

400/440 INDIVIDUAL MEDLEY

400 Metres				440 Yards		400 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
4:15.0	4:11.5	4:08.1	4:04.6	4:13.1	4:09.6	3:48.7	3:45.2	3:41.7
4:15.5	4:12.0	4:08.6	4:05.1	4:13.6	4:10.1	3:49.2	3:45.7	3:42.2
4:16.0	4:12.5	4:09.1	4:05.6	4:14.1	4:10.6	3:49.6	3:46.2	3:42.7
4:16.5	4:13.0	4:09.6	4:06.1	4:14.6	4:11.1	3:50.1	3:46.6	3:43.2
4:17.0	4:13.6	4:10.1	4:06.7	4:15.1	4:11.7	3:50.5	3:47.1	3:43.6
4:17.5	4:14.1	4:10.6	4:07.2	4:15.6	4:12.2	3:51.0	3:47.6	3:44.1
4:18.0	4:14.6	4:11.1	4:07.7	4:16.1	4:12.7	3:51.5	3:48.0	3:44.6
4:18.5	4:15.1	4:11.6	4:08.2	4:16.6	4:13.2	3:51.9	3:48.5	3:45.1
4:19.0	4:15.6	4:12.2	4:08.7	4:17.1	4:13.7	3:52.4	3:49.0	3:45.5
4:19.5	4:16.1	4:12.7	4:09.3	4:17.7	4:14.2	3:52.9	3:49.4	3:46.0
4:20.0	4:16.6	4:13.2	4:09.8	4:18.2	4:14.8	3:53.3	3:49.9	3:46.5
4:20.5	4:17.1	4:13.7	4:10.3	4:18.7	4:15.3	3:53.8	3:50.4	3:47.0
4:21.0	4:17.6	4:14.2	4:10.8	4:19.2	4:15.8	3:54.2	3:50.8	3:47.4
4:21.5	4:18.1	4:14.7	4:11.3	4:19.7	4:16.3	3:54.7	3:51.3	3:47.9
4:22.0	4:18.6	4:15.2	4:11.9	4:20.2	4:16.8	3:55.2	3:51.8	3:48.4
4:22.5	4:19.1	4:15.8	4:12.4	4:20.7	4:17.3	3:55.6	3:52.2	3:48.9
4:23.0	4:19.6	4:16.3	4:12.9	4:21.2	4:17.9	3:56.1	3:52.7	3:49.3
4:23.5	4:20.1	4:16.8	4:13.4	4:21.7	4:18.4	3:56.5	3:53.2	3:49.8
4:24.0	4:20.6	4:17.3	4:13.9	4:22.2	4:18.9	3:57.0	3:53.7	3:50.3
4:24.5	4:21.2	4:17.8	4:14.5	4:22.7	4:19.4	3:57.5	3:54.1	3:50.8
4:25.0	4:21.7	4:18.3	4:15.0	4:23.3	4:19.9	3:57.9	3:54.6	3:51.2
4:25.5	4:22.2	4:18.8	4:15.5	4:23.8	4:20.4	3:58.4	3:55.1	3:51.7
4:26.0	4:22.7	4:19.3	4:16.0	4:24.3	4:20.9	3:58.9	3:55.5	3:52.2
4:26.5	4:23.2	4:19.9	4:16.5	4:24.8	4:21.5	3:59.3	3:56.0	3:52.7
4:27.0	4:23.7	4:20.4	4:17.0	4:25.3	4:22.0	3:59.8	3:56.5	3:53.1
4:27.5	4:24.2	4:20.9	4:17.6	4:25.8	4:22.5	4:00.2	3:56.9	3:53.6
4:28.0	4:24.7	4:21.4	4:18.1	4:26.3	4:23.0	4:00.7	3:57.4	3:54.1
4:28.5	4:25.2	4:21.9	4:18.6	4:26.8	4:23.5	4:01.2	3:57.9	3:54.6
4:29.0	4:25.7	4:22.4	4:19.1	4:27.3	4:24.0	4:01.6	3:58.3	3:55.0
4:29.5	4:26.2	4:22.9	4:19.6	4:27.8	4:24.6	4:02.1	3:58.8	3:55.5
4:30.0	4:26.7	4:23.4	4:20.2	4:28.4	4:25.1	4:02.5	3:59.3	3:56.0
4:30.5	4:27.2	4:24.0	4:20.7	4:28.9	4:25.6	4:03.0	3:59.7	3:56.5
4:31.0	4:27.7	4:24.5	4:21.2	4:29.4	4:26.1	4:03.5	4:00.2	3:56.9
4:31.5	4:28.2	4:25.0	4:21.7	4:29.9	4:26.6	4:03.9	4:00.7	3:57.4
4:32.0	4:28.7	4:25.5	4:22.2	4:30.4	4:27.1	4:04.4	4:01.1	3:57.9
4:32.5	4:29.2	4:26.0	4:22.7	4:30.9	4:27.6	4:04.8	4:01.6	3:58.3
4:33.0	4:29.8	4:26.5	4:23.3	4:31.4	4:28.2	4:05.3	4:02.1	3:58.8
4:33.5	4:30.3	4:27.0	4:23.8	4:31.9	4:28.7	4:05.8	4:02.5	3:59.3
4:34.0	4:30.8	4:27.5	4:24.3	4:32.4	4:29.2	4:06.2	4:03.0	3:59.8
4:34.5	4:31.3	4:28.0	4:24.8	4:32.9	4:29.7	4:06.7	4:03.5	4:00.2
4:35.0	4:31.8	4:28.6	4:25.3	4:33.4	4:30.2	4:07.2	4:03.9	4:00.7
4:35.5	4:32.3	4:29.1	4:25.9	4:33.9	4:30.7	4:07.6	4:04.4	4:01.2
4:36.0	4:32.8	4:29.6	4:26.4	4:34.5	4:31.2	4:08.1	4:04.9	4:01.7
4:36.5	4:33.3	4:30.1	4:26.9	4:35.0	4:31.8	4:08.5	4:05.3	4:02.1
4:37.0	4:33.8	4:30.6	4:27.4	4:35.5	4:32.3	4:09.0	4:05.8	4:02.6
4:37.5	4:34.3	4:31.1	4:27.9	4:36.0	4:32.8	4:09.5	4:06.3	4:03.1
4:38.0	4:34.8	4:31.6	4:28.4	4:36.5	4:33.3	4:09.9	4:06.7	4:03.5
4:38.5	4:35.3	4:32.1	4:29.0	4:37.0	4:33.8	4:10.4	4:07.2	4:04.0
4:39.0	4:35.8	4:32.6	4:29.5	4:37.5	4:34.3	4:10.8	4:07.7	4:04.5
4:39.5	4:36.3	4:33.2	4:30.0	4:38.0	4:34.8	4:11.3	4:08.1	4:05.0

400/440 INDIVIDUAL MEDLEY

400 Metres				440 Yards		400 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
4:40.0	4:36.8	4:33.7	4:30.5	4:38.5	4:35.4	4:11.8	4:08.6	4:05.4
4:40.5	4:37.3	4:34.2	4:31.0	4:39.0	4:35.9	4:12.2	4:09.1	4:05.9
4:41.0	4:37.8	4:34.7	4:31.5	4:39.5	4:36.4	4:12.7	4:09.5	4:06.4
4:41.5	4:38.4	4:35.2	4:32.1	4:40.1	4:36.9	4:13.1	4:10.0	4:06.9
4:42.0	4:38.9	4:35.7	4:32.6	4:40.0	4:37.4	4:13.6	4:10.5	4:07.3
4:42.5	4:39.4	4:36.2	4:33.1	4:41.1	4:37.9	4:14.1	4:10.9	4:07.8
4:43.0	4:39.9	4:36.7	4:33.6	4:41.6	4:38.4	4:14.5	4:11.4	4:08.3
4:43.5	4:40.4	4:37.3	4:34.1	4:42.1	4:39.0	4:15.0	4:11.9	4:08.7
4:44.0	4:40.9	4:37.8	4:34.6	4:42.6	4:39.5	4:15.5	4:12.3	4:09.2
4:44.5	4:41.4	4:38.3	4:35.2	4:43.1	4:40.0	4:15.9	4:12.8	4:09.7
4:45.0	4:41.9	4:38.8	4:35.7	4:43.6	4:40.5	4:16.4	4:13.3	4:10.2
4:45.5	4:42.4	4:39.3	4:36.2	4:44.1	4:41.0	4:16.8	4:13.7	4:10.6
4:46.0	4:42.9	4:39.8	4:36.7	4:44.6	4:41.5	4:17.3	4:14.2	4:11.1
4:46.5	4:43.4	4:40.3	4:37.2	4:45.1	4:42.0	4:17.8	4:14.7	4:11.6
4:47.0	4:43.9	4:40.8	4:37.7	4:45.6	4:42.6	4:18.2	4:15.1	4:12.0
4:47.5	4:44.4	4:41.3	4:38.3	4:46.2	4:43.1	4:18.7	4:15.6	4:12.5
4:48.0	4:44.9	4:41.8	4:38.8	4:46.7	4:43.6	4:19.1	4:16.1	4:13.0
4:48.5	4:45.4	4:42.4	4:39.3	4:47.2	4:44.1	4:19.6	4:16.5	4:13.5
4:49.0	4:45.9	4:42.9	4:39.8	4:47.7	4:44.6	4:20.1	4:17.0	4:13.9
4:49.5	4:40.4	4:43.4	4:40.3	4:48.2	4:45.1	4:20.5	4:17.5	4:14.4
4:50.0	4:46.9	4:43.9	4:40.8	4:48.7	4:45.6	4:21.0	4:17.9	4:14.9
4:50.5	4:47.5	4:44.4	4:41.4	4:49.2	4:46.2	4:21.4	4:18.4	4:15.3
4:51.0	4:48.0	4:44.9	4:41.9	4:49.7	4:46.7	4:21.9	4:18.9	4:15.8
4:51.5	4:48.5	4:45.4	4:42.4	4:50.2	4:47.2	4:22.4	4:19.3	4:16.3
4:52.0	4:49.0	4:45.9	4:42.9	4:50.7	4:47.7	4:22.8	4:19.8	4:16.8
4:52.5	4:49.5	4:46.4	4:43.4	4:51.2	4:48.2	4:23.3	4:20.3	4:17.2
4:53.0	4:50.0	4:47.0	4:43.9	4:51.7	4:48.7	4:23.7	4:20.7	4:17.7
4:53.5	4:50.5	4:47.5	4:44.4	4:52.3	4:49.2	4:24.2	4:21.2	4:18.2
4:54.0	4:51.0	4:48.0	4:45.0	4:52.8	4:49.7	4:24.7	4:21.6	4:18.6
4:54.5	4:51.5	4:48.5	4:45.5	4:53.3	4:50.3	4:25.1	4:22.1	4:19.1
4:55.0	4:52.0	4:49.0	4:46.0	4:53.8	4:50.8	4:25.6	4:22.6	4:19.6
4:55.5	4:52.5	4:49.5	4:46.5	4:54.3	4:51.3	4:26.0	4:23.0	4:20.0
4:56.0	4:53.0	4:50.0	4:47.0	4:54.8	4:51.8	4:26.5	4:23.5	4:20.5
4:56.5	4:53.5	4:50.5	4:47.5	4:55.3	4:52.3	4:27.0	4:24.0	4:21.0
4:57.0	4:54.0	4:51.0	4:48.1	4:55.8	4:52.8	4:21.4	4:24.4	4:21.5
4:57.5	4:54.5	4:51.5	4:48.6	4:56.3	4:53.3	4:27.9	4:24.9	4:21.9
4:58.0	4:55.0	4:52.1	4:49.1	4:56.8	4:53.9	4:28.3	4:25.4	4:22.4
4:58.5	4:55.5	4:52.6	4:49.6	4:57.3	4:54.4	4:28.8	4:25.8	4:22.9
4:59.0	4:56.0	4:53.1	4:50.1	4:57.8	4:54.9	4:29.3	4:26.3	4:23.3
4:59.5	4:56.5	4:53.6	4:50.6	4:58.4	4:55.4	4:29.7	4:26.8	4:23.8
5:00.0	4:57.0	4:54.1	4:51.1	4:58.9	4:55.9	4:30.2	4:27.2	4:24.3
5:00.5	4:57.6	4:54.6	4:51.7	4:59.4	4:56.4	4:30.6	4:27.7	4:24.7
5:01.0	4:58.1	4:55.1	4:52.2	4:59.9	4:56.9	4:31.1	4:28.2	4:25.2
5:01.5	4:58.6	4:55.6	4:52.7	5:00.4	4:57.4	4:31.6	4:28.6	4:25.7
5:02.0	4:59.1	4:56.1	4:53.2	5:00.9	4:58.0	4:32.0	4:29.1	4:26.2
5:02.5	4:59.6	4:56.6	4:53.7	5:01.4	4:58.5	4:32.5	4:29.6	4:26.6
5:03.0	5:00.1	4:57.2	4:54.2	5:01.9	4:59.0	4:32.9	4:30.0	4:27.1
5:03.5	5:00.6	4:57.7	4:54.7	5:02.4	4:59.5	4:33.4	4:30.5	4:27.6
5:04.0	5:01.1	4:58.2	4:55.3	5:02.9	5:00.0	4:33.9	4:31.0	4:28.0
5:04.5	5:01.6	4:58.7	4:55.8	5:03.4	5:00.5	4:34.3	4:31.4	4:28.5
5:05.0	5:02.1	4:59.2	4:56.3	5:03.9	5:01.0	4:34.8	4:31.9	4:29.0
5:05.5	5:02.6	4:59.7	4:56.8	5:04.4	5:01.5	4:35.2	4:32.3	4:29.4

400/440 INDIVIDUAL MEDLEY

400 Metres				440 Yards		400 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
5:06.0	5:03.1	5:00.2	4:57.3	5:05.0	5:02.1	4:35.7	4:32.8	4:29.9
5:06.5	5:03.6	5:00.7	4:57.8	5:05.5	5:02.6	4:36.2	4:33.3	4:30.4
5:07.0	5:04.1	5:01.2	4:58.3	5:06.0	5:03.1	4:36.6	4:33.7	4:30.9
5:07.5	5:04.6	5:01.7	4:58.9	5:06.5	5:03.6	4:37.1	4:34.2	4:31.3
5:08.0	5:05.1	5:02.2	4:59.4	5:07.0	5:04.1	4:37.5	4:34.7	4:31.8
5:08.5	5:05.6	5:02.8	4:59.9	5:07.5	5:04.6	4:38.0	4:35.1	4:32.3
5:09.0	5:06.1	5:03.3	5:00.4	5:08.0	5:05.1	4:38.5	4:35.6	4:32.7
5:09.5	5:06.6	5:03.8	5:00.9	5:08.5	5:05.6	4:38.9	4:36.1	4:33.2
5:10.0	5:07.1	5:04.3	5:01.4	5:09.0	5:06.2	4:39.4	4:36.5	4:33.7
5:10.5	5:07.6	5:04.8	5:01.9	5:09.5	5:06.7	4:39.8	4:37.0	4:34.1
5:11.0	5:08.2	5:05.3	5:02.5	5:10.0	5:07.2	4:40.3	4:37.5	4:34.6
5:11.5	5:08.7	5:05.8	5:03.0	5:10.5	5:07.7	4:40.8	4:37.9	4:35.1
5:12.0	5:09.2	5:06.3	5:03.5	5:11.0	5:08.2	4:41.2	4:38.4	4:35.5
5:12.5	5:09.7	5:06.8	5:04.0	5:11.6	5:08.7	4:41.7	4:38.8	4:36.0
5:13.0	5:10.2	5:07.3	5:04.5	5:12.1	5:09.2	4:42.1	4:39.3	4:36.5
5:13.5	5:10.7	5:07.8	5:05.0	5:12.6	5:09.7	4:42.6	4:39.8	4:37.0
5:14.0	5:11.2	5:08.4	5:05.5	5:13.1	5:10.3	4:43.1	4:40.2	4:37.4
5:14.5	5:11.7	5:08.9	5:06.0	5:13.6	5:10.8	4:43.5	4:40.7	4:37.9
5:15.0	5:12.2	5:09.4	5:06.6	5:14.1	5:11.3	4:44.0	4:41.2	4:38.4
5:16.0	5:13.2	5:10.4	5:07.6	5:15.1	5:12.3	4:44.9	4:42.1	4:39.3
5:17.0	5:14.2	5:11.4	5:08.6	5:16.1	5:13.3	4:45.8	4:43.0	4:40.2
5:18.0	5:15.2	5:12.4	5:09.6	5:17.1	5:14.3	4:46.7	4:44.0	4:41.2
5:19.0	5:16.2	5:13.4	5:10.7	5:18.2	5:15.4	4:47.7	4:44.9	4:42.1
5:20.0	5:17.2	5:14.5	5:11.7	5:19.2	5:16.4	4:48.6	4:45.8	4:43.0
5:21.0	5:18.2	5:15.5	5:12.7	5:20.2	5:17.4	4:49.5	4:46.7	4:44.0
5:22.0	5:19.2	5:16.5	5:13.7	5:21.2	5:18.4	4:50.4	4:47.7	4:44.9
5:23.0	5:20.3	5:17.5	5:14.8	5:22.2	5:19.5	4:51.3	4:48.6	4:45.9
5:24.0	5:21.3	5:18.5	5:15.8	5:23.2	5:20.5	4:52.3	4:49.5	4:46.8
5:25.0	5:22.3	5:19.5	5:16.8	5:24.2	5:21.5	4:53.2	4:50.4	4:47.7
5:26.0	5:23.3	5:20.6	5:17.8	5:25.3	5:22.5	4:54.1	4:51.4	4:48.7
5:27.0	5:24.3	5:21.6	5:18.9	5:26.3	5:23.6	4:55.0	4:52.3	4:49.6
5:28.0	5:25.3	5:22.6	5:19.9	5:27.3	5:24.6	4:55.9	4:53.2	4:50.5
5:29.0	5:26.3	5:23.6	5:20.9	5:28.3	5:25.6	4:56.8	4:54.2	4:51.5
5:30.0	5:27.3	5:24.6	5:21.9	5:29.3	5:26.6	4:57.8	4:55.1	4:52.4
5:31.0	5:28.3	5:25.6	5:23.0	5:30.3	5:27.6	4:58.7	4:56.0	4:53.3
5:32.0	5:29.3	5:26.7	5:24.0	5:31.3	5:28.7	4:59.6	4:56.9	4:54.3
5:33.0	5:30.3	5:27.7	5:25.0	5:32.4	5:29.7	5:00.5	4:57.9	4:55.2
5:34.0	5:31.3	5:28.7	5:26.0	5:33.4	5:30.7	5:01.4	4:58.8	4:56.1
5:35.0	5:32.4	5:29.7	5:27.1	5:34.4	5:31.7	5:02.4	4:59.7	4:57.1
5:36.0	5:33.4	5:30.7	5:28.1	5:35.4	5:32.8	5:03.3	5:00.6	4:58.0
5:37.0	5:34.4	5:31.7	5:29.1	5:36.4	5:33.8	5:04.2	5:01.6	4:58.9
5:38.0	5:35.4	5:32.8	5:30.1	5:37.4	5:34.8	5:05.1	5:02.5	4:59.9
5:39.0	5:36.4	5:33.8	5:31.2	5:38.4	5:35.8	5:06.0	5:03.4	5:00.8
5:40.0	5:37.4	5:34.8	5:32.2	5:39.4	5:36.8	5:07.0	5:04.3	5:01.7
5:41.0	5:38.4	5:35.8	5:33.2	5:40.5	5:37.9	5:07.9	5:05.3	5:02.7
5:42.0	5:39.4	5:36.8	5:34.2	5:41.5	5:38.9	5:08.8	5:06.2	5:03.6
5:43.0	5:40.4	5:37.8	5:35.3	5:42.5	5:39.9	5:09.7	5:07.1	5:04.5
5:44.0	5:41.4	5:38.8	5:36.3	5:43.5	5:40.9	5:10.6	5:08.0	5:05.5
5:45.0	5:42.4	5:39.9	5:37.3	5:44.5	5:41.9	5:11.5	5:09.0	5:06.4
5:46.0	5:43.4	5:40.9	5:38.3	5:45.5	5:43.0	5:12.5	5:09.9	5:07.3
5:47.0	5:44.4	5:41.9	5:39.3	5:46.5	5:44.0	5:13.4	5:10.8	5:08.3

400/440 INDIVIDUAL MEDLEY

400 Metres				440 Yards		400 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
5:48.0	5:45.5	5:42.9	5:40.4	5:47.6	5:45.0	5:14.3	5:11.7	5:09.2
5:49.0	5:46.5	5:43.9	5:41.4	5:48.6	5:46.0	5:15.2	5:12.7	5:10.1
5:50.0	5:47.5	5:44.9	5:42.4	5:49.6	5:47.1	5:16.1	5:13.6	5:11.1
5:51.0	5:48.5	5:46.0	5:43.4	5:50.6	5:48.1	5:17.0	5:14.5	5:12.0
5:52.0	5:49.5	5:47.0	5:44.5	5:51.6	5:49.1	5:18.0	5:15.4	5:12.9
5:53.0	5:50.5	5:48.0	5:45.5	5:52.6	5:50.1	5:18.9	5:16.4	5:13.9
5:54.0	5:51.5	5:49.0	5:46.5	5:53.6	5:51.1	5:19.8	5:17.3	5:14.8
5:55.0	5:52.5	5:50.0	5:47.5	5:54.6	5:52.2	5:20.7	5:18.2	5:15.7
5:56.0	5:53.5	5:51.0	5:48.5	5:55.7	5:53.2	5:21.6	5:19.1	5:16.7
5:57.0	5:54.5	5:52.0	5:49.6	5:56.7	5:54.2	5:22.6	5:20.1	5:17.6
5:58.0	5:55.5	5:53.1	5:50.6	5:57.7	5:55.2	5:23.5	5:21.0	5:18.5
5:59.0	5:56.5	5:54.1	5:51.6	5:58.7	5:56.2	5:24.4	5:21.9	5:19.5
6:00.0	5:57.5	5:55.1	5:52.6	5:59.7	5:57.3	5:25.3	5:22.8	5:20.4
6:01.0	5:58.5	5:56.1	5:53.6	6:00.7	5:58.3	5:26.2	5:23.8	5:21.3
6:02.0	5:59.6	5:57.1	5:54.7	6:01.7	5:59.3	5:27.1	5:24.7	5:22.2
6:03.0	6:00.6	5:58.1	5:55.7	6:02.8	6:00.3	5:28.1	5:25.6	5:23.2
6:04.0	6:01.6	5:59.1	5:56.7	6:03.8	6:01.3	5:29.0	5:26.5	5:24.1
6:05.0	6:02.6	6:00.1	5:57.7	6:04.8	6:02.4	5:29.9	5:27.5	5:25.0
6:06.0	6:03.6	6:01.2	5:58.7	6:05.8	6:03.4	5:30.8	5:28.4	5:26.0
6:07.0	6:04.6	6:02.2	5:59.8	6:06.8	6:04.4	5:31.7	5:29.3	5:26.9
6:08.0	6:05.6	6:03.2	6:00.8	6:07.8	6:05.4	5:32.6	5:30.2	5:27.8
6:09.0	6:06.6	6:04.2	6:01.8	6:08.8	6:06.4	5:33.6	5:31.2	5:28.8
6:10.0	6:07.6	6:05.2	6:02.8	6:09.8	6:07.4	5:34.5	5:32.1	5:29.7
6:11.0	6:08.6	6:06.2	6:03.8	6:10.9	6:08.5	5:35.4	5:33.0	5:30.6
6:12.0	6:09.6	6:07.2	6:04.9	6:11.9	6:09.5	5:36.3	5:33.9	5:31.5
6:13.0	6:10.6	6:08.3	6:05.9	6:12.9	6:10.5	5:37.2	5:34.9	5:32.5
6:14.0	6:11.6	6:09.3	6:06.9	6:13.9	6:11.5	5:38.1	5:35.8	5:33.4
6:15.0	6:12.6	6:10.3	6:07.9	6:14.9	6:12.5	5:39.1	5:36.7	5:34.3
6:16.0	6:13.6	6:11.3	6:08.9	6:15.9	6:13.6	5:40.0	5:37.6	5:35.3
6:17.0	6:14.7	6:12.3	6:10.0	6:16.9	6:14.6	5:40.9	5:38.5	5:36.2
6:18.0	6:15.7	6:13.3	6:11.0	6:17.9	6:15.6	5:41.8	5:39.5	5:37.1
6:19.0	6:16.7	6:14.3	6:12.0	6:19.0	6:16.6	5:42.7	5:40.4	5:38.1
6:20.0	6:17.7	6:15.3	6:13.0	6:20.0	6:17.6	5:43.6	5:41.3	5:39.0
6:21.0	6:18.7	6:16.3	6:14.0	6:21.0	6:18.7	5:44.6	5:42.2	5:39.9
6:22.0	6:19.7	6:17.4	6:15.0	6:22.0	6:19.7	5:45.5	5:43.2	5:40.8
6:23.0	6:20.7	6:18.4	6:16.1	6:23.0	6:20.7	5:46.4	5:44.1	5:41.8
6:24.0	6:21.7	6:19.4	6:17.1	6:24.0	6:21.7	5:47.3	5:45.0	5:42.7
6:25.0	6:22.7	6:20.4	6:18.1	6:25.0	6:22.7	5:48.2	5:45.9	5:43.6
6:26.0	6:23.7	6:21.4	6:19.1	6:26.0	6:23.7	5:49.1	5:46.8	5:44.6
6:27.0	6:24.7	6:22.4	6:20.1	6:27.0	6:24.8	5:50.1	5:47.8	5:45.5
6:28.0	6:25.7	6:23.4	6:21.2	6:28.1	6:25.8	5:51.0	5:48.7	5:46.4
6:29.0	6:26.7	6:24.4	6:22.2	6:29.1	6:26.8	5:51.9	5:49.6	5:47.3
6:30.0	6:27.7	6:25.5	6:23.2	6:30.1	6:27.8	5:52.8	5:50.5	5:48.3
6:31.0	6:28.7	6:26.5	6:24.2	6:31.1	6:28.8	5:53.7	5:51.5	5:49.2
6:32.0	6:29.7	6:27.5	6:25.2	6:32.1	6:29.8	5:54.6	5:52.4	5:50.1
6:33.0	6:30.7	6:28.5	6:26.2	6:33.1	6:30.9	5:55.6	5:53.3	5:51.0
6:34.0	6:31.8	6:29.5	6:27.3	6:34.1	6:31.9	5:56.5	5:54.2	5:52.0
6:35.0	6:32.8	6:30.5	6:28.3	6:35.1	6:32.9	5:57.4	5:55.1	5:52.9
6:36.0	6:33.8	6:31.5	6:29.3	6:36.2	6:33.9	5:58.3	5:56.1	5:53.8

400/440 INDIVIDUAL MEDLEY

400 Metres				440 Yards		400 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
6:37.0	6:34.8	6:32.5	6:30.3	6:37.2	6:34.9	5:59.2	5:57.0	5:54.8
6:38.0	6:35.8	6:33.5	6:31.3	6:38.2	6:36.0	6:00.1	5:57.9	5:55.7
6:39.0	6:36.8	6:34.6	6:32.3	6:39.2	6:37.0	6:01.1	5:58.8	5:56.6
6:40.0	6:37.8	6:35.6	6:33.4	6:40.2	6:38.0	6:02.0	5:59.8	5:57.5
6:41.0	6:38.8	6:36.6	6:34.4	6:41.2	6:39.0	6:02.9	6:00.7	5:58.5
6:42.0	6:39.8	6:37.6	6:35.4	6:42.2	6:40.0	6:03.8	6:01.6	5:59.4
6:43.0	6:40.8	6:38.6	6:36.4	6:43.2	6:41.0	6:04.7	6:02.5	6:00.3
6:44.0	6:41.8	6:39.6	6:37.4	6:44.2	6:42.1	6:05.6	6:03.4	6:01.2
6:45.0	6:42.8	6:40.6	6:38.4	6:45.3	6:43.1	6:06.5	6:04.4	6:02.2
6:46.0	6:43.8	6:41.6	6:39.5	6:46.3	6:44.1	6:07.5	6:05.3	6:03.1
6:47.0	6:44.8	6:42.6	6:40.5	6:47.3	6:45.1	6:08.4	6:06.2	6:04.0
6:48.0	6:45.8	6:43.7	6:41.5	6:48.3	6:46.1	6:09.3	6:07.1	6:05.0
6:49.0	6:46.8	6:44.7	6:42.5	6:49.3	6:47.1	6:10.2	6:08.0	6:05.9
6:50.0	6:47.8	6:45.7	6:43.5	6:50.3	6:48.2	6:11.1	6:09.0	6:06.8
6:51.0	6:48.8	6:46.7	6:44.5	6:51.3	6:49.2	6:12.0	6:09.9	6:07.7
6:52.0	6:49.8	6:47.7	6:45.5	6:52.3	6:50.2	6:13.0	6:10.8	6:08.7
6:53.0	6:50.9	6:48.7	6:46.6	6:53.4	6:51.2	6:13.9	6:11.7	6:09.6
6:54.0	6:51.9	6:49.7	6:47.6	6:54.4	6:52.2	6:14.8	6:12.7	6:10.5
6:55.0	6:52.9	6:50.7	6:48.6	6:55.4	6:53.2	6:15.7	6:13.6	6:11.4
6:56.0	6:53.9	6:51.7	6:49.6	6:56.4	6:54.3	6:16.6	6:14.5	6:12.4
6:57.0	6:54.9	6:52.8	6:50.6	6:57.4	6:55.3	6:17.5	6:15.4	6:13.3
6:58.0	6:55.9	6:53.8	6:51.6	6:58.4	6:56.3	6:18.5	6:16.3	6:14.2
6:59.0	6:56.9	6:54.8	6:52.7	6:59.4	6:57.3	6:19.4	6:17.3	6:15.1
7:00.0	6:57.9	6:55.8	6:53.7	7:00.4	6:58.3	6:20.3	6:18.2	6:16.1
7:01.0	6:58.9	6:56.8	6:54.7	7:01.4	6:59.3	6:21.2	6:19.1	6:17.0
7:02.0	6:59.9	6:57.8	6:55.7	7:02.5	7:00.4	6:22.1	6:20.0	6:17.9
7:03.0	7:00.9	6:58.8	6:56.7	7:03.5	7:01.4	6:23.0	6:20.9	6:18.8
7:04.0	7:01.9	6:59.8	6:57.7	7:04.5	7:02.4	6:23.9	6:21.9	6:19.8
7:05.0	7:02.9	7:00.8	6:58.7	7:05.5	7:03.4	6:24.9	6:22.8	6:20.7
7:05.0	7:03.9	7:01.8	6:59.8	7:06.5	7:04.4	6:25.8	6:23.7	6:21.6
7:07.0	7:04.9	7:02.9	7:00.8	7:07.5	7:05.4	6:26.7	6:24.6	6:22.5
7:08.0	7:05.9	7:03.9	7:01.8	7:08.5	7:06.4	6:27.6	6:25.5	6:23.5
7:09.0	7:06.9	7:04.9	7:02.9	7:09.5	7:07.5	6:28.5	6:26.5	6:24.4
7:10.0	7:07.9	7:05.9	7:03.8	7:10.5	7:08.5	6:29.4	6:27.4	6:25.3
7:11.0	7:08.9	7:06.9	7:04.8	7:11.5	7:09.5	6:30.4	6:28.3	6:26.2
7:12.0	7:09.9	7:07.9	7:05.8	7:12.6	7:10.5	6:31.3	6:29.2	6:27.2
7:13.0	7:11.0	7:08.9	7:06.9	7:13.6	7:11.5	6:32.2	6:30.1	6:28.1
7:14.0	7:12.0	7:09.9	7:07.9	7:14.6	7:12.5	6:33.1	6:31.1	6:29.0
7:15.0	7:13.0	7:10.9	7:08.9	7:15.6	7:13.6	6:34.0	6:32.0	6:29.9
7:16.0	7:14.0	7:11.9	7:09.9	7:16.6	7:14.6	6:34.9	6:32.9	6:30.9
7:17.0	7:15.0	7:12.9	7:10.9	7:17.6	7:15.6	6:35.8	6:33.8	6:31.8
7:18.0	7:16.0	7:14.0	7:11.9	7:18.6	7:16.6	6:36.8	6:34.7	6:32.7
7:19.0	7:17.0	7:15.0	7:12.9	7:19.6	7:17.6	6:37.7	6:35.7	6:33.6
7:20.0	7:18.0	7:16.0	7:14.0	7:20.6	7:18.6	6:38.6	6:36.6	6:34.6
7:21.0	7:19.0	7:17.0	7:15.0	7:21.7	7:19.6	6:39.5	6:37.5	6:35.5
7:22.0	7:20.0	7:18.0	7:16.0	7:22.7	7:20.7	6:40.4	6:38.4	6:36.4
7:23.0	7:21.0	7:19.0	7:17.0	7:23.7	7:21.7	6:41.3	6:39.3	6:37.3
7:24.0	7:22.0	7:20.0	7:18.0	7:24.7	7:22.7	6:42.2	6:40.3	6:38.3
7:25.0	7:23.0	7:21.0	7:19.0	7:25.7	7:23.7	6:43.2	6:41.2	6:39.2
7:26.0	7:24.0	7:22.0	7:20.0	7:26.7	7:24.7	6:44.1	6:42.1	6:40.1
7:27.0	7:25.0	7:23.0	7:21.1	7:27.7	7:25.7	6:45.0	6:43.0	6:41.0
7:28.0	7:26.0	7:24.0	7:22.1	7:28.7	7:26.8	6:45.9	6:43.9	6:42.0
7:29.0	7:27.0	7:25.1	7:23.1	7:29.7	7:27.8	6:46.8	6:44.9	6:42.9
7:30.0	7:28.0	7:26.1	7:24.1	7:30.7	7:28.8	6:47.7	6:45.8	6:43.8

400/440 INDIVIDUAL MEDLEY

400 Metres				440 Yards		400 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
7:31.0	7:29.0	7:27.1	7:25.1	7:31.8	7:29.8	6:48.7	6:46.7	6:44.7
7:32.0	7:30.0	7:28.1	7:26.1	7:32.8	7:30.8	6:49.6	6:47.6	6:45.6
7:33.0	7:31.0	7:29.1	7:27.1	7:33.8	7:31.8	6:50.5	6:48.5	6:46.6
7:34.0	7:32.0	7:30.1	7:28.1	7:34.8	7:32.8	6:51.4	6:49.4	6:47.5
7:35.0	7:33.1	7:31.1	7:29.2	7:35.8	7:33.9	6:52.3	6:50.4	6:48.4
7:36.0	7:34.1	7:32.1	7:30.2	7:36.8	7:34.9	6:53.2	6:51.3	6:49.3
7:37.0	7:35.1	7:33.1	7:31.2	7:37.8	7:35.9	6:54.1	6:52.2	6:50.3
7:38.0	7:36.1	7:34.1	7:32.2	7:38.8	7:36.9	6:55.1	6:53.1	6:51.2
7:39.0	7:37.1	7:35.1	7:33.2	7:39.8	7:37.9	6:56.0	6:54.0	6:52.1
7:40.0	7:38.1	7:36.1	7:34.2	7:40.9	7:38.9	6:56.9	6:55.0	6:53.0
7:41.0	7:39.1	7:37.2	7:35.2	7:41.9	7:39.9	6:57.3	6:55.9	6:54.0
7:42.0	7:40.1	7:38.2	7:36.2	7:42.9	7:41.0	6:58.7	6:56.8	6:54.9
7:43.0	7:41.1	7:39.2	7:37.3	7:43.9	7:42.0	6:59.6	6:57.7	6:55.8
7:44.0	7:42.1	7:40.2	7:38.3	7:44.9	7:43.0	7:00.5	6:58.6	6:56.7
7:45.0	7:43.1	7:41.2	7:39.3	7:45.9	7:44.0	7:01.5	6:59.6	6:51.6
7:46.0	7:44.1	7:42.2	7:40.3	7:46.9	7:45.0	7:02.4	7:00.5	6:58.6
7:47.0	7:45.1	7:43.2	7:41.3	7:47.9	7:46.0	7:03.3	7:01.4	6:59.5
7:48.0	7:46.1	7:44.2	7:42.3	7:48.9	7:47.0	7:04.2	7:02.3	7:00.4
7:49.0	7:47.1	7:45.2	7:43.3	7:49.9	7:48.1	7:05.1	7:03.2	7:01.3
7:50.0	7:48.1	7:46.2	7:44.3	7:51.0	7:49.1	7:06.0	7:04.1	7:02.3
7:52.0	7:50.1	7:48.2	7:46.4	7:53.0	7:51.1	7:07.9	7:06.0	7:04.1
7:54.0	7:52.1	7:50.3	7:48.4	7:55.0	7:53.1	7:09.7	7:07.8	7:06.0
7:56.0	7:54.1	7:52.3	7:50.4	7:57.0	7:55.2	7:11.5	7:09.7	7:07.8
7:58.0	7:56.1	7:54.3	7:52.4	7:59.0	7:57.2	7:13.3	7:11.5	7:09.6
8:00.0	7:58.2	7:56.3	7:54.5	8:01.1	7:59.2	7:15.2	7:13.3	7:11.5
8:02.0	8:00.2	7:58.3	7:56.5	8:03.1	8:01.2	7:17.0	7:15.2	7:13.3
8:04.0	8:02.2	8:00.3	7:58.5	8:05.1	8:03.3	7:18.8	7:17.0	7:15.2
8:06.0	8:04.2	8:02.4	8:00.5	8:07.1	8:05.3	7:20.7	7:18.8	7:17.0
8:08.0	8:06.2	8:04.4	8:02.6	8:09.1	8:07.3	7:22.5	7:20.7	7:18.9
8:10.0	8:08.2	8:06.4	8:04.6	8:11.2	8:09.3	7:24.3	7:22.5	7:20.7
8:12.0	8:10.2	8:08.4	8:06.6	8:13.2	8:11.4	7:26.1	7:24.3	7:22.5
8:14.0	8:12.2	8:10.4	8:08.6	8:15.2	8:13.4	7:28.0	7:26.2	7:24.4
8:16.0	8:14.2	8:12.4	8:10.6	8:17.2	8:15.4	7:29.8	7:28.0	7:26.2
8:18.0	8:16.2	8:14.4	8:12.7	8:19.2	8:17.5	7:31.6	7:29.9	7:28.1
8:20.0	8:18.2	8:16.5	8:14.7	8:21.2	8:19.5	7:33.5	7:31.7	7:29.9
8:22.0	8:20.2	8:18.5	8:16.7	8:23.3	8:21.5	7:35.3	7:33.5	7:31.8
8:24.0	8:22.2	8:20.5	8:18.7	8:25.3	8:23.5	7:37.1	7:35.4	7:33.6
8:26.0	8:24.2	8:22.5	8:20.7	8:27.3	8:25.6	7:38.9	7:37.2	7:35.4
8:28.0	8:26.3	8:24.5	8:22.8	8:29.3	8:27.6	7:40.8	7:39.0	7:37.3
8:30.0	8:28.3	8:26.5	8:24.8	8:31.3	8:29.6	7:42.6	7:40.9	7:39.1
8:32.0	8:30.3	8:28.5	8:26.8	8:33.4	8:31.6	7:44.4	7:42.7	7:41.0
8:34.0	8:32.3	8:30.6	8:28.8	8:35.4	8:33.7	7:46.3	7:44.5	7:42.8
8:36.0	8:34.3	8:32.6	8:30.8	8:37.4	8:35.7	7:48.1	7:46.4	7:44.6
8:38.0	8:36.3	8:34.6	8:32.9	8:39.4	8:37.7	7:49.9	7:48.2	7:46.5