
FECONA16 STANDARDS Long Course Meters

Women 9-10

| | MCA | MC B |
|-----------|------------|-------------|
| 50 Free | 36,58 | 38,05 |
| 100 Free | 1:21,13 | 1:24,65 |
| 50 Back | 44,70 | 47,68 |
| 50 Breast | 51,59 | 55,08 |
| 50 Fly | 43,28 | 48,05 |
| 200 IM | 3:01,51 | 3:40,30 |

Women 11-12

| | MCA | MC B |
|------------|------------|-------------|
| 50 Free | 34,57 | 37,20 |
| 100 Free | 1:17,56 | 1:24,65 |
| 200 Free | 2:28,16 | 2:34,91 |
| 400 Free | 5:15,14 | 5:40,04 |
| 50 Back | 39,15 | 41,14 |
| 100 Back | 1:20,64 | 1:29,34 |
| 200 Back | 2:58,77 | 3:17,67 |
| 50 Breast | 43,03 | 46,07 |
| 100 Breast | 1:33,50 | 1:40,52 |
| 200 Breast | 3:26,25 | 3:43,40 |
| 50 Fly | 35,27 | 36,99 |
| 100 Fly | 1:19,92 | 1:28,24 |
| 200 Fly | 3:12,92 | 4:30,56 |
| 200 IM | 2:49,89 | 2:58,69 |

Women 13-14

| | MCA | MC B |
|------------|------------|-------------|
| 50 Free | 30,55 | 31,66 |
| 100 Free | 1:06,05 | 1:08,17 |
| 200 Free | 2:23,23 | 2:27,97 |
| 400 Free | 4:58,04 | 5:12,24 |
| 800 Free | 10:34,93 | 11:17,29 |
| 1500 Free | 21:03,55 | 22:59,35 |
| 50 Back | 37,65 | 39,51 |
| 100 Back | 1:19,81 | 1:23,36 |
| 200 Back | 2:51,17 | 3:01,01 |
| 50 Breast | 40,89 | 43,20 |
| 100 Breast | 1:28,23 | 1:34,78 |
| 200 Breast | 3:12,59 | 3:24,54 |
| 50 Fly | 33,87 | 35,23 |
| 100 Fly | 1:17,23 | 1:23,02 |
| 200 Fly | 3:01,50 | 3:10,21 |
| 200 IM | 2:47,86 | 2:54,47 |
| 400 IM | 6:07,21 | 6:38,77 |

Women 15-17

| | MCA | MC B |
|-----------|------------|-------------|
| 50 Free | 30,77 | 32,06 |
| 100 Free | 1:05,68 | 1:09,77 |
| 200 Free | 2:23,42 | 2:33,31 |
| 400 Free | 5:06,80 | 5:36,15 |
| 800 Free | 10:33,10 | 10:51,20 |
| 1500 Free | 20:16,77 | 20:51,24 |

FECONA16 STANDARDS Long Course Meters

| | | |
|------------|---------|---------|
| 50 Back | 36,55 | 39,28 |
| 100 Back | 1:19,19 | 1:23,57 |
| 200 Back | 2:54,35 | 3:06,94 |
| 50 Breast | 40,89 | 44,63 |
| 100 Breast | 1:31,22 | 1:36,58 |
| 200 Breast | 3:05,40 | 3:15,24 |
| 50 Fly | 33,85 | 36,65 |
| 100 Fly | 1:15,50 | 1:21,21 |
| 200 Fly | 2:43,43 | 2:50,33 |
| 200 IM | 2:48,25 | 3:02,90 |
| 400 IM | 5:49,20 | 6:08,58 |

Women 18 & Over

| | MC A | MC B |
|------------|-------------|-------------|
| 50 Free | 30,56 | 32,87 |
| 100 Free | 1:04,40 | 1:12,55 |
| 200 Free | 2:20,95 | 2:38,12 |
| 400 Free | 5:09,35 | 5:25,51 |
| 800 Free | 9:58,88 | 10:35,54 |
| 1500 Free | 19:25,41 | 20:16,77 |
| 50 Back | 36,88 | 38,99 |
| 100 Back | 1:23,48 | 1:25,80 |
| 200 Back | 2:56,42 | 3:06,10 |
| 50 Breast | 40,85 | 45,62 |
| 100 Breast | 1:28,34 | 1:39,16 |
| 200 Breast | 3:05,02 | 3:26,33 |
| 50 Fly | 32,32 | 35,00 |
| 100 Fly | 1:11,93 | 1:15,92 |
| 200 Fly | 2:36,55 | 2:39,99 |
| 200 IM | 2:45,19 | 2:51,48 |
| 400 IM | 5:59,33 | 6:01,22 |

Men 9-10

| | MC A | MC B |
|-----------|-------------|-------------|
| 50 Free | 35,45 | 38,03 |
| 100 Free | 1:20,82 | 1:24,44 |
| 50 Back | 43,43 | 47,15 |
| 50 Breast | 49,83 | 55,36 |
| 50 Fly | 41,04 | 47,45 |
| 200 IM | 3:21,81 | 3:46,01 |

Men 11-12

| | MC A | MC B |
|------------|-------------|-------------|
| 50 Free | 31,78 | 33,02 |
| 100 Free | 1:09,13 | 1:12,30 |
| 200 Free | 2:31,26 | 2:38,76 |
| 400 Free | 5:15,04 | 5:43,01 |
| 50 Back | 37,77 | 40,34 |
| 100 Back | 1:21,12 | 1:28,71 |
| 200 Back | 2:56,91 | 3:29,97 |
| 50 Breast | 42,35 | 45,54 |
| 100 Breast | 1:35,72 | 1:38,73 |
| 200 Breast | 3:19,19 | 3:29,44 |
| 50 Fly | 34,65 | 36,71 |
| 100 Fly | 1:17,73 | 1:29,50 |
| 200 Fly | 2:55,39 | 2:55,39 |

FECONA16 STANDARDS Long Course Meters

200 IM 2:55,31 3:11,74

Men 13-14

| | MC A | MC B |
|------------|-------------|-------------|
| 50 Free | 28,93 | 29,71 |
| 100 Free | 1:02,57 | 1:05,34 |
| 200 Free | 2:16,05 | 2:24,03 |
| 400 Free | 4:55,58 | 5:14,51 |
| 800 Free | 10:27,85 | 10:50,81 |
| 1500 Free | 19:50,49 | 20:14,21 |
| 50 Back | 35,35 | 37,60 |
| 100 Back | 1:14,40 | 1:22,18 |
| 200 Back | 2:45,19 | 3:06,81 |
| 50 Breast | 38,69 | 40,57 |
| 100 Breast | 1:25,97 | 1:28,29 |
| 200 Breast | 3:08,00 | 3:19,71 |
| 50 Fly | 31,08 | 33,61 |
| 100 Fly | 1:09,69 | 1:17,97 |
| 200 Fly | 2:35,97 | 2:44,96 |
| 200 IM | 2:37,99 | 2:48,24 |
| 400 IM | 5:38,39 | 6:04,83 |

Men 15-17

| | MC A | MC B |
|------------|-------------|-------------|
| 50 Free | 26,83 | 27,74 |
| 100 Free | 58,54 | 1:00,14 |
| 200 Free | 2:08,90 | 2:14,18 |
| 400 Free | 4:40,24 | 4:51,31 |
| 800 Free | 9:41,31 | 10:26,67 |
| 1500 Free | 18:52,65 | 19:14,00 |
| 50 Back | 32,23 | 33,52 |
| 100 Back | 1:08,48 | 1:13,34 |
| 200 Back | 2:33,54 | 2:36,69 |
| 50 Breast | 35,11 | 36,92 |
| 100 Breast | 1:19,17 | 1:23,15 |
| 200 Breast | 2:45,45 | 3:04,07 |
| 50 Fly | 29,21 | 30,18 |
| 100 Fly | 1:05,82 | 1:08,64 |
| 200 Fly | 2:35,84 | 2:38,16 |
| 200 IM | 2:30,30 | 2:36,35 |
| 400 IM | 5:26,51 | 5:47,49 |

Men 18 & Over

| | MC A | MC B |
|------------|-------------|-------------|
| 50 Free | 26,98 | 27,43 |
| 100 Free | 59,89 | 1:02,56 |
| 200 Free | 2:11,29 | 2:23,05 |
| 400 Free | 4:43,55 | 5:09,36 |
| 800 Free | 9:37,88 | 10:25,36 |
| 1500 Free | 18:19,09 | 18:56,17 |
| 50 Back | 32,20 | 35,30 |
| 100 Back | 1:11,42 | 1:22,09 |
| 200 Back | 2:28,18 | 2:38,41 |
| 50 Breast | 34,59 | 36,83 |
| 100 Breast | 1:18,52 | 1:26,39 |
| 200 Breast | 3:00,79 | 3:11,81 |

FECONA16 STANDARDS Long Course Meters

| | | |
|---------|---------|---------|
| 50 Fly | 29,51 | 31,34 |
| 100 Fly | 1:05,61 | 1:09,34 |
| 200 Fly | 2:25,17 | 2:33,49 |
| 200 IM | 2:31,99 | 2:44,33 |
| 400 IM | 5:04,17 | 5:08,08 |

