



FINA MASTERS SWIMMING - TIME STANDARDS

WOMEN

TIME STANDARDS FOR FINA WORLD MASTERS CHAMPIONSHIPS - GWANGJU 2019

	25	30	35	40	45	50	55	60	65	70	75	80	85	90
50 FREE	34.00	35.00	36.00	38.00	40.00	42.60	45.50	48.00	51.80	56.00	1:00.50	1:10.00	1:31.00	1:52.00
100 FREE	1:15.50	1:19.00	1:21.00	1:24.00	1:31.00	1:38.00	1:42.00	1:49.00	2:00.00	2:06.00	2:22.00	2:48.00	3:15.00	3:55.00
200 FREE	2:43.00	2:49.00	2:58.00	3:07.00	3:23.00	3:39.00	3:49.00	4:03.00	4:21.00	4:34.00	5:04.00	6:09.00	6:55.00	8:15.00
400 FREE	5:47.00	5:59.00	6:14.00	6:33.00	7:05.00	7:38.00	8:03.00	8:35.00	9:20.00	10:03.00	11:13.00	12:55.00	14:30.00	16:30.00
800 FREE	12:25.00	12:40.00	13:05.00	13:50.00	15:00.00	16:00.00	16:50.00	18:00.00	19:15.00	20:50.00	23:55.00	25:50.00	28:50.00	35:40.00
50 BACK	40.00	41.80	44.00	46.50	49.30	52.00	54.80	58.00	1:03.00	1:08.00	1:15.00	1:31.00	2:20.00	2:53.00
100 BACK	1:27.50	1:31.50	1:37.00	1:42.50	1:49.00	1:55.00	2:04.00	2:13.00	2:24.00	2:32.00	2:50.00	3:25.00	4:00.00	5:05.00
200 BACK	3:11.00	3:13.00	3:26.00	3:40.00	3:51.00	4:08.00	4:23.00	4:36.00	5:02.00	5:21.00	5:53.00	7:04.00	8:49.00	9:53.00
50 BREAST	44.50	46.00	48.00	50.00	52.00	55.50	58.00	1:02.00	1:08.00	1:13.00	1:25.00	1:43.00	2:17.00	3:03.00
100 BREAST	1:39.00	1:41.00	1:44.00	1:51.00	1:56.00	2:02.00	2:10.00	2:19.00	2:32.00	2:45.00	3:16.00	4:10.00	5:05.00	6:15.00
200 BREAST	3:33.00	3:37.00	3:45.00	3:56.00	4:06.00	4:18.00	4:33.00	4:50.00	5:15.00	5:40.00	6:23.00	7:38.00	9:38.00	11:25.00
50 FLY	37.50	38.50	40.50	43.00	45.50	47.50	51.50	57.00	1:04.50	1:15.50	1:32.00	2:32.00	3:24.00	4:20.00
100 FLY	1:24.50	1:28.00	1:32.50	1:38.50	1:47.50	2:00.00	2:09.00	2:23.00	2:43.00	3:10.00	3:43.00	4:33.00	5:25.00	7:55.00
200 FLY	3:13.00	3:22.00	3:33.00	3:44.00	4:05.00	4:34.00	4:49.00	5:20.00	5:45.00	6:48.00	8:05.00	9:20.00	11:08.00	14:30.00
200 I.M.	3:08.00	3:13.00	3:25.00	3:33.00	3:44.00	4:00.00	4:13.00	4:30.00	5:02.00	5:28.00	6:10.00	7:03.00	8:22.00	9:48.00
400 I.M.	6:38.00	6:48.00	7:08.00	7:25.00	7:55.00	8:45.00	9:23.00	9:43.00	10:55.00	12:50.00	15:15.00	16:40.00	17:45.00	21:45.00

MEN

TIME STANDARDS FOR FINA WORLD MASTERS CHAMPIONSHIPS - GWANGJU 2019

	25	30	35	40	45	50	55	60	65	70	75	80	85	90
50 FREE	29.40	30.10	31.10	32.50	33.50	34.80	36.30	38.30	40.80	43.80	49.00	1:02.00	1:12.00	1:22.00
100 FREE	1:06.40	1:08.00	1:09.40	1:11.30	1:15.30	1:19.20	1:22.50	1:28.00	1:34.30	1:45.00	1:58.00	2:13.00	2:47.00	3:14.00
200 FREE	2:27.00	2:30.00	2:32.00	2:37.00	2:42.00	2:52.00	3:07.00	3:18.00	3:32.00	3:53.00	4:19.00	4:37.00	5:22.00	6:30.00
400 FREE	5:15.00	5:22.00	5:28.00	5:36.00	5:51.00	6:05.00	6:27.00	6:52.00	7:38.00	8:28.00	9:10.00	10:18.00	11:33.00	12:38.00
800 FREE	11:08.00	11:15.00	11:26.00	11:35.00	12:05.00	12:50.00	13:40.00	14:45.00	15:45.00	17:20.00	18:50.00	20:40.00	23:13.00	26:55.00
50 BACK	35.10	36.00	37.60	39.30	40.70	42.50	44.50	47.80	50.30	55.00	1:03.30	1:10.00	1:27.00	1:48.00
100 BACK	1:15.80	1:19.00	1:23.50	1:25.50	1:30.50	1:34.50	1:41.00	1:51.00	1:59.50	2:08.50	2:25.00	2:38.00	3:28.00	4:10.00
200 BACK	2:45.00	2:49.00	2:55.00	3:03.00	3:15.00	3:26.00	3:37.00	3:58.00	4:14.00	4:34.00	5:10.00	6:02.00	7:45.00	9:23.00
50 BREAST	37.80	38.80	39.80	40.80	43.00	45.30	47.30	49.50	52.50	56.80	1:03.00	1:14.00	1:43.00	2:11.00
100 BREAST	1:23.50	1:26.10	1:29.80	1:32.50	1:36.00	1:40.00	1:47.00	1:53.00	2:02.00	2:14.00	2:32.00	2:56.00	4:05.00	5:03.00
200 BREAST	3:05.00	3:09.00	3:13.00	3:22.00	3:29.00	3:38.00	3:53.00	4:05.00	4:27.00	4:49.00	5:26.00	6:13.00	7:45.00	9:20.00
50 FLY	32.00	32.40	33.50	35.30	36.50	38.00	39.50	43.30	47.00	52.80	1:04.00	1:29.00	2:06.00	2:44.00
100 FLY	1:11.00	1:12.80	1:15.50	1:19.50	1:23.00	1:27.00	1:37.50	1:47.50	2:00.00	2:08.00	2:50.00	3:24.00	4:20.00	5:20.00
200 FLY	2:52.00	2:55.00	2:59.00	3:08.00	3:16.00	3:32.00	3:53.00	4:08.00	4:40.00	5:10.00	5:53.00	6:54.00	8:48.00	10:50.00
200 I.M.	2:44.00	2:49.00	2:54.00	3:03.00	3:13.00	3:18.00	3:28.00	3:46.00	4:07.00	4:26.00	5:08.00	5:36.00	7:19.00	9:00.00
400 I.M.	6:10.00	6:16.00	6:21.00	6:33.00	6:50.00	7:15.00	7:43.00	8:23.00	9:18.00	10:14.00	12:28.00	13:30.00	14:25.00	17:25.00