
:23.94	:31.29	:36.58	:29.69	2:01.50
:23.84	:31.16	:36.43	:29.57	2:01.00
:23.74	:31.03	:36.28	:29.45	2:00.50
:23.64	:30.90	:36.13	:29.33	2:00.00
:23.54	:30.77	:35.98	:29.21	1:59.50
:23.44	:30.65	:35.83	:29.08	1:59.00
:23.34	:30.52	:35.68	:28.96	1:58.50
:23.25	:30.38	:35.53	:28.84	1:58.00
:23.15	:30.20	:35.38	:28.72	1:57.50
:23.05	:30.13	:35.22	:28.60	1:57.00
:22.95	:30.00	:35.08	:28.47	1:56.50
:22.85	:29.87	:34.93	:28.35	1:56.00
:22.75	:29.74	:34.78	:28.23	1:55.50
:22.66	:29.61	:34.63	:28.10	1:55.00

**Please Note:**

It should be noted that IM splits are approximations, at best. Actual splits may vary greatly depending upon a particular swimmers strong and weak strokes.

ALTERNATE FORMULA

+1 FLY  
 +3 BACK  
 +5/6 BREAST  
 +4 FREE

\* ADD SECONDS  
 TO BEST  
 50 TIME  
 FOR TARGET  
 SPLIT