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**VARSITY STANDARDS Yards****Women**

	<b>Var</b>	<b>Let</b>
50 Free	29.99	27.69
100 Free	1:04.99	59.99
200 Free	2:19.99	2:09.29
500 Free	6:12.69	5:43.99
100 Back	1:10.79	1:05.39
100 Breast	1:21.99	1:15.69
100 Fly	1:10.69	1:05.29
200 IM	2:36.79	2:24.79

**Men**

	<b>Var</b>	<b>Let</b>
50 Free	26.89	24.79
100 Free	58.69	54.19
200 Free	2:08.39	1:58.59
500 Free	5:47.89	5:21.19
100 Back	1:04.69	59.79
100 Breast	1:13.59	1:07.89
100 Fly	1:03.89	58.99
200 IM	2:23.29	2:12.29

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