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**2017-EW STANDARDS 2017 Eastern Western Long Course Meters****Women 13-13**

	<b>EAST</b>	<b>WEST</b>
50 Free	29.38	29.38
100 Free	1:03.96	1:03.96
200 Free	2:18.63	2:18.63
400 Free	4:54.21	4:54.21
800 Free	10:11.08	10:11.08
100 Back	1:12.92	1:12.92
200 Back	2:36.54	2:36.54
100 Breast	1:22.80	1:22.80
200 Breast	2:58.64	2:58.64
100 Fly	1:10.99	1:10.99
200 Fly	2:41.31	2:41.31
200 IM	2:37.51	2:37.51
400 IM	5:34.62	5:34.62

**Women 14-14**

	<b>EAST</b>	<b>WEST</b>
50 Free	28.82	28.82
100 Free	1:02.42	1:02.42
200 Free	2:15.35	2:15.35
400 Free	4:47.17	4:47.17
800 Free	9:56.22	9:56.22
100 Back	1:10.80	1:10.80
200 Back	2:32.47	2:32.47
100 Breast	1:20.67	1:20.67
200 Breast	2:53.77	2:53.77
100 Fly	1:09.05	1:09.05
200 Fly	2:36.13	2:36.13
200 IM	2:33.78	2:33.78
400 IM	5:28.58	5:28.58

**Women 15-15**

	<b>EAST</b>	<b>WEST</b>
50 Free	28.61	28.61
100 Free	1:01.86	1:01.86
200 Free	2:13.90	2:13.90
400 Free	4:44.05	4:44.05
800 Free	9:49.32	9:49.32
100 Back	1:09.62	1:09.62
200 Back	2:30.34	2:30.34
100 Breast	1:20.20	1:20.20
200 Breast	2:52.30	2:52.30
100 Fly	1:08.36	1:08.36
200 Fly	2:34.51	2:34.51
200 IM	2:32.42	2:32.42
400 IM	5:23.85	5:23.85

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**2017-EW STANDARDS 2017 Eastern Western Long Course Meters**

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**Women 16 & Over**

	<b>EAST</b>	<b>WEST</b>
50 Free	28.02	28.30
100 Free	1:00.32	1:00.91
200 Free	2:10.32	2:11.60
400 Free	4:37.22	4:39.94
800 Free	9:33.27	9:38.90
50 Back	32.40	32.71
100 Back	1:07.86	1:08.53
200 Back	2:26.72	2:28.16
50 Breast	35.97	36.32
100 Breast	1:17.52	1:18.28
200 Breast	2:46.95	2:48.59
50 Fly	30.22	30.51
100 Fly	1:06.22	1:06.87
200 Fly	2:27.80	2:29.25
200 IM	2:28.27	2:29.73
400 IM	5:16.31	5:19.41

**Men 14-14**

	<b>EAST</b>	<b>WEST</b>
50 Free	26.93	26.93
100 Free	58.64	58.64
200 Free	2:08.51	2:08.51
400 Free	4:35.16	4:35.16
1500 Free	18:23.47	18:23.47
100 Back	1:07.25	1:07.25
200 Back	2:26.06	2:26.06
100 Breast	1:16.12	1:16.12
200 Breast	2:46.16	2:46.16
100 Fly	1:04.81	1:04.81
200 Fly	2:27.68	2:27.68
200 IM	2:25.93	2:25.93
400 IM	5:13.34	5:13.34

**Men 15-15**

	<b>EAST</b>	<b>WEST</b>
50 Free	26.32	26.32
100 Free	57.04	57.04
200 Free	2:04.74	2:04.74
400 Free	4:27.67	4:27.67
1500 Free	17:52.36	17:52.36
100 Back	1:05.01	1:05.01
200 Back	2:21.37	2:21.37
100 Breast	1:13.77	1:13.77
200 Breast	2:40.64	2:40.64
100 Fly	1:02.50	1:02.50
200 Fly	2:22.13	2:22.13
200 IM	2:22.13	2:22.13
400 IM	5:03.95	5:03.95

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**2017-EW STANDARDS 2017 Eastern Western Long Course Meters****Men 16-16**

	<b>EAST</b>	<b>WEST</b>
50 Free	25.84	25.84
100 Free	56.08	56.08
200 Free	2:02.54	2:02.54
400 Free	4:21.94	4:21.94
1500 Free	17:38.65	17:38.65
100 Back	1:03.88	1:03.88
200 Back	2:18.39	2:18.39
100 Breast	1:12.25	1:12.25
200 Breast	2:37.77	2:37.77
100 Fly	1:01.22	1:01.22
200 Fly	2:18.41	2:18.41
200 IM	2:19.24	2:19.24
400 IM	4:58.51	4:58.51

**Men 17 & Over**

	<b>EAST</b>	<b>WEST</b>
50 Free	25.16	25.41
100 Free	54.47	55.01
200 Free	1:58.80	1:59.96
400 Free	4:15.18	4:17.68
1500 Free	17:11.82	17:21.94
50 Back	29.29	29.57
100 Back	1:01.91	1:02.52
200 Back	2:14.91	2:16.23
50 Breast	31.80	32.11
100 Breast	1:10.35	1:11.04
200 Breast	2:33.42	2:34.92
50 Fly	27.24	27.50
100 Fly	59.45	1:00.03
200 Fly	2:13.55	2:14.86
200 IM	2:14.80	2:16.12
400 IM	4:50.85	4:53.70

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