

100/110 BACKSTROKE

50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
52.0	51.2	50.4	49.6	51.5	50.7	46.6	45.8	45.0
52.1	51.3	50.5	49.7	51.6	50.8	46.7	45.9	45.1
52.2	51.4	50.6	49.8	51.7	50.9	46.8	46.0	45.2
52.3	51.5	50.7	49.9	51.8	51.0	46.9	46.1	45.3
52.4	51.6	50.8	50.0	51.9	51.1	47.0	46.2	45.4
52.5	51.7	50.9	50.1	52.0	51.2	47.1	46.3	45.5
52.6	51.8	51.0	50.2	52.1	51.3	47.2	46.4	45.6
52.7	51.9	51.1	50.3	52.2	51.4	47.3	46.5	45.7
52.8	52.0	51.2	50.4	52.3	51.5	47.4	46.6	45.8
52.9	52.1	51.3	50.5	52.4	51.7	47.5	46.7	45.9
53.0	52.2	51.4	50.7	52.5	51.8	47.5	46.8	46.0
53.1	52.3	51.5	50.8	52.6	51.9	47.6	46.9	46.1
53.2	52.4	51.6	50.9	52.7	52.0	47.7	47.0	46.2
53.3	52.5	51.7	51.0	52.8	52.1	47.8	47.0	46.3
53.4	52.6	51.8	51.1	52.9	52.2	47.9	47.1	46.4
53.5	52.7	51.9	51.2	53.0	52.3	48.0	47.2	46.5
53.6	52.8	52.1	51.3	53.1	52.4	48.1	47.3	46.6
53.7	52.9	52.2	51.4	53.3	52.5	48.2	47.4	46.6
53.8	53.0	52.3	51.5	53.4	52.6	48.3	47.5	46.7
53.9	53.1	52.4	51.6	53.5	52.7	48.4	47.6	46.8
54.0	53.2	52.5	51.7	53.6	52.8	48.5	47.7	46.9
54.1	53.3	52.6	51.8	53.7	52.9	48.6	47.8	47.0
54.2	53.4	52.7	51.9	53.8	53.0	48.7	47.9	47.1
54.3	53.5	52.8	52.0	53.9	53.1	48.8	48.0	47.2
54.4	53.6	52.9	52.1	54.0	53.2	48.8	48.1	47.3
54.5	53.7	53.0	52.2	54.1	53.3	48.9	48.2	47.4
54.6	53.8	53.1	52.3	54.2	53.4	49.0	48.3	47.5
54.7	53.9	53.2	52.4	54.3	53.5	49.1	48.4	47.6
54.8	54.0	53.3	52.5	54.4	53.6	49.2	48.5	47.7
54.9	54.1	53.4	52.6	54.5	53.7	49.3	48.5	47.8
55.0	54.2	53.5	52.7	54.6	53.8	49.4	48.6	47.9
55.1	54.3	53.6	52.8	54.7	53.9	49.5	48.7	48.0
55.2	54.4	53.7	52.9	54.8	54.0	49.6	48.8	48.1
55.3	54.5	53.8	53.0	54.9	54.1	49.7	48.9	48.2
55.4	54.7	53.9	53.2	55.0	54.2	49.8	49.0	48.3
55.5	54.8	54.0	53.3	55.1	54.3	49.9	49.1	48.4
55.6	54.9	54.1	53.4	55.2	54.4	50.0	49.2	48.5
55.7	55.0	54.2	53.5	55.3	54.5	50.0	49.3	48.6
55.8	55.1	54.3	53.6	55.4	54.6	50.1	49.4	48.7
55.9	55.2	54.4	53.7	55.5	54.8	50.2	49.5	48.7
56.0	55.3	54.5	53.8	55.6	54.9	50.3	49.6	48.8
56.1	55.4	54.6	53.9	55.7	55.0	50.4	49.7	48.9
56.2	55.5	54.7	54.0	55.8	55.1	50.5	49.8	49.0
56.3	55.6	54.8	54.1	55.9	55.2	50.6	49.9	49.1
56.4	55.7	54.9	54.2	56.0	55.3	50.7	50.0	49.2
56.5	55.8	55.0	54.3	56.1	55.4	50.8	50.1	49.3
56.6	55.9	55.1	54.4	56.2	55.5	50.9	50.1	49.4
56.7	56.0	55.2	54.5	56.3	55.6	51.0	50.2	49.5
56.8	56.1	55.3	54.6	56.4	55.7	51.1	50.3	49.6
56.9	56.2	55.4	54.7	56.5	55.8	51.2	50.4	49.7

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50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
57.0	56.3	55.5	54.8	56.6	55.9	51.2	50.5	49.8
57.1	56.4	55.6	54.9	56.7	56.0	51.3	50.6	49.9
57.2	56.5	55.7	55.0	56.8	56.1	51.4	50.7	50.0
57.3	56.6	55.9	55.1	56.9	56.2	51.5	50.8	50.1
57.4	56.7	56.0	55.2	57.0	56.3	51.6	50.9	50.2
57.5	56.8	56.1	55.3	57.1	56.4	51.7	51.0	50.3
57.6	56.9	56.2	55.4	57.2	56.5	51.8	51.1	50.4
57.7	57.0	56.3	55.5	57.3	56.6	51.9	51.2	50.5
57.8	57.1	56.4	55.6	57.4	56.7	52.0	51.3	50.6
57.9	57.2	56.5	55.7	57.5	56.8	52.1	51.4	50.6
58.0	57.3	56.6	55.9	57.6	56.9	52.2	51.5	50.7
58.1	57.4	56.7	56.0	57.7	57.0	52.3	51.6	50.8
58.2	57.5	56.8	56.1	57.8	57.1	52.4	51.6	50.9
58.3	57.6	56.9	56.2	57.9	57.2	52.5	51.7	51.0
58.4	57.7	57.0	56.3	58.0	57.3	52.5	51.8	51.1
58.5	57.8	57.1	56.4	58.1	57.4	52.6	51.9	51.2
58.6	57.9	57.2	56.5	58.2	57.5	52.7	52.0	51.3
58.7	58.0	57.3	56.6	58.3	57.6	52.8	52.1	51.4
58.8	58.1	57.4	56.7	58.4	57.7	52.9	52.2	51.5
58.9	58.2	57.5	56.8	58.6	57.8	53.0	52.3	51.6
59.0	58.3	57.6	56.9	58.7	57.9	53.1	52.4	51.7
59.1	58.4	57.7	57.0	58.8	58.1	53.2	52.5	51.8
59.2	58.5	57.8	57.1	58.9	58.2	53.3	52.6	51.9
59.3	58.6	57.9	57.2	59.0	58.3	53.4	52.7	52.0
59.4	58.7	58.0	57.3	59.1	58.4	53.5	52.8	52.1
59.5	58.8	58.1	57.4	59.2	58.5	53.6	52.9	52.2
59.6	58.9	58.2	57.5	59.3	58.6	53.7	53.0	52.3
59.7	59.0	58.3	57.6	59.4	58.7	53.7	53.0	52.4
59.8	59.1	58.4	57.7	59.5	58.8	53.8	53.1	52.4
59.9	59.2	58.5	57.8	59.6	58.9	53.9	53.2	52.5
1:00.0	59.3	58.6	57.9	59.7	59.0	54.0	53.3	52.6
1:00.1	59.4	58.7	58.0	59.8	59.1	54.1	53.4	52.7
1:00.2	59.5	58.8	58.1	59.9	59.2	54.2	53.5	52.8
1:00.3	59.6	58.9	58.2	1:00.0	59.3	54.3	53.6	52.9
1:00.4	59.7	59.0	58.3	1:00.1	59.4	54.4	53.7	53.0
1:00.5	59.8	59.1	58.4	1:00.2	59.5	54.5	53.8	53.1
1:00.6	59.9	59.2	58.5	1:00.3	59.6	54.6	53.9	53.2
1:00.7	1:00.0	50.3	58.6	1:00.4	59.7	54.7	54.0	53.3
1:00.8	1:00.1	59.4	58.8	1:00.5	59.8	54.8	54.1	53.4
1:00.9	1:00.2	59.5	58.9	1:00.6	59.9	54.9	54.2	53.5
1:01.0	1:00.3	59.6	59.0	1:00.7	1:00.0	54.9	54.3	53.6
1:01.1	1:00.4	59.7	59.1	1:00.8	1:00.1	55.0	54.4	53.7
1:01.2	1:00.5	59.8	59.2	1:00.9	1:00.2	55.1	54.5	53.8
1:01.3	1:00.6	59.9	59.3	1:01.0	1:00.3	55.2	54.5	53.9
1:01.4	1:00.7	1:00.0	59.4	1:01.1	1:00.4	55.3	54.6	54.0
1:01.5	1:00.8	1:00.2	59.5	1:01.2	1:00.5	55.4	54.7	54.1
1:01.6	1:00.9	1:00.3	59.6	1:01.3	1:00.6	55.5	54.8	54.1
1:01.7	1:01.0	1:00.4	59.7	1:01.4	1:00.7	55.6	54.9	54.2
1:01.8	1:01.1	1:00.5	59.8	1:01.5	1:00.8	55.7	55.0	54.3
1:01.9	1:01.2	1:00.6	59.9	1:01.6	1:00.9	55.8	55.1	54.4
1:02.0	1:01.3	1:00.7	1:00.0	1:01.7	1:01.0	55.9	55.2	54.5
1:02.1	1:01.4	1:00.8	1:00.1	1:01.8	1:01.1	56.0	55.3	54.6

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50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
1:02.2	1:01.5	1:00.9	1:00.2	1:01.9	1:01.2	56.1	55.4	54.7
1:02.3	1:01.6	1:01.0	1:00.3	1:02.0	1:01.3	56.1	55.5	54.8
1:02.4	1:01.7	1:01.1	1:00.4	1:02.1	1:01.4	56.2	55.6	54.9
1:02.5	1:01.8	1:01.2	1:00.5	1:02.2	1:01.5	56.3	55.7	55.0
1:02.6	1:01.9	1:01.3	1:00.6	1:02.3	1:01.7	56.4	55.8	55.1
1:02.7	1:02.0	1:01.4	1:00.7	1:02.4	1:01.8	56.5	55.9	55.2
1:02.8	1:02.1	1:01.5	1:00.8	1:02.5	1:01.9	56.6	55.9	55.3
1:02.9	1:02.2	1:01.6	1:00.9	1:02.6	1:02.0	56.7	56.0	55.4
1:03.0	1:02.3	1:01.7	1:01.0	1:02.7	1:02.1	56.8	56.1	55.5
1:03.1	1:02.4	1:01.8	1:01.1	1:02.8	1:02.2	56.9	56.2	55.6
1:03.2	1:02.5	1:01.9	1:01.2	1:02.9	1:02.3	57.0	56.3	55.7
1:03.3	1:02.6	1:02.0	1:01.3	1:03.0	1:02.4	57.1	56.4	55.8
1:03.4	1:02.7	1:02.1	1:01.4	1:03.1	1:02.5	57.2	56.5	55.8
1:03.5	1:02.8	1:02.2	1:01.5	1:03.2	1:02.6	57.3	56.6	55.9
1:03.6	1:02.9	1:02.3	1:01.6	1:03.3	1:02.7	57.3	56.7	56.0
1:03.7	1:03.0	1:02.4	1:01.7	1:03.4	1:02.8	57.4	56.8	56.1
1:03.8	1:03.1	1:02.5	1:01.8	1:03.5	1:02.9	57.5	56.9	56.2
1:03.9	1:03.3	1:02.6	1:02.0	1:03.6	1:03.0	57.6	57.0	56.3
1:04.0	1:03.4	1:02.7	1:02.1	1:03.7	1:03.1	57.7	57.1	56.4
1:04.1	1:03.5	1:02.8	1:02.2	1:03.8	1:03.2	57.8	57.2	56.5
1:04.2	1:03.6	1:02.9	1:02.3	1:03.9	1:03.3	57.9	57.2	56.6
1:04.3	1:03.7	1:03.0	1:02.4	1:04.0	1:03.4	58.0	57.3	56.7
1:04.4	1:03.8	1:03.1	1:02.5	1:04.1	1:03.5	58.1	57.4	56.8
1:04.5	1:03.9	1:03.2	1:02.6	1:04.2	1:03.6	58.2	57.5	56.9
1:04.6	1:04.0	1:03.3	1:02.7	1:04.3	1:03.7	58.3	57.6	57.0
1:04.7	1:04.1	1:03.4	1:02.8	1:04.4	1:03.8	58.4	57.7	57.1
1:04.8	1:04.2	1:03.5	1:02.9	1:04.6	1:03.9	58.4	57.8	57.2
1:04.9	1:04.3	1:03.6	1:03.0	1:04.7	1:04.0	58.5	57.9	57.3
1:05.0	1:04.4	1:03.7	1:03.1	1:04.8	1:04.1	58.6	58.0	57.4
1:05.1	1:04.5	1:03.8	1:03.2	1:04.9	1:04.2	58.7	58.1	57.5
1:05.2	1:04.6	1:03.9	1:03.3	1:05.0	1:04.3	58.8	58.2	57.5
1:05.3	1:04.7	1:04.0	1:03.4	1:05.1	1:04.4	58.9	58.3	57.6
1:05.4	1:04.8	1:04.1	1:03.5	1:05.2	1:04.5	59.0	58.4	57.7
1:05.5	1:04.9	1:04.2	1:03.6	1:05.3	1:04.6	59.1	58.5	57.8
1:05.6	1:05.0	1:04.3	1:03.7	1:05.4	1:04.7	59.2	58.6	57.9
1:05.7	1:05.1	1:04.4	1:03.8	1:05.5	1:04.8	59.3	58.6	58.0
1:05.8	1:05.2	1:04.5	1:03.9	1:05.6	1:04.9	59.4	58.7	58.1
1:05.9	1:05.3	1:04.6	1:04.0	1:05.7	1:05.0	59.5	58.8	58.2
1:06.0	1:05.4	1:04.7	1:04.1	1:05.8	1:05.1	59.6	58.9	58.3
1:06.1	1:05.5	1:04.8	1:04.2	1:05.9	1:05.2	59.6	59.0	58.4
1:06.2	1:05.6	1:04.9	1:04.3	1:06.0	1:05.3	59.7	59.1	58.5
1:06.3	1:05.7	1:05.0	1:04.4	1:06.1	1:05.4	59.8	59.2	58.6
1:06.4	1:05.8	1:05.1	1:04.5	1:06.2	1:05.6	59.9	59.3	58.7
1:06.5	1:05.9	1:05.3	1:04.6	1:06.3	1:05.7	1:00.0	59.4	58.8
1:06.6	1:06.0	1:05.4	1:04.7	1:06.4	1:05.8	1:00.1	59.5	58.9
1:06.7	1:06.1	1:05.5	1:04.8	1:06.5	1:05.9	1:00.2	59.6	59.0
1:06.8	1:06.2	1:05.6	1:04.9	1:06.6	1:06.0	1:00.3	59.7	59.0
1:06.9	1:06.3	1:05.7	1:05.0	1:06.7	1:06.1	1:00.4	59.8	59.1
1:07.0	1:06.4	1:05.8	1:05.1	1:06.8	1:06.2	1:00.5	59.9	59.2
1:07.1	1:06.5	1:05.9	1:05.2	1:06.9	1:06.3	1:00.6	59.9	59.3
1:07.2	1:06.6	1:06.0	1:05.3	1:07.0	1:06.4	1:00.7	1:00.0	59.4

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50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
1:07.3	1:06.7	1:06.1	1:05.4	1:07.1	1:06.5	1:00.8	1:00.1	59.5
1:07.4	1:06.8	1:06.2	1:05.6	1:07.2	1:06.6	1:00.8	1:00.2	59.6
1:07.5	1:06.9	1:06.3	1:05.7	1:07.3	1:06.7	1:00.9	1:00.3	59.7
1:07.6	1:07.0	1:06.4	1:05.8	1:07.4	1:06.8	1:01.0	1:00.4	59.8
1:07.7	1:07.1	1:06.5	1:05.9	1:07.5	1:06.9	1:01.1	1:00.5	59.9
1:07.8	1:07.2	1:06.6	1:06.0	1:07.6	1:07.0	1:01.2	1:00.6	1:00.0
1:07.9	1:07.3	1:06.7	1:06.1	1:07.7	1:07.1	1:01.3	1:00.7	1:00.1
1:08.0	1:07.4	1:06.8	1:06.2	1:07.8	1:07.2	1:01.4	1:00.8	1:00.2
1:08.1	1:07.5	1:06.9	1:06.3	1:07.9	1:07.3	1:01.5	1:00.9	1:00.3
1:08.2	1:07.6	1:07.0	1:06.4	1:08.0	1:07.4	1:01.6	1:01.0	1:00.4
1:08.3	1:07.7	1:07.1	1:06.5	1:08.1	1:07.5	1:01.7	1:01.1	1:00.5
1:08.4	1:07.8	1:07.2	1:06.6	1:08.2	1:07.6	1:01.8	1:01.2	1:00.6
1:08.5	1:07.9	1:07.3	1:06.7	1:08.3	1:07.7	1:01.9	1:01.3	1:00.6
1:08.6	1:08.0	1:07.4	1:06.8	1:08.4	1:07.8	1:01.9	1:01.3	1:00.7
1:08.7	1:08.1	1:07.5	1:06.9	1:08.5	1:07.9	1:02.0	1:01.4	1:00.8
1:08.8	1:08.2	1:07.6	1:07.0	1:08.6	1:08.0	1:02.1	1:01.5	1:00.9
1:08.9	1:08.3	1:07.7	1:07.1	1:08.7	1:08.1	1:02.2	1:01.6	1:01.0
1:09.0	1:08.4	1:07.8	1:07.2	1:08.8	1:08.2	1:02.3	1:01.7	1:01.1
1:09.1	1:08.5	1:07.9	1:07.3	1:08.9	1:08.3	1:02.4	1:01.8	1:01.2
1:09.2	1:08.6	1:08.0	1:07.4	1:09.0	1:08.4	1:02.5	1:01.9	1:01.3
1:09.3	1:08.7	1:08.1	1:07.5	1:09.1	1:08.5	1:02.6	1:02.0	1:01.4
1:09.4	1:08.8	1:08.2	1:07.6	1:09.2	1:08.6	1:02.7	1:02.1	1:01.5
1:09.5	1:08.9	1:08.3	1:07.7	1:09.3	1:08.7	1:02.8	1:02.2	1:01.6
1:09.6	1:09.0	1:08.4	1:07.8	1:09.4	1:08.8	1:02.9	1:02.3	1:01.7
1:09.7	1:09.1	1:08.5	1:07.9	1:09.5	1:08.9	1:03.0	1:02.4	1:01.8
1:09.8	1:09.2	1:08.6	1:08.0	1:09.6	1:09.0	1:03.1	1:02.5	1:01.9
1:09.9	1:09.3	1:08.7	1:08.1	1:09.7	1:09.1	1:03.1	1:02.6	1:02.0
1:10.0	1:09.4	1:08.8	1:08.2	1:09.8	1:09.2	1:03.2	1:02.6	1:02.1
1:10.1	1:09.5	1:08.9	1:08.3	1:09.9	1:09.3	1:03.3	1:02.7	1:02.1
1:10.2	1:09.6	1:09.0	1:08.4	1:10.0	1:09.4	1:03.4	1:02.8	1:02.2
1:10.3	1:09.7	1:09.1	1:08.5	1:10.1	1:09.5	1:03.5	1:02.9	1:02.3
1:10.4	1:09.8	1:09.2	1:08.6	1:10.2	1:09.6	1:03.6	1:03.0	1:02.4
1:10.5	1:09.9	1:09.3	1:08.7	1:10.3	1:09.7	1:03.7	1:03.1	1:02.5
1:10.6	1:10.0	1:09.4	1:08.8	1:10.4	1:09.9	1:03.8	1:03.2	1:02.6
1:10.7	1:10.1	1:09.5	1:08.9	1:10.5	1:10.0	1:03.9	1:03.3	1:02.7
1:10.8	1:10.2	1:09.6	1:09.0	1:10.6	1:10.1	1:04.0	1:03.4	1:02.8
1:10.9	1:10.3	1:09.7	1:09.1	1:10.7	1:10.2	1:04.1	1:03.5	1:02.9
1:11.0	1:10.4	1:09.8	1:09.2	1:10.8	1:10.3	1:04.2	1:03.6	1:03.0
1:11.1	1:10.5	1:09.9	1:09.3	1:10.9	1:10.4	1:04.3	1:03.7	1:03.1
1:11.2	1:10.6	1:10.0	1:09.5	1:11.0	1:10.5	1:04.3	1:03.8	1:03.2
1:11.3	1:10.7	1:10.1	1:09.6	1:11.1	1:10.6	1:04.4	1:03.9	1:03.3
1:11.4	1:10.8	1:10.2	1:09.7	1:11.2	1:10.7	1:04.5	1:03.9	1:03.4
1:11.5	1:10.9	1:10.3	1:09.8	1:11.4	1:10.8	1:04.6	1:04.0	1:03.5
1:11.6	1:11.0	1:10.4	1:09.9	1:11.5	1:10.9	1:04.7	1:04.1	1:03.6
1:11.7	1:11.1	1:10.5	1:10.0	1:11.6	1:11.0	1:04.8	1:04.2	1:03.6
1:11.8	1:11.2	1:10.6	1:10.1	1:11.7	1:11.1	1:04.9	1:04.3	1:03.7
1:11.9	1:11.3	1:10.7	1:10.2	1:11.8	1:11.2	1:05.0	1:04.4	1:03.8
1:12.0	1:11.4	1:10.8	1:10.3	1:11.9	1:11.3	1:05.1	1:04.5	1:03.9
1:12.1	1:11.5	1:10.9	1:10.4	1:12.0	1:11.4	1:05.2	1:04.6	1:04.0
1:12.2	1:11.6	1:11.1	1:10.5	1:12.1	1:11.5	1:05.3	1:04.7	1:04.1

100/110 BACKSTROKE

50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
1:12.3	1:11.7	1:11.2	1:10.6	1:12.2	1:11.6	1:05.4	1:04.8	1:04.2
1:12.4	1:11.8	1:11.3	1:10.7	1:12.3	1:11.7	1:05.4	1:04.9	1:04.3
1:12.5	1:11.9	1:11.4	1:10.8	1:12.4	1:11.8	1:05.5	1:05.0	1:04.4
1:13.0	1:12.4	1:11.9	1:11.3	1:12.9	1:12.3	1:06.0	1:05.4	1:04.9
1:13.5	1:12.9	1:12.4	1:11.8	1:13.4	1:12.8	1:06.5	1:05.9	1:05.3
1:14.0	1:13.4	1:12.9	1:12.3	1:13.9	1:13.3	1:06.9	1:06.4	1:05.8
1:14.5	1:13.9	1:13.4	1:12.8	1:14.4	1:13.8	1:07.4	1:06.8	1:06.3
1:15.0	1:14.4	1:13.9	1:13.3	1:14.9	1:14.3	1:07.8	1:07.3	1:06.7
1:15.5	1:15.0	1:14.4	1:13.9	1:15.4	1:14.9	1:08.3	1:07.7	1:07.2
1:16.0	1:15.5	1:14.9	1:14.4	1:15.9	1:15.4	1:08.8	1:08.2	1:07.7
1:16.5	1:16.0	1:15.4	1:14.9	1:16.4	1:15.9	1:09.2	1:08.7	1:08.1
1:17.0	1:16.5	1:15.9	1:15.4	1:16.9	1:16.4	1:09.7	1:09.1	1:08.6
1:17.5	1:17.0	1:16.4	1:15.9	1:17.4	1:16.9	1:10.1	1:09.6	1:09.1
1:18.0	1:17.5	1:16.9	1:16.4	1:17.9	1:17.4	1:10.6	1:10.1	1:09.5
1:18.5	1:18.0	1:17.4	1:16.9	1:18.4	1:17.9	1:11.1	1:10.5	1:10.0
1:19.0	1:18.5	1:17.9	1:17.4	1:19.0	1:18.4	1:11.5	1:11.0	1:10.5
1:19.5	1:19.0	1:18.5	1:17.9	1:19.5	1:18.9	1:12.0	1:11.4	1:10.9
1:20.0	1:19.5	1:19.0	1:18.4	1:20.0	1:19.4	1:12.4	1:11.9	1:11.4
1:20.5	1:20.0	1:19.5	1:19.0	1:20.5	1:20.0	1:12.9	1:12.4	1:11.9
1:21.0	1:20.5	1:20.0	1:19.5	1:21.0	1:20.5	1:13.3	1:12.8	1:12.3
1:21.5	1:21.0	1:20.5	1:20.0	1:21.5	1:21.0	1:13.8	1:13.3	1:12.8
1:22.0	1:21.5	1:21.0	1:20.5	1:22.0	1:21.5	1:14.3	1:13.8	1:13.3
1:22.5	1:22.0	1:21.5	1:21.0	1:22.5	1:22.0	1:14.7	1:14.2	1:13.7
1:23.0	1:22.5	1:22.0	1:21.5	1:23.0	1:22.5	1:15.2	1:14.7	1:14.2
1:23.5	1:23.0	1:22.5	1:22.0	1:23.5	1:23.0	1:15.6	1:15.1	1:14.7
1:24.0	1:23.5	1:23.0	1:22.5	1:24.0	1:23.5	1:16.1	1:15.6	1:15.1
1:24.5	1:24.0	1:23.5	1:23.0	1:24.5	1:24.0	1:16.6	1:16.1	1:15.6
1:25.0	1:24.5	1:24.0	1:23.5	1:25.0	1:24.5	1:17.0	1:16.5	1:16.0
1:25.5	1:25.0	1:24.5	1:24.0	1:25.5	1:25.0	1:17.5	1:17.0	1:16.5
1:26.0	1:25.5	1:25.0	1:24.6	1:26.0	1:25.6	1:17.9	1:17.5	1:17.0
1:26.5	1:26.0	1:25.5	1:25.1	1:26.5	1:26.1	1:18.4	1:17.9	1:17.4
1:27.0	1:26.5	1:26.0	1:25.6	1:27.0	1:26.6	1:18.9	1:18.4	1:17.9
1:27.5	1:27.0	1:26.6	1:26.1	1:27.6	1:27.1	1:19.3	1:18.8	1:18.4
1:28.0	1:27.5	1:27.1	1:26.6	1:28.1	1:27.6	1:19.8	1:19.3	1:18.8
1:28.5	1:28.0	1:27.6	1:27.1	1:28.6	1:28.1	1:20.2	1:19.8	1:19.3
1:29.0	1:28.5	1:28.1	1:27.6	1:29.1	1:28.6	1:20.7	1:20.2	1:19.8
1:29.5	1:29.0	1:28.6	1:28.1	1:29.6	1:29.1	1:21.1	1:20.7	1:20.2
1:30.0	1:29.5	1:29.1	1:28.6	1:30.1	1:29.6	1:21.6	1:21.1	1:20.7
1:30.5	1:30.0	1:29.6	1:29.1	1:30.6	1:30.1	1:22.1	1:21.6	1:21.1
1:31.0	1:30.5	1:30.1	1:29.6	1:31.1	1:30.6	1:22.5	1:22.1	1:21.6
1:31.5	1:31.0	1:30.6	1:30.1	1:31.6	1:31.1	1:23.0	1:22.5	1:22.1
1:32.0	1:31.5	1:31.1	1:30.6	1:32.1	1:31.7	1:23.4	1:23.0	1:22.5
1:32.5	1:32.1	1:31.6	1:31.2	1:32.6	1:32.2	1:23.9	1:23.5	1:23.0
1:33.0	1:32.6	1:32.1	1:31.7	1:33.1	1:32.7	1:24.4	1:23.9	1:23.5
1:33.5	1:33.1	1:32.6	1:32.2	1:33.6	1:33.2	1:24.8	1:24.4	1:23.9
1:34.0	1:33.6	1:33.1	1:32.7	1:34.1	1:33.7	1:25.3	1:24.8	1:24.4
1:34.5	1:34.1	1:33.6	1:33.2	1:34.6	1:34.2	1:25.7	1:25.3	1:24.9
1:35.0	1:34.6	1:34.1	1:33.7	1:35.1	1:34.7	1:26.2	1:25.8	1:25.3
1:36.0	1:35.6	1:35.1	1:34.7	1:36.1	1:35.7	1:27.1	1:26.7	1:26.2
1:37.0	1:36.6	1:36.1	1:35.7	1:37.2	1:36.7	1:28.0	1:27.6	1:27.2
1:38.0	1:37.6	1:37.2	1:36.7	1:38.2	1:37.7	1:28.9	1:28.5	1:28.1
1:39.0	1:38.6	1:38.2	1:37.7	1:39.2	1:38.8	1:29.9	1:29.4	1:29.0
1:40.0	1:39.6	1:39.2	1:38.8	1:40.2	1:39.8	1:30.8	1:30.4	1:29.9
1:41.0	1:40.6	1:40.2	1:39.8	1:41.2	1:40.8	1:31.7	1:31.3	1:30.9
1:42.0	1:41.6	1:41.2	1:40.8	1:42.2	1:41.8	1:32.6	1:32.2	1:31.8

100/110 BACKSTROKE

50 Metres				55 Yards		50 Yards		
50 Metres	33 ^{1/3} Metres	25 Metres	20 Metres	36 ^{2/3} Yards	27 ^{1/2} Yards	33 ^{1/3} Yards	25 Yards	20 Yards
1:43.0	1:42.6	1:42.2	1:41.8	1:43.2	1:42.8	1:33.5	1:33.1	1:32.7
1:44.0	1:43.6	1:43.2	1:42.8	1:44.2	1:43.8	1:34.4	1:34.0	1:33.6
1:45.0	1:44.6	1:44.2	1:43.8	1:45.2	1:44.8	1:35.4	1:35.0	1:34.6
1:46.0	1:45.6	1:45.2	1:44.8	1:46.2	1:45.9	1:36.3	1:35.9	1:35.5
1:47.0	1:46.6	1:46.2	1:45.8	1:47.3	1:46.9	1:37.2	1:36.8	1:36.4
1:48.0	1:47.6	1:47.2	1:46.8	1:48.3	1:47.9	1:38.1	1:37.7	1:37.3
1:49.0	1:48.6	1:48.2	1:47.9	1:49.3	1:48.9	1:39.0	1:38.6	1:38.3
1:50.0	1:49.6	1:49.2	1:48.9	1:50.3	1:49.9	1:39.9	1:39.6	1:39.2
1:51.0	1:50.6	1:50.3	1:49.9	1:51.3	1:50.9	1:40.8	1:40.5	1:40.1
1:52.0	1:51.6	1:51.3	1:50.9	1:52.3	1:51.9	1:41.8	1:41.4	1:41.0
1:53.0	1:52.6	1:52.3	1:51.9	1:53.3	1:52.9	1:42.7	1:42.3	1:41.9
1:54.0	1:53.6	1:53.3	1:52.9	1:54.3	1:54.0	1:43.6	1:43.2	1:42.9