

200/220 BACKSTROKE

200 Metres				220 Yards		200 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
1:54.0	1:52.5	1:51.0	1:49.5	1:53.2	1:51.7	1:42.5	1:41.0	1:39.5
1:54.2	1:52.7	1:51.2	1:49.7	1:53.4	1:51.9	1:42.7	1:41.2	1:39.7
1:54.4	1:52.9	1:51.4	1:49.9	1:53.6	1:52.1	1:42.9	1:41.4	1:39.9
1:54.6	1:53.1	1:51.6	1:50.1	1:53.8	1:52.3	1:43.1	1:41.6	1:40.1
1:54.8	1:53.3	1:51.8	1:50.3	1:54.0	1:52.5	1:43.3	1:41.8	1:40.3
1:55.0	1:53.5	1:52.0	1:50.5	1:54.2	1:52.7	1:43.4	1:41.9	1:40.4
1:55.2	1:53.7	1:52.2	1:50.7	1:54.4	1:52.9	1:43.6	1:42.1	1:40.6
1:55.4	1:53.9	1:52.4	1:50.9	1:54.6	1:53.1	1:43.8	1:42.3	1:40.8
1:55.6	1:54.1	1:52.6	1:51.1	1:54.8	1:53.3	1:44.0	1:42.5	1:41.0
1:55.8	1:54.3	1:52.8	1:51.3	1:55.0	1:53.5	1:44.2	1:42.7	1:41.2
1:56.0	1:54.5	1:53.0	1:51.6	1:55.2	1:53.7	1:44.4	1:42.9	1:41.4
1:56.2	1:54.7	1:53.2	1:51.8	1:55.4	1:53.9	1:44.5	1:43.1	1:41.6
1:56.4	1:54.9	1:53.4	1:52.0	1:55.6	1:54.1	1:44.7	1:43.3	1:41.8
1:56.6	1:55.1	1:53.6	1:52.2	1:55.8	1:54.4	1:44.9	1:43.4	1:42.0
1:56.8	1:55.3	1:53.9	1:52.4	1:56.0	1:54.6	1:45.1	1:43.6	1:42.2
1:57.0	1:55.5	1:54.1	1:52.6	1:56.2	1:54.8	1:45.3	1:43.8	1:42.3
1:57.2	1:55.7	1:54.3	1:52.8	1:56.4	1:55.0	1:45.5	1:44.0	1:42.5
1:57.4	1:55.9	1:54.5	1:53.0	1:56.6	1:55.2	1:45.7	1:44.2	1:42.7
1:57.6	1:56.1	1:54.7	1:53.2	1:56.8	1:55.4	1:45.8	1:44.4	1:42.9
1:57.8	1:56.3	1:54.9	1:53.4	1:57.1	1:55.6	1:46.0	1:44.6	1:43.1
1:58.0	1:56.5	1:55.1	1:53.6	1:57.3	1:55.8	1:46.2	1:44.8	1:43.3
1:58.2	1:56.7	1:55.3	1:53.8	1:57.5	1:56.0	1:46.4	1:44.9	1:43.5
1:58.4	1:56.9	1:55.5	1:54.0	1:57.7	1:56.2	1:46.6	1:45.1	1:43.7
1:58.6	1:57.1	1:55.7	1:54.2	1:57.9	1:56.4	1:46.8	1:45.3	1:43.9
1:58.8	1:57.4	1:55.9	1:54.5	1:58.1	1:56.6	1:47.0	1:45.5	1:44.1
1:59.0	1:57.6	1:56.1	1:54.7	1:58.3	1:56.8	1:47.1	1:45.7	1:44.2
1:59.2	1:57.8	1:56.3	1:54.9	1:58.5	1:57.0	1:47.3	1:45.9	1:44.4
1:59.4	1:58.0	1:56.5	1:55.1	1:58.7	1:57.2	1:47.5	1:46.1	1:44.6
1:59.6	1:58.2	1:56.7	1:55.3	1:58.9	1:57.4	1:47.7	1:46.3	1:44.8
1:59.8	1:58.4	1:56.9	1:55.5	1:59.1	1:57.7	1:47.9	1:46.4	1:45.0
2:00.0	1:58.6	1:57.1	1:55.7	1:59.3	1:57.9	1:48.1	1:46.6	1:45.2
2:00.2	1:58.8	1:57.3	1:55.9	1:59.5	1:58.1	1:48.2	1:46.8	1:45.4
2:00.4	1:59.0	1:57.5	1:56.1	1:59.7	1:58.3	1:48.4	1:47.0	1:45.6
2:00.6	1:59.2	1:57.7	1:56.3	1:59.9	1:58.5	1:48.6	1:47.2	1:45.8
2:00.8	1:59.4	1:58.0	1:56.5	2:00.1	1:58.7	1:48.8	1:47.4	1:46.0
2:01.0	1:59.6	1:58.2	1:56.7	2:00.3	1:58.9	1:49.0	1:47.6	1:46.1
2:01.2	1:59.8	1:58.4	1:56.9	2:00.5	1:59.1	1:49.2	1:47.8	1:46.3
2:01.4	2:00.0	1:58.6	1:57.1	2:00.7	1:59.3	1:49.4	1:47.9	1:46.5
2:01.6	2:00.2	1:58.8	1:57.4	2:00.9	1:59.5	1:49.5	1:48.1	1:46.7
2:01.8	2:00.4	1:59.0	1:57.6	2:01.1	1:59.7	1:49.7	1:48.3	1:46.9
2:02.0	2:00.6	1:59.2	1:57.8	2:01.3	1:59.9	1:49.9	1:48.5	1:47.1
2:02.2	2:00.8	1:59.4	1:58.0	2:01.5	2:00.1	1:50.1	1:48.7	1:47.3
2:02.4	2:01.0	1:59.6	1:58.2	2:01.7	2:00.3	1:50.3	1:48.9	1:47.5
2:02.6	2:01.2	1:59.8	1:58.4	2:01.9	2:00.5	1:50.5	1:49.1	1:47.7
2:02.8	2:01.4	2:00.0	1:58.6	2:02.1	2:00.7	1:50.7	1:49.2	1:47.8
2:03.0	2:01.6	2:00.2	1:58.8	2:02.3	2:00.9	1:50.8	1:49.4	1:48.0
2:03.2	2:01.8	2:00.4	1:59.0	2:02.5	2:01.2	1:51.0	1:49.6	1:48.2
2:03.4	2:02.0	2:00.6	1:59.2	2:02.8	2:01.4	1:51.2	1:49.8	1:48.4
2:03.6	2:02.2	2:00.8	1:59.4	2:03.0	2:01.6	1:51.4	1:50.0	1:48.6
2:03.8	2:02.4	2:01.0	1:59.6	2:03.2	2:01.8	1:51.6	1:50.2	1:48.8

200/220 BACKSTROKE

200 Metres				220 Yards		200 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
2:04.0	2:02.6	2:01.2	1:59.8	2:03.4	2:02.0	1:51.8	1:50.4	1:49.0
2:04.2	2:02.8	2:01.4	2:00.0	2:03.6	2:02.2	1:51.9	1:50.6	1:49.2
2:04.4	2:03.0	2:01.6	2:00.3	2:03.8	2:02.4	1:52.1	1:50.7	1:49.4
2:04.6	2:03.2	2:01.8	2:00.5	2:04.0	2:02.6	1:52.3	1:50.9	1:49.6
2:04.8	2:03.4	2:02.0	2:00.7	2:04.2	2:02.8	1:52.5	1:51.1	1:49.7
2:05.0	2:03.6	2:02.2	2:00.9	2:04.4	2:03.0	1:52.7	1:51.3	1:49.9
2:05.2	2:03.8	2:02.5	2:01.1	2:04.6	2:03.2	1:52.9	1:51.5	1:50.1
2:05.4	2:04.0	2:02.7	2:01.3	2:04.8	2:03.4	1:53.1	1:51.7	1:50.3
2:05.6	2:04.2	2:02.9	2:01.5	2:05.0	2:03.6	1:53.2	1:51.9	1:50.5
2:05.8	2:04.4	2:03.1	2:01.7	2:05.2	2:03.8	1:53.4	1:52.1	1:50.7
2:06.0	2:04.6	2:03.3	2:01.9	2:05.4	2:04.0	1:53.6	1:52.2	1:50.9
2:06.2	2:04.8	2:03.5	2:02.1	2:05.6	2:04.2	1:53.8	1:52.4	1:51.1
2:06.4	2:05.0	2:03.7	2:02.3	2:05.8	2:04.4	1:54.0	1:52.6	1:51.3
2:06.6	2:05.2	2:03.9	2:02.5	2:06.0	2:04.6	1:54.2	1:52.8	1:51.4
2:06.8	2:05.4	2:04.1	2:02.7	2:06.2	2:04.9	1:54.3	1:53.0	1:51.6
2:07.0	2:05.6	2:04.3	2:02.9	2:06.4	2:05.1	1:54.5	1:53.2	1:51.8
2:07.2	2:05.8	2:04.5	2:03.1	2:06.6	2:05.3	1:54.7	1:53.4	1:52.0
2:07.4	2:06.0	2:04.7	2:03.3	2:06.8	2:05.5	1:54.9	1:53.5	1:52.2
2:07.6	2:06.3	2:04.9	2:03.6	2:07.0	2:05.7	1:55.1	1:53.7	1:52.4
2:07.8	2:06.5	2:05.1	2:03.8	2:07.2	2:05.9	1:55.3	1:53.9	1:52.6
2:08.0	2:06.7	2:05.3	2:04.0	2:07.4	2:06.1	1:55.5	1:54.1	1:52.8
2:08.2	2:06.9	2:05.5	2:04.2	2:07.6	2:06.3	1:55.6	1:54.3	1:53.0
2:08.4	2:07.1	2:05.7	2:04.4	2:07.8	2:06.5	1:55.8	1:54.5	1:53.1
2:08.6	2:07.3	2:05.9	2:04.6	2:08.0	2:06.7	1:56.0	1:54.7	1:53.3
2:08.8	2:07.5	2:06.1	2:04.8	2:08.2	2:06.9	1:56.2	1:54.9	1:53.5
2:09.0	2:07.7	2:06.3	2:05.0	2:08.4	2:07.1	1:56.4	1:55.0	1:53.7
2:09.2	2:07.9	2:06.5	2:05.2	2:08.6	2:07.3	1:56.6	1:55.2	1:53.9
2:09.4	2:08.1	2:06.7	2:05.4	2:08.9	2:07.5	1:56.7	1:55.4	1:54.1
2:09.6	2:08.3	2:06.9	2:05.6	2:09.1	2:07.7	1:56.9	1:55.6	1:54.3
2:09.8	2:08.5	2:07.1	2:05.8	2:09.3	2:07.9	1:57.1	1:55.8	1:54.5
2:10.0	2:08.7	2:07.4	2:06.0	2:09.5	2:08.1	1:57.3	1:56.0	1:54.7
2:10.2	2:08.9	2:07.6	2:06.2	2:09.7	2:08.3	1:57.5	1:56.2	1:54.8
2:10.4	2:09.1	2:07.8	2:06.4	2:09.9	2:08.5	1:57.7	1:56.3	1:55.0
2:10.6	2:09.3	2:08.0	2:06.6	2:10.1	2:08.8	1:57.9	1:56.5	1:55.2
2:10.8	2:09.5	2:08.2	2:06.9	2:10.3	2:09.0	1:58.0	1:56.7	1:55.4
2:11.0	2:09.7	2:08.4	2:07.1	2:10.5	2:09.2	1:58.2	1:56.9	1:55.6
2:11.2	2:09.9	2:08.6	2:07.3	2:10.7	2:09.4	1:58.4	1:57.1	1:55.8
2:11.4	2:10.1	2:08.8	2:07.5	2:10.9	2:09.6	1:58.6	1:57.3	1:56.0
2:11.6	2:10.3	2:09.0	2:07.7	2:11.1	2:09.8	1:58.8	1:57.5	1:56.2
2:11.8	2:10.5	2:09.2	2:07.9	2:11.3	2:10.0	1:59.0	1:57.7	1:56.3
2:12.0	2:10.7	2:09.4	2:08.1	2:11.5	2:10.2	1:59.1	1:57.8	1:56.5
2:12.2	2:10.9	2:09.6	2:08.3	2:11.7	2:10.4	1:59.3	1:58.0	1:56.7
2:12.4	2:11.1	2:09.8	2:08.5	2:11.9	2:10.6	1:59.5	1:58.2	1:56.9
2:12.6	2:11.3	2:10.0	2:08.7	2:12.1	2:10.8	1:59.7	1:58.4	1:57.1
2:12.8	2:11.5	2:10.2	2:08.9	2:12.3	2:11.0	1:59.9	1:58.6	1:57.3
2:13.0	2:11.7	2:10.4	2:09.1	2:12.5	2:11.2	2:00.1	1:58.8	1:57.5
2:13.2	2:11.9	2:10.6	2:09.3	2:12.7	2:11.4	2:00.2	1:59.0	1:57.7
2:13.4	2:12.1	2:10.8	2:09.5	2:12.9	2:11.6	2:00.4	1:59.1	1:57.9
2:13.6	2:12.3	2:11.0	2:09.7	2:13.1	2:11.8	2:00.6	1:59.3	1:58.0
2:13.8	2:12.5	2:11.2	2:09.9	2:13.3	2:12.0	2:00.8	1:59.5	1:58.2
2:14.0	2:12.7	2:11.4	2:10.1	2:13.5	2:12.2	2:01.0	1:59.7	1:58.4
2:14.2	2:12.9	2:11.6	2:10.4	2:13.7	2:12.4	2:01.2	1:59.9	1:58.6

200/220 BACKSTROKE

200 Metres				220 Yards		200 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
2:14.4	2:13.1	2:11.8	2:10.6	2:13.9	2:12.7	2:01.4	2:00.1	1:58.8
2:14.6	2:13.3	2:12.0	2:10.8	2:14.1	2:12.9	2:01.5	2:00.3	1:59.0
2:14.8	2:13.5	2:12.2	2:11.0	2:14.3	2:13.1	2:01.7	2:00.4	1:59.2
2:15.0	2:13.7	2:12.5	2:11.2	2:14.5	2:13.3	2:01.9	2:00.6	1:59.4
2:15.2	2:13.9	2:12.7	2:11.4	2:14.7	2:13.5	2:02.1	2:00.8	1:59.5
2:15.4	2:14.1	2:12.9	2:11.6	2:14.9	2:13.7	2:02.3	2:01.0	1:59.7
2:15.6	2:14.3	2:13.1	2:11.8	2:15.2	2:13.9	2:02.5	2:01.2	1:59.9
2:15.8	2:14.5	2:13.3	2:12.0	2:15.4	2:14.1	2:02.6	2:01.4	2:00.1
2:16.0	2:14.7	2:13.5	2:12.2	2:15.6	2:14.3	2:02.8	2:01.6	2:00.3
2:16.2	2:14.9	2:13.7	2:12.4	2:15.8	2:14.5	2:03.0	2:01.8	2:00.5
2:16.4	2:15.1	2:13.9	2:12.6	2:16.0	2:14.7	2:03.2	2:01.9	2:00.7
2:16.6	2:15.3	2:14.1	2:12.8	2:16.2	2:14.9	2:03.4	2:02.1	2:00.9
2:16.8	2:15.5	2:14.3	2:13.0	2:16.4	2:15.1	2:03.6	2:02.3	2:01.1
2:17.0	2:15.7	2:14.5	2:13.2	2:16.6	2:15.3	2:03.8	2:02.5	2:01.2
2:17.2	2:15.9	2:14.7	2:13.4	2:16.8	2:15.5	2:03.9	2:02.7	2:01.4
2:17.4	2:16.1	2:14.9	2:13.6	2:17.0	2:15.7	2:04.1	2:02.9	2:01.6
2:17.6	2:16.3	2:15.1	2:13.8	2:17.2	2:15.9	2:04.3	2:03.1	2:01.8
2:17.8	2:16.6	2:15.3	2:14.1	2:17.4	2:16.1	2:04.5	2:03.2	2:02.0
2:18.0	2:16.8	2:15.5	2:14.3	2:17.6	2:16.3	2:04.7	2:03.4	2:02.2
2:18.2	2:17.0	2:15.7	2:14.5	2:17.8	2:16.5	2:04.9	2:03.6	2:02.4
2:18.4	2:17.2	2:15.9	2:14.7	2:18.0	2:16.7	2:05.0	2:03.8	2:02.6
2:18.6	2:17.4	2:16.1	2:14.9	2:18.2	2:17.0	2:05.2	2:04.0	2:02.7
2:18.8	2:17.6	2:16.3	2:15.1	2:18.4	2:17.2	2:05.4	2:04.2	2:02.9
2:19.0	2:17.8	2:16.5	2:15.3	2:18.6	2:17.4	2:05.6	2:04.4	2:03.1
2:19.2	2:18.0	2:16.7	2:15.5	2:18.8	2:17.6	2:05.8	2:04.5	2:03.3
2:19.4	2:18.2	2:16.9	2:15.7	2:19.0	2:17.8	2:06.0	2:04.7	2:03.5
2:19.6	2:18.4	2:17.1	2:15.9	2:19.2	2:18.0	2:06.1	2:04.9	2:03.7
2:19.8	2:18.6	2:17.3	2:16.1	2:19.4	2:18.2	2:06.3	2:05.1	2:03.9
2:20.0	2:18.8	2:17.5	2:16.3	2:19.6	2:18.4	2:06.5	2:05.3	2:04.1
2:20.2	2:19.0	2:17.7	2:16.5	2:19.8	2:18.6	2:06.7	2:05.5	2:04.2
2:20.4	2:19.2	2:17.9	2:16.7	2:20.0	2:18.8	2:06.9	2:05.7	2:04.4
2:20.6	2:19.4	2:18.2	2:16.9	2:20.2	2:19.0	2:07.1	2:05.8	2:04.6
2:20.8	2:19.6	2:18.4	2:17.1	2:20.4	2:19.2	2:07.3	2:06.0	2:04.8
2:21.0	2:19.8	2:18.6	2:17.3	2:20.6	2:19.4	2:07.4	2:06.2	2:05.0
2:21.2	2:20.0	2:18.8	2:17.5	2:20.8	2:19.6	2:07.6	2:06.4	2:05.2
2:21.4	2:20.2	2:19.0	2:17.7	2:21.0	2:19.8	2:07.8	2:06.6	2:05.4
2:21.6	2:20.4	2:19.2	2:18.0	2:21.2	2:20.0	2:08.0	2:06.8	2:05.6
2:21.8	2:20.6	2:19.4	2:18.2	2:21.4	2:20.2	2:08.2	2:07.0	2:05.7
2:22.0	2:20.8	2:19.6	2:18.4	2:21.6	2:20.4	2:08.4	2:07.1	2:05.9
2:22.2	2:21.0	2:19.8	2:18.6	2:21.8	2:20.6	2:08.5	2:07.3	2:06.1
2:22.4	2:21.2	2:20.0	2:18.8	2:22.1	2:20.8	2:08.7	2:07.5	2:06.3
2:22.6	2:21.4	2:20.2	2:19.0	2:22.3	2:21.0	2:08.9	2:07.7	2:06.5
2:22.8	2:21.6	2:20.4	2:19.2	2:22.5	2:21.3	2:09.1	2:07.9	2:06.7
2:23.0	2:21.8	2:20.6	2:19.4	2:22.7	2:21.5	2:09.3	2:08.1	2:06.9
2:23.2	2:22.0	2:20.8	2:19.6	2:22.9	2:21.7	2:09.5	2:08.3	2:07.1
2:23.4	2:22.2	2:21.0	2:19.8	2:23.1	2:21.9	2:09.6	2:08.4	2:07.2
2:23.6	2:22.4	2:21.2	2:20.0	2:23.3	2:22.1	2:09.8	2:08.6	2:07.4
2:23.8	2:22.6	2:21.4	2:20.2	2:23.5	2:22.3	2:10.0	2:08.8	2:07.6
2:24.0	2:22.8	2:21.6	2:20.4	2:23.7	2:22.5	2:10.2	2:09.0	2:07.8
2:24.2	2:23.0	2:21.8	2:20.6	2:23.9	2:22.7	2:10.4	2:09.2	2:08.0
2:24.4	2:23.2	2:22.0	2:20.8	2:24.1	2:22.9	2:10.6	2:09.4	2:08.2

200/220 BACKSTROKE

200 Metres				220 Yards		200 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
2:24.6	2:23.4	2:22.2	2:21.0	2:24.3	2:23.1	2:10.8	2:09.6	2:08.4
2:24.8	2:23.6	2:22.4	2:21.2	2:24.5	2:23.3	2:10.9	2:09.7	2:08.6
2:25.0	2:23.8	2:22.6	2:21.4	2:24.7	2:23.5	2:11.1	2:09.9	2:08.7
2:25.2	2:24.0	2:22.8	2:21.6	2:24.9	2:23.7	2:11.3	2:10.1	2:08.9
2:25.4	2:24.2	2:23.0	2:21.8	2:25.1	2:23.9	2:11.5	2:10.3	2:09.1
2:25.6	2:24.4	2:23.2	2:22.1	2:25.3	2:24.1	2:11.7	2:10.5	2:09.3
2:25.8	2:24.6	2:23.4	2:22.3	2:25.5	2:24.3	2:11.9	2:10.7	2:09.5
2:26.0	2:24.8	2:23.6	2:22.5	2:25.7	2:24.5	2:12.0	2:10.9	2:09.7
2:26.2	2:25.0	2:23.8	2:22.7	2:25.9	2:24.7	2:12.2	2:11.0	2:09.9
2:26.4	2:25.2	2:24.0	2:22.9	2:26.1	2:24.9	2:12.4	2:11.2	2:10.1
2:26.6	2:25.4	2:24.3	2:23.1	2:26.3	2:25.1	2:12.6	2:11.4	2:10.2
2:26.8	2:25.6	2:24.5	2:23.3	2:26.5	2:25.3	2:12.8	2:11.6	2:10.4
2:27.0	2:25.8	2:24.7	2:23.5	2:26.7	2:25.5	2:13.0	2:11.8	2:10.6
2:27.2	2:26.0	2:24.9	2:23.7	2:26.9	2:25.8	2:13.1	2:12.0	2:10.8
2:27.4	2:26.2	2:25.1	2:23.9	2:27.1	2:26.0	2:13.3	2:12.2	2:11.0
2:27.6	2:26.4	2:25.3	2:24.1	2:27.3	2:26.2	2:13.5	2:12.3	2:11.2
2:27.8	2:26.6	2:25.5	2:24.3	2:27.5	2:26.4	2:13.7	2:12.5	2:11.4
2:28.0	2:26.8	2:25.7	2:24.5	2:27.7	2:26.6	2:13.9	2:12.7	2:11.6
2:28.2	2:27.0	2:25.9	2:24.7	2:27.9	2:26.8	2:14.1	2:12.9	2:11.7
2:28.4	2:27.2	2:26.1	2:24.9	2:28.1	2:27.0	2:14.3	2:13.1	2:11.9
2:28.6	2:27.4	2:26.3	2:25.1	2:28.3	2:27.2	2:14.4	2:13.3	2:12.1
2:28.8	2:27.6	2:26.5	2:25.3	2:28.5	2:27.4	2:14.6	2:13.5	2:12.3
2:29.0	2:27.8	2:26.7	2:25.5	2:28.7	2:27.6	2:14.8	2:13.6	2:12.5
2:29.2	2:28.0	2:26.9	2:25.7	2:28.9	2:27.8	2:15.0	2:13.8	2:12.7
2:29.4	2:28.2	2:27.1	2:25.9	2:29.2	2:28.0	2:15.2	2:14.0	2:12.9
2:29.6	2:28.4	2:27.3	2:26.1	2:29.4	2:28.2	2:15.4	2:14.2	2:13.1
2:29.8	2:28.7	2:27.5	2:26.4	2:29.6	2:28.4	2:15.5	2:14.4	2:13.2
2:30.0	2:28.9	2:27.7	2:26.6	2:29.8	2:28.6	2:15.7	2:14.6	2:13.4
2:30.5	2:29.4	2:28.2	2:27.1	2:30.3	2:29.1	2:16.2	2:15.0	2:13.9
2:31.0	2:29.9	2:28.7	2:27.6	2:30.8	2:29.6	2:16.6	2:15.5	2:14.4
2:31.5	2:30.4	2:29.2	2:28.1	2:31.3	2:30.1	2:17.1	2:16.0	2:14.8
2:32.0	2:30.9	2:29.7	2:28.6	2:31.8	2:30.7	2:17.6	2:16.4	2:15.3
2:32.5	2:31.4	2:30.2	2:29.1	2:32.3	2:31.2	2:18.0	2:16.9	2:15.8
2:33.0	2:31.9	2:30.8	2:29.6	2:32.8	2:31.7	2:18.5	2:17.4	2:16.2
2:33.5	2:32.4	2:31.3	2:30.1	2:33.3	2:32.2	2:18.9	2:17.8	2:16.7
2:34.0	2:32.9	2:31.8	2:30.6	2:33.8	2:32.7	2:19.4	2:18.3	2:17.2
2:34.5	2:33.4	2:32.3	2:31.2	2:34.3	2:33.2	2:19.9	2:18.7	2:17.6
2:35.0	2:33.9	2:32.8	2:31.7	2:34.8	2:33.7	2:20.3	2:19.2	2:18.1
2:35.5	2:34.4	2:33.3	2:32.2	2:35.3	2:34.2	2:20.8	2:19.7	2:18.6
2:36.0	2:34.9	2:33.8	2:32.7	2:35.8	2:34.7	2:21.2	2:20.1	2:19.0
2:36.5	2:35.4	2:34.3	2:33.2	2:36.3	2:35.2	2:21.7	2:20.6	2:19.5
2:37.0	2:35.9	2:34.8	2:33.7	2:36.9	2:35.8	2:22.2	2:21.1	2:20.0
2:37.5	2:36.4	2:35.3	2:34.2	2:37.4	2:36.3	2:22.6	2:21.5	2:20.4
2:38.0	2:36.9	2:35.8	2:34.7	2:37.9	2:36.8	2:23.1	2:22.0	2:20.9
2:38.5	2:37.4	2:36.3	2:35.2	2:38.4	2:37.3	2:23.5	2:22.5	2:21.4
2:39.0	2:37.9	2:36.8	2:35.8	2:38.9	2:37.8	2:24.0	2:22.9	2:21.8
2:39.5	2:38.4	2:37.3	2:36.3	2:39.4	2:38.3	2:24.5	2:23.4	2:22.3
2:40.0	2:38.9	2:37.8	2:36.8	2:39.9	2:38.8	2:24.9	2:23.8	2:22.8
2:40.5	2:39.4	2:38.4	2:37.3	2:40.4	2:39.3	2:25.4	2:24.3	2:23.2
2:41.0	2:39.9	2:38.9	2:37.8	2:40.9	2:39.8	2:25.8	2:24.8	2:23.7

200/220 BACKSTROKE

200 Metres				220 Yards		200 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
2:41.5	2:40.4	2:39.4	2:38.3	2:41.4	2:40.3	2:26.3	2:25.2	2:24.2
2:42.0	2:40.9	2:39.9	2:38.8	2:41.9	2:40.9	2:26.8	2:25.7	2:24.6
2:42.5	2:41.4	2:40.4	2:39.3	2:42.4	2:41.4	2:27.2	2:26.2	2:25.1
2:43.0	2:41.9	2:40.9	2:39.8	2:42.9	2:41.9	2:27.7	2:26.6	2:25.6
2:43.5	2:42.4	2:41.4	2:40.3	2:43.4	2:42.4	2:28.1	2:27.1	2:26.0
2:44.0	2:43.0	2:41.9	2:40.9	2:43.9	2:42.9	2:28.6	2:27.5	2:26.5
2:44.5	2:43.5	2:42.4	2:41.4	2:44.4	2:43.4	2:29.1	2:28.0	2:27.0
2:45.0	2:44.0	2:42.9	2:41.9	2:45.0	2:43.9	2:29.5	2:28.5	2:27.4
2:45.5	2:44.5	2:43.4	2:42.4	2:45.5	2:44.4	2:30.0	2:28.9	2:27.9
2:46.0	2:45.0	2:43.9	2:42.9	2:46.0	2:44.9	2:30.4	2:29.4	2:28.4
2:46.5	2:45.5	2:44.4	2:43.4	2:46.5	2:45.4	2:30.9	2:29.9	2:28.8
2:47.0	2:46.0	2:44.9	2:43.9	2:47.0	2:45.9	2:31.4	2:30.3	2:29.3
2:47.5	2:46.5	2:45.4	2:44.4	2:47.5	2:46.5	2:31.8	2:30.8	2:29.8
2:48.0	2:47.0	2:46.0	2:44.9	2:48.0	2:47.0	2:32.3	2:31.2	2:30.2
2:48.5	2:47.5	2:46.5	2:45.4	2:48.5	2:47.5	2:32.7	2:31.7	2:30.7
2:49.0	2:48.0	2:47.0	2:45.9	2:49.0	2:48.0	2:33.2	2:32.2	2:31.2
2:49.5	2:48.5	2:47.5	2:46.5	2:49.5	2:48.5	2:33.6	2:32.6	2:31.6
2:50.0	2:49.0	2:48.0	2:47.0	2:50.0	2:49.0	2:34.1	2:33.1	2:32.1
2:50.5	2:49.5	2:48.5	2:47.5	2:50.5	2:49.5	2:34.6	2:33.6	2:32.5
2:51.0	2:50.0	2:49.0	2:48.0	2:51.0	2:50.0	2:35.0	2:34.0	2:33.0
2:51.5	2:50.5	2:49.5	2:48.5	2:51.5	2:50.5	2:35.5	2:34.5	2:33.5
2:52.0	2:51.0	2:50.0	2:49.0	2:52.0	2:51.0	2:35.9	2:34.9	2:33.9
2:52.5	2:51.5	2:50.5	2:49.5	2:52.5	2:51.5	2:36.4	2:35.4	2:34.4
2:53.0	2:52.0	2:51.0	2:50.0	2:53.1	2:52.1	2:36.9	2:35.9	2:34.9
2:53.5	2:52.5	2:51.5	2:50.5	2:53.6	2:52.6	2:37.3	2:36.3	2:35.3
2:54.0	2:53.0	2:52.0	2:51.0	2:54.1	2:53.1	2:37.8	2:36.8	2:35.8
2:54.5	2:53.5	2:52.5	2:51.5	2:54.6	2:53.6	2:38.2	2:37.3	2:36.3
2:55.0	2:54.0	2:53.0	2:52.1	2:55.1	2:54.1	2:38.7	2:37.7	2:36.7
2:55.5	2:54.5	2:53.5	2:52.6	2:55.6	2:54.6	2:39.2	2:38.2	2:37.2
2:56.0	2:55.0	2:54.0	2:53.1	2:56.1	2:55.1	2:39.6	2:38.6	2:37.7
2:56.5	2:55.5	2:54.6	2:53.6	2:56.6	2:55.6	2:40.1	2:39.1	2:38.1
2:57.0	2:56.0	2:55.1	2:54.1	2:57.1	2:56.1	2:40.5	2:39.6	2:38.6
2:57.5	2:56.5	2:55.6	2:54.6	2:57.6	2:56.6	2:41.0	2:40.0	2:39.1
2:58.0	2:57.0	2:56.1	2:55.1	2:58.1	2:57.1	2:41.5	2:40.5	2:39.5
2:58.5	2:57.5	2:56.6	2:55.6	2:58.6	2:57.7	2:41.9	2:40.9	2:40.0
2:59.0	2:58.0	2:57.1	2:56.1	2:59.1	2:58.2	2:42.4	2:41.4	2:40.4
2:59.5	2:58.5	2:57.6	2:56.6	2:59.6	2:58.7	2:42.8	2:41.9	2:40.9
3:00.0	2:59.0	2:58.1	2:57.1	3:00.1	2:59.2	2:43.3	2:42.3	2:41.4
3:00.5	2:59.5	2:58.6	2:57.6	3:00.6	2:59.7	2:43.7	2:42.8	2:41.8
3:01.0	3:00.0	2:59.1	2:58.1	3:01.1	3:00.2	2:44.2	2:43.3	2:42.3
3:01.5	3:00.6	2:59.6	2:58.7	3:01.6	3:00.7	2:44.7	2:43.7	2:42.8
3:02.0	3:01.1	3:00.1	2:59.2	3:02.2	3:01.2	2:45.1	2:44.2	2:43.2
3:02.5	3:01.6	3:00.6	2:59.7	3:02.7	3:01.7	2:45.6	2:44.6	2:43.7
3:03.0	3:02.1	3:01.1	3:00.2	3:03.2	3:02.2	2:46.0	2:45.1	2:44.2
3:03.5	3:02.6	3:01.6	3:00.7	3:03.7	3:02.7	2:46.5	2:45.6	2:44.6
3:04.0	3:03.1	3:02.1	3:01.2	3:04.2	3:03.2	2:47.0	2:46.0	2:45.1
3:04.5	3:03.6	3:02.6	3:01.7	3:04.7	3:03.7	2:47.4	2:46.5	2:45.6
3:05.0	3:04.1	3:03.1	3:02.2	3:05.2	3:04.3	2:47.9	2:46.9	2:46.0
3:05.5	3:04.6	3:03.6	3:02.7	3:05.7	3:04.8	2:48.3	2:47.4	2:46.5
3:06.0	3:05.1	3:04.2	3:03.2	3:06.2	3:05.3	2:48.8	2:47.9	2:46.9
3:06.5	3:05.6	3:04.7	3:03.7	3:06.7	3:05.8	2:49.3	2:48.3	2:47.4
3:07.0	3:06.1	3:05.2	3:04.2	3:07.2	3:06.3	2:49.7	2:48.8	2:47.9
3:07.5	3:06.6	3:05.7	3:04.7	3:07.7	3:06.8	2:50.2	2:49.3	2:48.3
3:08.0	3:07.1	3:06.2	3:05.3	3:08.2	3:07.3	2:50.6	2:49.7	2:48.8
3:08.5	3:07.6	3:06.7	3:05.8	3:08.7	3:07.8	2:51.1	2:50.2	2:49.3

200/220 BACKSTROKE

200 Metres				220 Yards		200 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
3:09.0	3:08.1	3:07.2	3:06.3	3:09.2	3:08.3	2:51.5	2:50.6	2:49.7
3:09.5	3:08.6	3:07.7	3:06.8	3:09.7	3:08.8	2:52.0	2:51.1	2:50.2
3:10.0	3:09.1	3:08.2	3:07.3	3:10.2	3:09.3	2:52.5	2:51.6	2:50.7
3:11.0	3:10.1	3:09.2	3:08.3	3:11.3	3:10.4	2:53.4	2:52.5	2:51.6
3:12.0	3:11.1	3:10.2	3:09.3	3:12.3	3:11.4	2:54.3	2:53.4	2:52.5
3:13.0	3:12.1	3:11.2	3:10.3	3:13.3	3:12.4	2:55.2	2:54.3	2:53.4
3:14.0	3:13.1	3:12.2	3:11.3	3:14.3	3:13.4	2:56.1	2:55.2	2:54.4
3:15.0	3:14.1	3:13.2	3:12.4	3:15.3	3:14.4	2:57.0	2:56.2	2:55.3
3:16.0	3:15.1	3:14.2	3:13.4	3:16.3	3:15.4	2:58.0	2:57.1	2:56.2
3:17.0	3:16.1	3:15.3	3:14.4	3:17.3	3:16.4	2:58.9	2:58.0	2:57.1
3:18.0	3:17.1	3:16.3	3:15.4	3:18.3	3:17.5	2:59.8	2:58.9	2:58.1
3:19.0	3:18.1	3:17.3	3:16.4	3:19.3	3:18.5	3:00.7	2:59.9	2:59.0
3:20.0	3:19.1	3:18.3	3:17.4	3:20.3	3:19.5	3:01.6	3:00.8	2:59.9