

200/220 BREAST STROKE

200 Metres				220 Yards		200 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
2:10.0	2:08.0	2:05.9	2:03.9	2:08.7	2:06.7	1:56.4	1:54.3	1:52.3
2:10.2	2:08.2	2:06.1	2:04.1	2:08.9	2:06.9	1:56.6	1:54.5	1:52.5
2:10.4	2:08.4	2:06.3	2:04.3	2:09.1	2:07.1	1:56.7	1:54.7	1:52.7
2:10.6	2:08.6	2:06.5	2:04.5	2:09.3	2:07.3	1:56.9	1:54.9	1:52.9
2:10.8	2:08.8	2:06.7	2:04.7	2:09.6	2:07.5	1:57.1	1:55.1	1:53.0
2:11.0	2:09.0	2:06.9	2:04.9	2:09.8	2:07.7	1:57.3	1:55.3	1:53.2
2:11.2	2:09.2	2:07.1	2:05.1	2:10.0	2:07.9	1:57.5	1:55.5	1:53.4
2:11.4	2:09.4	2:07.3	2:05.3	2:10.2	2:08.1	1:57.7	1:55.6	1:53.6
2:11.6	2:09.6	2:07.6	2:05.5	2:10.4	2:08.3	1:57.9	1:55.8	1:53.8
2:11.8	2:09.8	2:07.8	2:05.7	2:10.6	2:08.6	1:58.0	1:56.0	1:54.0
2:12.0	2:10.0	2:08.0	2:05.9	2:10.8	2:08.8	1:58.2	1:56.2	1:54.2
2:12.2	2:10.2	2:08.2	2:06.2	2:11.0	2:09.0	1:58.4	1:56.4	1:54.4
2:12.4	2:10.4	2:08.4	2:06.4	2:11.2	2:09.2	1:58.6	1:56.6	1:54.6
2:12.6	2:10.6	2:08.6	2:06.6	2:11.4	2:09.4	1:58.8	1:56.8	1:54.8
2:12.8	2:10.8	2:08.8	2:06.8	2:11.6	2:09.6	1:59.0	1:57.0	1:55.0
2:13.0	2:11.0	2:09.0	2:07.0	2:11.8	2:09.8	1:59.2	1:57.2	1:55.2
2:13.2	2:11.2	2:09.2	2:07.2	2:12.0	2:10.0	1:59.3	1:57.3	1:55.3
2:13.4	2:11.4	2:09.4	2:07.4	2:12.2	2:10.2	1:59.5	1:57.5	1:55.5
2:13.6	2:11.6	2:09.6	2:07.6	2:12.4	2:10.4	1:59.7	1:57.7	1:55.7
2:13.8	2:11.8	2:09.8	2:07.8	2:12.6	2:10.6	1:59.9	1:57.9	1:55.9
2:14.0	2:12.0	2:10.0	2:08.0	2:12.8	2:10.8	2:00.1	1:58.1	1:56.1
2:14.2	2:12.2	2:10.2	2:08.2	2:13.0	2:11.0	2:00.3	1:58.3	1:56.3
2:14.4	2:12.4	2:10.4	2:08.5	2:13.2	2:11.2	2:00.5	1:58.5	1:56.5
2:14.6	2:12.6	2:10.6	2:08.7	2:13.4	2:11.5	2:00.6	1:58.7	1:56.7
2:14.8	2:12.8	2:10.8	2:08.9	2:13.6	2:11.7	2:00.8	1:58.8	1:56.9
2:15.0	2:13.0	2:11.1	2:09.1	2:13.8	2:11.9	2:01.0	1:59.0	1:57.1
2:15.2	2:13.2	2:11.3	2:09.3	2:14.0	2:12.1	2:01.2	1:59.2	1:57.3
2:15.4	2:13.4	2:11.5	2:09.5	2:14.3	2:12.3	2:01.4	1:59.4	1:57.4
2:15.6	2:13.6	2:11.7	2:09.7	2:14.5	2:12.5	2:01.6	1:59.6	1:57.6
2:15.8	2:13.8	2:11.9	2:09.9	2:14.7	2:12.7	2:01.7	1:59.8	1:57.8
2:16.0	2:14.0	2:12.1	2:10.1	2:14.9	2:12.9	2:01.9	2:00.0	1:58.0
2:16.2	2:14.2	2:12.3	2:10.3	2:15.1	2:13.1	2:02.1	2:00.2	1:58.2
2:16.4	2:14.4	2:12.5	2:10.5	2:15.3	2:13.3	2:02.3	2:00.4	1:58.4
2:16.6	2:14.6	2:12.7	2:10.7	2:15.5	2:13.5	2:02.5	2:00.5	1:58.6
2:16.8	2:14.9	2:12.9	2:11.0	2:15.7	2:13.7	2:02.7	2:00.7	1:58.8
2:17.0	2:15.1	2:13.1	2:11.2	2:15.9	2:13.9	2:02.9	2:00.9	1:59.0
2:17.2	2:15.3	2:13.3	2:11.4	2:16.1	2:14.1	2:03.0	2:01.1	1:59.2
2:17.4	2:15.5	2:13.5	2:11.6	2:16.3	2:14.4	2:03.2	2:01.3	1:59.4
2:17.6	2:15.7	2:13.7	2:11.8	2:16.5	2:14.6	2:03.4	2:01.5	1:59.5
2:17.8	2:15.9	2:13.9	2:12.0	2:16.7	2:14.8	2:03.6	2:01.7	1:59.7
2:18.0	2:16.1	2:14.1	2:12.2	2:16.9	2:15.0	2:03.8	2:01.9	1:59.9
2:18.2	2:16.3	2:14.3	2:12.4	2:17.1	2:15.2	2:04.0	2:02.0	2:00.1
2:18.4	2:16.5	2:14.6	2:12.6	2:17.3	2:15.4	2:04.2	2:02.2	2:00.3
2:18.6	2:16.7	2:14.8	2:12.8	2:17.5	2:15.6	2:04.3	2:02.4	2:00.5
2:18.8	2:16.9	2:15.0	2:13.0	2:17.7	2:15.8	2:04.5	2:02.6	2:00.7
2:19.0	2:17.1	2:15.2	2:13.3	2:17.9	2:16.0	2:04.7	2:02.8	2:00.9
2:19.2	2:17.3	2:15.4	2:13.5	2:18.1	2:16.2	2:04.9	2:03.0	2:01.1
2:19.4	2:17.5	2:15.6	2:13.7	2:18.3	2:16.4	2:05.1	2:03.2	2:01.3
2:19.6	2:17.7	2:15.8	2:13.9	2:18.5	2:16.6	2:05.3	2:03.4	2:01.4
2:19.8	2:17.9	2:16.0	2:14.1	2:18.7	2:16.8	2:05.4	2:03.5	2:01.6
2:20.0	2:18.1	2:16.2	2:14.3	2:18.9	2:17.0	2:05.6	2:03.7	2:01.8
2:20.2	2:18.3	2:16.4	2:14.5	2:19.1	2:17.2	2:05.8	2:03.9	2:02.0
2:20.4	2:18.5	2:16.6	2:14.7	2:19.4	2:17.5	2:06.0	2:04.1	2:02.2
2:20.6	2:18.7	2:16.8	2:14.9	2:19.6	2:17.7	2:06.2	2:04.3	2:02.4
2:20.8	2:18.9	2:17.0	2:15.1	2:19.8	2:17.9	2:06.4	2:04.5	2:02.6

200/220 BREAST STROKE

200 Metres				220 Yards		200 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
2:21.0	2:19.1	2:17.2	2:15.3	2:20.0	2:18.1	2:06.6	2:04.7	2:02.8
2:21.2	2:19.3	2:17.4	2:15.5	2:20.2	2:18.3	2:06.7	2:04.9	2:03.0
2:21.4	2:19.5	2:17.6	2:15.7	2:20.4	2:18.5	2:06.9	2:05.0	2:03.2
2:21.6	2:19.7	2:17.8	2:16.0	2:20.6	2:18.7	2:07.1	2:05.2	2:03.3
2:21.8	2:19.9	2:18.0	2:16.2	2:20.8	2:18.9	2:07.3	2:05.4	2:03.5
2:22.0	2:20.1	2:18.2	2:16.4	2:21.0	2:19.1	2:07.5	2:05.6	2:03.7
2:22.2	2:20.3	2:18.5	2:16.6	2:21.2	2:19.3	2:07.7	2:05.8	2:03.9
2:22.4	2:20.5	2:18.7	2:16.8	2:21.4	2:19.5	2:07.9	2:06.0	2:04.1
2:22.6	2:20.7	2:18.9	2:17.0	2:21.6	2:19.7	2:08.0	2:06.2	2:04.3
2:22.8	2:20.9	2:19.1	2:17.2	2:21.8	2:19.9	2:08.2	2:06.4	2:04.5
2:23.0	2:21.1	2:19.3	2:17.4	2:22.0	2:20.1	2:08.4	2:06.5	2:04.7
2:23.2	2:21.3	2:19.5	2:17.6	2:22.2	2:20.3	2:08.6	2:06.7	2:04.9
2:23.4	2:21.5	2:19.7	2:17.8	2:22.4	2:20.6	2:08.8	2:06.9	2:05.1
2:23.6	2:21.7	2:19.9	2:18.0	2:22.6	2:20.8	2:09.0	2:07.1	2:05.2
2:23.8	2:21.9	2:20.1	2:18.2	2:22.8	2:21.0	2:09.1	2:07.3	2:05.4
2:24.0	2:22.1	2:20.3	2:18.4	2:23.0	2:21.2	2:09.3	2:07.5	2:05.6
2:24.2	2:22.4	2:20.5	2:18.7	2:23.2	2:21.4	2:09.5	2:07.7	2:05.8
2:24.4	2:22.6	2:20.7	2:18.9	2:23.4	2:21.6	2:09.7	2:07.9	2:06.0
2:24.6	2:22.8	2:20.9	2:19.1	2:23.6	2:21.8	2:09.9	2:08.0	2:06.2
2:24.8	2:23.0	2:21.1	2:19.3	2:23.8	2:22.0	2:10.1	2:08.2	2:06.4
2:25.0	2:23.2	2:21.3	2:19.5	2:24.0	2:22.2	2:10.3	2:08.4	2:06.6
2:25.2	2:23.4	2:21.5	2:19.7	2:24.2	2:22.4	2:10.4	2:08.6	2:06.8
2:25.4	2:23.6	2:21.7	2:19.9	2:24.4	2:22.6	2:10.6	2:08.8	2:07.0
2:25.6	2:23.8	2:21.9	2:20.1	2:24.6	2:22.8	2:10.8	2:09.0	2:07.1
2:25.8	2:24.0	2:22.1	2:20.3	2:24.9	2:23.0	2:11.0	2:09.2	2:07.3
2:26.0	2:24.2	2:22.4	2:20.5	2:25.1	2:23.2	2:11.2	2:09.4	2:07.5
2:26.2	2:24.4	2:22.6	2:20.7	2:25.3	2:23.4	2:11.4	2:09.5	2:07.7
2:26.4	2:24.6	2:22.8	2:20.9	2:25.5	2:23.6	2:11.5	2:09.7	2:07.9
2:26.6	2:24.8	2:23.0	2:21.1	2:25.7	2:23.9	2:11.7	2:09.9	2:08.1
2:26.8	2:25.0	2:23.2	2:21.4	2:25.9	2:24.1	2:11.9	2:10.1	2:08.3
2:27.0	2:25.2	2:23.4	2:21.6	2:26.1	2:24.3	2:12.1	2:10.3	2:08.5
2:27.2	2:25.4	2:23.6	2:21.8	2:26.3	2:24.5	2:12.3	2:10.5	2:08.7
2:27.4	2:25.6	2:23.8	2:22.0	2:26.5	2:24.7	2:12.5	2:10.7	2:08.9
2:27.6	2:25.8	2:24.0	2:22.2	2:26.7	2:24.9	2:12.7	2:10.8	2:09.0
2:27.8	2:26.0	2:24.2	2:22.4	2:26.9	2:25.1	2:12.8	2:11.0	2:09.2
2:28.0	2:26.2	2:24.4	2:22.6	2:27.1	2:25.3	2:13.0	2:11.2	2:09.4
2:28.2	2:26.4	2:24.6	2:22.8	2:27.3	2:25.5	2:13.2	2:11.4	2:09.6
2:28.4	2:26.6	2:24.8	2:23.0	2:27.5	2:25.7	2:13.4	2:11.6	2:09.8
2:28.6	2:26.8	2:25.0	2:23.2	2:27.7	2:25.9	2:13.6	2:11.8	2:10.0
2:28.8	2:27.0	2:25.2	2:23.4	2:27.9	2:26.1	2:13.8	2:12.0	2:10.2
2:29.0	2:27.2	2:25.4	2:23.6	2:28.1	2:26.3	2:13.9	2:12.2	2:10.4
2:29.2	2:27.4	2:25.6	2:23.8	2:28.3	2:26.5	2:14.1	2:12.3	2:10.6
2:29.4	2:27.6	2:25.8	2:24.1	2:28.5	2:26.7	2:14.3	2:12.5	2:10.7
2:29.6	2:27.8	2:26.0	2:24.3	2:28.7	2:26.9	2:14.5	2:12.7	2:10.9
2:29.8	2:28.0	2:26.2	2:24.5	2:28.9	2:27.1	2:14.7	2:12.9	2:11.1
2:30.0	2:28.2	2:26.4	2:24.7	2:29.1	2:27.4	2:14.9	2:13.1	2:11.3
2:30.2	2:28.4	2:26.7	2:24.9	2:29.3	2:27.6	2:15.1	2:13.3	2:11.5
2:30.4	2:28.6	2:26.9	2:25.1	2:29.5	2:27.8	2:15.2	2:13.5	2:11.7
2:30.6	2:28.8	2:27.1	2:25.3	2:29.7	2:28.0	2:15.4	2:13.7	2:11.9
2:30.8	2:29.0	2:27.3	2:25.5	2:29.9	2:28.2	2:15.6	2:13.8	2:12.1
2:31.0	2:29.2	2:27.5	2:25.7	2:30.1	2:28.4	2:15.8	2:14.0	2:12.3
2:31.2	2:29.4	2:27.7	2:25.9	2:30.4	2:28.6	2:16.0	2:14.2	2:12.5
2:31.4	2:29.6	2:27.9	2:26.1	2:30.6	2:28.8	2:16.2	2:14.4	2:12.6
2:31.6	2:29.8	2:28.1	2:26.3	2:30.8	2:29.0	2:16.3	2:14.6	2:12.8
2:31.8	2:30.0	2:28.3	2:26.5	2:31.0	2:29.2	2:16.5	2:14.8	2:13.0

200/220 BREAST STROKE

200 Metres				220 Yards		200 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
2:32.0	2:30.2	2:28.5	2:26.7	2:31.2	2:29.4	2:16.7	2:15.0	2:13.2
2:32.2	2:30.4	2:28.7	2:26.9	2:31.4	2:29.6	2:16.9	2:15.1	2:13.4
2:32.4	2:30.7	2:28.9	2:27.2	2:31.6	2:29.8	2:17.1	2:15.3	2:13.6
2:32.6	2:30.9	2:29.1	2:27.4	2:31.8	2:30.0	2:17.3	2:15.5	2:13.8
2:32.8	2:31.1	2:29.3	2:27.6	2:32.0	2:30.2	2:17.5	2:15.7	2:14.0
2:33.0	2:31.3	2:29.5	2:27.8	2:32.2	2:30.4	2:17.6	2:15.9	2:14.2
2:33.2	2:31.5	2:29.7	2:28.0	2:32.4	2:30.6	2:17.8	2:16.1	2:14.3
2:33.4	2:31.7	2:29.9	2:28.2	2:32.6	2:30.9	2:18.0	2:16.3	2:14.5
2:33.6	2:31.9	2:30.1	2:28.4	2:32.8	2:31.1	2:18.2	2:16.5	2:14.7
2:33.8	2:32.1	2:30.3	2:28.6	2:33.0	2:31.3	2:18.4	2:16.6	2:14.9
2:34.0	2:32.3	2:30.5	2:28.8	2:33.2	2:31.5	2:18.6	2:16.8	2:15.1
2:34.2	2:32.5	2:30.7	2:29.0	2:33.4	2:31.7	2:18.7	2:17.0	2:15.3
2:34.4	2:32.7	2:30.9	2:29.2	2:33.6	2:31.9	2:18.9	2:17.2	2:15.5
2:34.6	2:32.9	2:31.2	2:29.4	2:33.8	2:32.1	2:19.1	2:17.4	2:15.7
2:34.8	2:33.1	2:31.4	2:29.6	2:34.0	2:32.3	2:19.3	2:17.6	2:15.9
2:35.0	2:33.3	2:31.6	2:29.8	2:34.2	2:32.5	2:19.5	2:17.8	2:16.0
2:35.2	2:33.5	2:31.8	2:30.1	2:34.4	2:32.7	2:19.7	2:17.9	2:16.2
2:35.4	2:33.7	2:32.0	2:30.3	2:34.6	2:32.9	2:19.9	2:18.1	2:16.4
2:35.6	2:33.9	2:32.2	2:30.5	2:34.8	2:33.1	2:20.0	2:18.3	2:16.6
2:35.8	2:34.1	2:32.4	2:30.7	2:35.0	2:33.3	2:20.2	2:18.5	2:16.8
2:36.0	2:34.3	2:32.6	2:30.9	2:35.2	2:33.5	2:20.4	2:18.7	2:17.0
2:36.2	2:34.5	2:32.8	2:31.1	2:35.4	2:33.7	2:20.6	2:18.9	2:17.2
2:36.4	2:34.7	2:33.0	2:31.3	2:35.6	2:33.9	2:20.8	2:19.1	2:17.4
2:36.6	2:34.9	2:33.2	2:31.5	2:35.8	2:34.1	2:21.0	2:19.3	2:17.6
2:36.8	2:35.1	2:33.4	2:31.7	2:36.0	2:34.3	2:21.1	2:19.4	2:17.7
2:37.0	2:35.3	2:33.6	2:31.9	2:36.3	2:34.6	2:21.3	2:19.6	2:17.9
2:37.2	2:35.5	2:33.8	2:32.1	2:36.5	2:34.8	2:21.5	2:19.8	2:18.1
2:37.4	2:35.7	2:34.0	2:32.3	2:36.7	2:35.0	2:21.7	2:20.0	2:18.3
2:37.6	2:35.9	2:34.2	2:32.5	2:36.9	2:35.2	2:21.9	2:20.2	2:18.5
2:37.8	2:36.1	2:34.4	2:32.7	2:37.1	2:35.4	2:22.1	2:20.4	2:18.7
2:38.0	2:36.3	2:34.6	2:32.9	2:37.3	2:35.6	2:22.2	2:20.6	2:18.9
2:38.2	2:36.5	2:34.8	2:33.1	2:37.5	2:35.8	2:22.4	2:20.7	2:19.1
2:38.4	2:36.7	2:35.0	2:33.4	2:37.7	2:36.0	2:22.6	2:20.9	2:19.3
2:38.6	2:36.9	2:35.2	2:33.6	2:37.9	2:36.2	2:22.8	2:21.1	2:19.4
2:38.8	2:37.1	2:35.4	2:33.8	2:38.1	2:36.4	2:23.0	2:21.3	2:19.6
2:39.0	2:37.3	2:35.6	2:34.0	2:38.3	2:36.6	2:23.2	2:21.5	2:19.8
2:39.2	2:37.5	2:35.9	2:34.2	2:38.5	2:36.8	2:23.4	2:21.7	2:20.0
2:39.4	2:37.7	2:36.1	2:34.4	2:38.7	2:37.0	2:23.5	2:21.9	2:20.2
2:39.6	2:37.9	2:36.3	2:34.6	2:38.9	2:37.2	2:23.7	2:22.1	2:20.4
2:39.8	2:38.1	2:36.5	2:34.8	2:39.1	2:37.4	2:23.9	2:22.2	2:20.6
2:40.0	2:38.3	2:36.7	2:35.0	2:39.3	2:37.6	2:24.1	2:22.4	2:20.8
2:40.2	2:38.5	2:36.9	2:35.2	2:39.5	2:37.8	2:24.3	2:22.6	2:20.9
2:40.4	2:38.7	2:37.1	2:35.4	2:39.7	2:38.0	2:24.5	2:22.8	2:21.1
2:40.6	2:38.9	2:37.3	2:35.6	2:39.9	2:38.3	2:24.6	2:23.0	2:21.3
2:40.8	2:39.1	2:37.5	2:35.8	2:40.1	2:38.5	2:24.8	2:23.2	2:21.5
2:41.0	2:39.3	2:37.7	2:36.0	2:40.3	2:38.7	2:25.0	2:23.4	2:21.7
2:41.2	2:39.5	2:37.9	2:36.2	2:40.5	2:38.9	2:25.2	2:23.5	2:21.9
2:41.4	2:39.7	2:38.1	2:36.4	2:40.7	2:39.1	2:25.4	2:23.7	2:22.1
2:41.6	2:40.0	2:38.3	2:36.7	2:40.9	2:39.3	2:25.6	2:23.9	2:22.3
2:41.8	2:40.2	2:38.5	2:36.9	2:41.1	2:39.5	2:25.7	2:24.1	2:22.5
2:42.0	2:40.4	2:38.7	2:37.1	2:41.3	2:39.7	2:25.9	2:24.3	2:22.6
2:42.2	2:40.6	2:38.9	2:37.3	2:41.5	2:39.9	2:26.1	2:24.5	2:22.8
2:42.4	2:40.8	2:39.1	2:37.5	2:41.7	2:40.1	2:26.3	2:24.7	2:23.0
2:42.6	2:41.0	2:39.3	2:37.7	2:41.9	2:40.3	2:26.5	2:24.8	2:23.2
2:42.8	2:41.2	2:39.5	2:37.9	2:42.1	2:40.5	2:26.7	2:25.0	2:23.4

200/220 BREAST STROKE

200 Metres				220 Yards		200 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
2:43.0	2:41.4	2:39.7	2:38.1	2:42.3	2:40.7	2:26.9	2:25.2	2:23.6
2:43.2	2:41.6	2:39.9	2:38.3	2:42.6	2:40.9	2:27.0	2:25.4	2:23.8
2:43.4	2:41.8	2:40.1	2:38.5	2:42.8	2:41.1	2:27.2	2:25.6	2:24.0
2:43.6	2:42.0	2:40.3	2:38.7	2:43.0	2:41.3	2:27.4	2:25.8	2:24.1
2:43.8	2:42.2	2:40.5	2:38.9	2:43.2	2:41.5	2:27.6	2:26.0	2:24.3
2:44.0	2:42.4	2:40.8	2:39.1	2:43.4	2:41.7	2:27.8	2:26.1	2:24.5
2:44.2	2:42.6	2:41.0	2:39.3	2:43.6	2:41.9	2:28.0	2:26.3	2:24.7
2:44.4	2:42.8	2:41.2	2:39.5	2:43.8	2:42.2	2:28.1	2:26.5	2:24.9
2:44.6	2:43.0	2:41.4	2:39.7	2:44.0	2:42.4	2:28.3	2:26.7	2:25.1
2:44.8	2:43.2	2:41.6	2:40.0	2:44.2	2:42.6	2:28.5	2:26.9	2:25.3
2:45.0	2:43.4	2:41.8	2:40.2	2:44.4	2:42.8	2:28.7	2:27.1	2:25.5
2:45.2	2:43.6	2:42.0	2:40.4	2:44.6	2:43.0	2:28.9	2:27.3	2:25.7
2:45.4	2:43.8	2:42.2	2:40.6	2:44.8	2:43.2	2:29.1	2:27.5	2:25.8
2:45.6	2:44.0	2:42.4	2:40.8	2:45.0	2:43.4	2:29.2	2:27.6	2:26.0
2:45.8	2:44.2	2:42.6	2:41.0	2:45.2	2:43.6	2:29.4	2:27.8	2:26.2
2:46.0	2:44.4	2:42.8	2:41.2	2:45.4	2:43.8	2:29.6	2:28.0	2:26.4
2:46.2	2:44.6	2:43.0	2:41.4	2:45.6	2:44.0	2:29.8	2:28.2	2:26.6
2:46.4	2:44.8	2:43.2	2:41.6	2:45.8	2:44.2	2:30.0	2:28.4	2:26.8
2:46.6	2:45.0	2:43.4	2:41.8	2:46.0	2:44.4	2:30.2	2:28.6	2:27.0
2:46.8	2:45.2	2:43.6	2:42.0	2:46.2	2:44.6	2:30.4	2:28.8	2:27.2
2:47.0	2:45.4	2:43.8	2:42.2	2:46.4	2:44.8	2:30.5	2:28.9	2:27.3
2:47.2	2:45.6	2:44.0	2:42.4	2:46.6	2:45.0	2:30.7	2:29.1	2:27.5
2:47.4	2:45.8	2:44.2	2:42.6	2:46.8	2:45.2	2:30.9	2:29.3	2:27.7
2:47.6	2:46.0	2:44.4	2:42.8	2:47.0	2:45.4	2:31.1	2:29.5	2:27.9
2:47.8	2:46.2	2:44.6	2:43.0	2:47.2	2:45.6	2:31.3	2:29.7	2:28.1
2:48.0	2:46.4	2:44.8	2:43.2	2:47.4	2:45.8	2:31.5	2:29.9	2:28.3
2:48.2	2:46.6	2:45.0	2:43.4	2:47.6	2:46.0	2:31.6	2:30.1	2:28.5
2:48.4	2:46.8	2:45.2	2:43.7	2:47.8	2:46.3	2:31.8	2:30.2	2:28.7
2:48.6	2:47.0	2:45.4	2:43.9	2:48.0	2:46.5	2:32.0	2:30.4	2:28.8
2:48.8	2:47.2	2:45.6	2:44.1	2:48.2	2:46.7	2:32.2	2:30.6	2:29.0
2:49.0	2:47.4	2:45.8	2:44.3	2:48.4	2:46.9	2:32.4	2:30.8	2:29.2
2:49.2	2:47.6	2:46.1	2:44.5	2:48.6	2:47.1	2:32.6	2:31.0	2:29.4
2:49.4	2:47.8	2:46.3	2:44.7	2:48.9	2:47.3	2:32.7	2:31.2	2:29.6
2:49.6	2:48.0	2:46.5	2:44.9	2:49.1	2:47.5	2:32.9	2:31.4	2:29.8
2:49.8	2:48.2	2:46.7	2:45.1	2:49.3	2:47.7	2:33.1	2:31.5	2:30.0
2:50.0	2:48.4	2:46.9	2:45.3	2:49.5	2:47.9	2:33.3	2:31.7	2:30.2
2:50.5	2:48.9	2:47.4	2:45.8	2:50.0	2:48.4	2:33.8	2:32.2	2:30.6
2:51.0	2:49.4	2:47.9	2:46.3	2:50.5	2:48.9	2:34.2	2:32.7	2:31.1
2:51.5	2:49.9	2:48.4	2:46.8	2:51.0	2:49.4	2:34.7	2:33.1	2:31.6
2:52.0	2:50.5	2:48.9	2:47.4	2:51.5	2:49.9	2:35.1	2:33.6	2:32.0
2:52.5	2:51.0	2:49.4	2:47.9	2:52.0	2:50.5	2:35.6	2:34.1	2:32.5
2:53.0	2:51.5	2:49.9	2:48.4	2:52.5	2:51.0	2:36.1	2:34.5	2:33.0
2:53.5	2:52.0	2:50.4	2:48.9	2:53.0	2:51.5	2:36.5	2:35.0	2:33.4
2:54.0	2:52.5	2:50.9	2:49.4	2:53.5	2:52.0	2:37.0	2:35.4	2:33.9
2:54.5	2:53.0	2:51.4	2:49.9	2:54.0	2:52.5	2:37.4	2:35.9	2:34.4
2:55.0	2:53.5	2:52.0	2:50.4	2:54.5	2:53.0	2:37.9	2:36.4	2:34.9
2:55.5	2:54.0	2:52.5	2:50.9	2:55.0	2:53.5	2:38.4	2:36.8	2:35.3
2:56.0	2:54.5	2:53.0	2:51.5	2:55.5	2:54.0	2:38.8	2:37.3	2:35.8
2:56.5	2:55.0	2:53.5	2:52.0	2:56.1	2:54.5	2:39.3	2:37.8	2:36.3
2:57.0	2:55.5	2:54.0	2:52.5	2:56.6	2:55.1	2:39.7	2:38.2	2:36.7
2:57.5	2:56.0	2:54.5	2:53.0	2:57.1	2:55.6	2:40.2	2:38.7	2:37.2
2:58.0	2:56.5	2:55.0	2:53.5	2:57.6	2:56.1	2:40.7	2:39.2	2:37.7
2:58.5	2:57.0	2:55.5	2:54.0	2:58.1	2:56.6	2:41.1	2:39.6	2:38.1
2:59.0	2:57.5	2:56.0	2:54.5	2:58.6	2:57.1	2:41.6	2:40.1	2:38.6
2:59.5	2:58.0	2:56.5	2:55.0	2:59.1	2:57.6	2:42.0	2:40.6	2:39.1

200/220 BREAST STROKE

200 Metres				220 Yards		200 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
3:00.0	2:58.5	2:57.0	2:55.6	2:59.6	2:58.1	2:42.5	2:41.0	2:39.5
3:00.5	2:59.0	2:57.5	2:56.1	3:00.1	2:58.6	2:43.0	2:41.5	2:40.0
3:01.0	2:59.5	2:58.1	2:56.6	3:00.6	2:59.1	2:43.4	2:41.9	2:40.5
3:01.5	3:00.0	2:58.6	2:57.1	3:01.1	2:59.7	2:43.9	2:42.4	2:40.9
3:02.0	3:00.5	2:59.1	2:57.6	3:01.6	3:00.2	2:44.3	2:42.9	2:41.4
3:02.5	3:01.0	2:59.6	2:58.1	3:02.1	3:00.7	2:44.8	2:43.3	2:41.9
3:03.0	3:01.5	3:00.1	2:58.6	3:02.6	3:01.2	2:45.3	2:43.8	2:42.3
3:03.5	3:02.0	3:00.6	2:59.1	3:03.2	3:01.7	2:45.7	2:44.3	2:42.8
3:04.0	3:02.6	3:01.1	2:59.7	3:03.7	3:02.2	2:46.2	2:44.7	2:43.3
3:04.5	3:03.1	3:01.6	3:00.2	3:04.2	3:02.7	2:46.6	2:45.2	2:43.7
3:05.0	3:03.6	3:02.1	3:00.7	3:04.7	3:03.2	2:47.1	2:45.6	2:44.2
3:05.5	3:04.1	3:02.6	3:01.2	3:05.2	3:03.7	2:47.5	2:46.1	2:44.7
3:06.0	3:04.6	3:03.1	3:01.7	3:05.7	3:04.3	2:48.0	2:46.6	2:45.1
3:06.5	3:05.1	3:03.6	3:02.2	3:06.2	3:04.8	2:48.5	2:47.0	2:45.6
3:07.0	3:05.6	3:04.2	3:02.7	3:06.7	3:05.3	2:48.9	2:47.5	2:46.1
3:07.5	3:06.1	3:04.7	3:03.2	3:07.2	3:05.8	2:49.4	2:48.0	2:46.5
3:08.0	3:06.6	3:05.2	3:03.7	3:07.7	3:06.3	2:49.8	2:48.4	2:47.0
3:08.5	3:07.1	3:05.7	3:04.3	3:08.2	3:06.8	2:50.3	2:48.9	2:47.5
3:09.0	3:07.6	3:06.2	3:04.8	3:08.7	3:07.3	2:50.8	2:49.4	2:47.9
3:09.5	3:08.1	3:06.7	3:05.3	3:09.2	3:07.8	2:51.2	2:49.8	2:48.4
3:10.0	3:08.6	3:07.2	3:05.8	3:09.7	3:08.3	2:51.7	2:50.3	2:48.9
3:10.5	3:09.1	3:07.7	3:06.3	3:10.3	3:08.9	2:52.1	2:50.7	2:49.3
3:11.0	3:09.6	3:08.2	3:06.8	3:10.8	3:09.4	2:52.6	2:51.2	2:49.8
3:11.5	3:10.1	3:08.7	3:07.3	3:11.3	3:09.9	2:53.1	2:51.7	2:50.3
3:12.0	3:10.6	3:09.2	3:07.8	3:11.8	3:10.4	2:53.5	2:52.1	2:50.7
3:12.5	3:11.1	3:09.7	3:08.3	3:12.3	3:10.9	2:54.0	2:52.6	2:51.2
3:13.0	3:11.6	3:10.2	3:08.9	3:12.8	3:11.4	2:54.4	2:53.1	2:51.7
3:13.5	3:12.1	3:10.7	3:09.4	3:13.3	3:11.9	2:54.9	2:53.5	2:52.1
3:14.0	3:12.6	3:11.3	3:09.9	3:13.8	3:12.4	2:55.4	2:54.0	2:52.6
3:14.5	3:13.1	3:11.8	3:10.4	3:14.3	3:12.9	2:55.8	2:54.4	2:53.1
3:15.0	3:13.6	3:12.3	3:10.9	3:14.8	3:13.4	2:56.3	2:54.9	2:53.5
3:15.5	3:14.1	3:12.8	3:11.4	3:15.3	3:14.0	2:56.7	2:55.4	2:54.0
3:16.0	3:14.6	3:13.3	3:11.9	3:15.8	3:14.5	2:57.2	2:55.8	2:54.5
3:16.5	3:15.1	3:13.8	3:12.4	3:16.3	3:15.0	2:57.6	2:56.3	2:54.9
3:17.0	3:15.6	3:14.3	3:12.9	3:16.8	3:15.5	2:58.1	2:56.8	2:55.4
3:17.5	3:16.2	3:14.8	3:13.5	3:17.3	3:16.0	2:58.6	2:57.2	2:55.9
3:18.0	3:16.7	3:15.3	3:14.0	3:17.9	3:16.5	2:59.0	2:57.7	2:56.3
3:18.5	3:17.2	3:15.8	3:14.5	3:18.4	3:17.0	2:59.5	2:58.1	2:56.8
3:19.0	3:17.7	3:16.3	3:15.0	3:18.9	3:17.5	2:59.9	2:58.6	2:57.3
3:19.5	3:18.2	3:16.8	3:15.5	3:19.4	3:18.0	3:00.4	2:59.1	2:57.7
3:20.0	3:18.7	3:17.3	3:16.0	3:19.9	3:18.5	3:00.9	2:59.5	2:58.2
3:20.5	3:19.2	3:17.8	3:16.5	3:20.4	3:19.1	3:01.3	3:00.0	2:58.7
3:21.0	3:19.7	3:18.3	3:17.0	3:20.9	3:19.6	3:01.8	3:00.5	2:59.1
3:21.5	3:20.2	3:18.9	3:17.5	3:21.4	3:20.1	3:02.2	3:00.9	2:59.6
3:22.0	3:20.7	3:19.4	3:18.0	3:21.9	3:20.6	3:02.7	3:01.4	3:00.1
3:22.5	3:21.2	3:19.9	3:18.6	3:22.4	3:21.1	3:03.2	3:01.8	3:00.5
3:23.0	3:21.7	3:20.4	3:19.1	3:22.9	3:21.6	3:03.6	3:02.3	3:01.0
3:23.5	3:22.2	3:20.9	3:19.6	3:23.4	3:22.1	3:04.1	3:02.8	3:01.5
3:24.0	3:22.7	3:21.4	3:20.1	3:23.9	3:22.6	3:04.5	3:03.2	3:01.9
3:24.5	3:23.2	3:21.9	3:20.6	3:24.4	3:23.1	3:05.0	3:03.7	3:02.4
3:25.0	3:23.7	3:22.4	3:21.1	3:24.9	3:23.6	3:05.4	3:04.1	3:02.9
3:25.5	3:24.2	3:22.9	3:21.6	3:25.4	3:24.1	3:05.9	3:04.6	3:03.3
3:26.0	3:24.7	3:23.4	3:22.1	3:26.0	3:24.7	3:06.4	3:05.1	3:03.8
3:26.5	3:25.2	3:23.9	3:22.6	3:26.5	3:25.2	3:06.8	3:05.5	3:04.2
3:27.0	3:25.7	3:24.4	3:23.1	3:27.0	3:25.7	3:07.3	3:06.0	3:04.7

200/220 BREAST STROKE

200 Metres				220 Yards		200 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
3:27.5	3:26.2	3:24.9	3:23.6	3:27.5	3:26.2	3:07.7	3:06.5	3:05.2
3:28.0	3:26.7	3:25.4	3:24.2	3:28.0	3:26.7	3:08.2	3:06.9	3:05.6
3:28.5	3:27.2	3:25.9	3:24.7	3:28.5	3:27.2	3:08.7	3:07.4	3:06.1
3:29.0	3:27.7	3:26.5	3:25.2	3:29.0	3:27.7	3:09.1	3:07.8	3:06.6
3:29.5	3:28.2	3:27.0	3:25.7	3:29.5	3:28.2	3:09.6	3:08.3	3:07.0
3:30.0	3:28.7	3:27.5	3:26.2	3:30.0	3:28.7	3:10.0	3:08.8	3:07.5
3:30.5	3:29.2	3:28.0	3:26.7	3:30.5	3:29.2	3:10.5	3:09.2	3:08.0
3:31.0	3:29.7	3:28.5	3:27.2	3:31.0	3:29.7	3:11.0	3:09.7	3:08.4
3:31.5	3:30.2	3:29.0	3:27.7	3:31.5	3:30.3	3:11.4	3:10.2	3:08.9
3:32.0	3:30.7	3:29.5	3:28.2	3:32.0	3:30.8	3:11.9	3:10.6	3:09.4
3:32.5	3:31.2	3:30.0	3:28.7	3:32.5	3:31.3	3:12.3	3:11.1	3:09.8
3:33.0	3:31.7	3:30.5	3:29.2	3:33.0	3:31.8	3:12.8	3:11.5	3:10.3
3:33.5	3:32.3	3:31.0	3:29.8	3:33.5	3:32.3	3:13.2	3:12.0	3:10.7
3:34.0	3:32.8	3:31.5	3:30.3	3:34.0	3:32.8	3:13.7	3:12.5	3:11.2
3:34.5	3:33.3	3:32.0	3:30.8	3:34.6	3:33.3	3:14.2	3:12.9	3:11.7
3:35.0	3:33.8	3:32.5	3:31.3	3:35.1	3:33.8	3:14.6	3:13.4	3:12.1
3:35.5	3:34.3	3:33.0	3:31.8	3:35.6	3:34.3	3:15.1	3:13.8	3:12.6
3:36.0	3:34.8	3:33.5	3:32.3	3:36.1	3:34.8	3:15.5	3:14.3	3:13.1
3:36.5	3:35.3	3:34.0	3:32.8	3:36.6	3:35.3	3:16.0	3:14.8	3:13.5
3:37.0	3:35.8	3:34.5	3:33.3	3:37.1	3:35.9	3:16.5	3:15.2	3:14.0
3:37.5	3:36.3	3:35.1	3:33.8	3:37.6	3:36.4	3:16.9	3:15.7	3:14.5
3:38.0	3:36.8	3:35.6	3:34.3	3:38.1	3:36.9	3:17.4	3:16.1	3:14.9
3:38.5	3:37.3	3:36.1	3:34.8	3:38.6	3:37.4	3:17.8	3:16.6	3:15.4
3:39.0	3:37.8	3:36.6	3:35.4	3:39.1	3:37.9	3:18.3	3:17.1	3:15.9
3:39.5	3:38.3	3:37.1	3:35.9	3:39.6	3:38.4	3:18.7	3:17.5	3:16.3
3:40.0	3:38.8	3:37.6	3:36.4	3:40.1	3:38.9	3:19.2	3:18.0	3:16.8
3:41.0	3:39.8	3:38.6	3:37.4	3:41.1	3:39.9	3:20.1	3:18.9	3:17.7
3:42.0	3:40.8	3:39.6	3:38.4	3:42.1	3:40.9	3:21.0	3:19.8	3:18.6
3:43.0	3:41.8	3:40.6	3:39.4	3:43.2	3:42.0	3:22.0	3:20.8	3:19.6
3:44.0	3:42.8	3:41.6	3:40.4	3:44.2	3:43.0	3:22.9	3:21.7	3:20.5
3:45.0	3:43.8	3:42.6	3:41.4	3:45.2	3:44.0	3:23.8	3:22.6	3:21.4
3:46.0	3:44.8	3:43.6	3:42.5	3:46.2	3:45.0	3:24.7	3:23.5	3:22.3
3:47.0	3:45.8	3:44.7	3:43.5	3:47.2	3:46.0	3:25.6	3:24.4	3:23.3
3:48.0	3:46.8	3:45.7	3:44.5	3:48.2	3:47.0	3:26.5	3:25.4	3:24.2
3:49.0	3:47.8	3:46.7	3:45.5	3:49.2	3:48.1	3:27.4	3:26.3	3:25.1
3:50.0	3:48.8	3:47.7	3:46.5	3:50.2	3:49.1	3:28.4	3:27.2	3:26.0
3:51.0	3:49.8	3:48.7	3:47.5	3:51.2	3:50.1	3:29.3	3:28.1	3:27.0
3:52.0	3:50.9	3:49.7	3:48.6	3:52.3	3:51.1	3:30.2	3:29.0	3:27.9
3:53.0	3:51.9	3:50.7	3:49.6	3:53.3	3:52.1	3:31.1	3:30.0	3:28.8
3:54.0	3:52.9	3:51.7	3:50.6	3:54.3	3:53.1	3:32.0	3:30.9	3:29.8
3:55.0	3:53.9	3:52.7	3:51.6	3:55.3	3:54.2	3:32.9	3:31.8	3:30.7
3:56.0	3:54.9	3:53.7	3:52.6	3:56.3	3:55.2	3:33.9	3:32.7	3:31.6
3:40.0	3:38.8	3:37.6	3:36.4	3:40.1	3:38.9	3:19.2	3:18.0	3:16.8
3:41.0	3:39.8	3:38.6	3:37.4	3:41.1	3:39.9	3:20.1	3:18.9	3:17.7
3:42.0	3:40.8	3:39.6	3:38.4	3:42.1	3:40.9	3:21.0	3:19.8	3:18.6
3:43.0	3:41.8	3:40.6	3:39.4	3:43.2	3:42.0	3:22.0	3:20.8	3:19.6
3:44.0	3:42.8	3:41.6	3:40.4	3:44.2	3:43.0	3:22.9	3:21.7	3:20.5
3:45.0	3:43.8	3:42.6	3:41.4	3:45.2	3:44.0	3:23.8	3:22.6	3:21.4
3:46.0	3:44.8	3:43.6	3:42.5	3:46.2	3:45.0	3:24.7	3:23.5	3:22.3
3:47.0	3:45.8	3:44.7	3:43.5	3:47.2	3:46.0	3:25.6	3:24.4	3:23.3
3:48.0	3:46.8	3:45.7	3:44.5	3:48.2	3:47.0	3:26.5	3:25.4	3:24.2
3:49.0	3:47.8	3:46.7	3:45.5	3:49.2	3:48.1	3:27.4	3:26.3	3:25.1
3:50.0	3:48.8	3:47.7	3:46.5	3:50.2	3:49.1	3:28.4	3:27.2	3:26.0
3:51.0	3:49.8	3:48.7	3:47.5	3:51.2	3:50.1	3:29.3	3:28.1	3:27.0
3:52.0	3:50.9	3:49.7	3:48.6	3:52.3	3:51.1	3:30.2	3:29.0	3:27.9
3:53.0	3:51.9	3:50.7	3:49.6	3:53.3	3:52.1	3:31.1	3:30.0	3:28.8
3:54.0	3:52.9	3:51.7	3:50.6	3:54.3	3:53.1	3:32.0	3:30.9	3:29.8
3:55.0	3:53.9	3:52.7	3:51.6	3:55.3	3:54.2	3:32.9	3:31.8	3:30.7
3:56.0	3:54.9	3:53.7	3:52.6	3:56.3	3:55.2	3:33.9	3:32.7	3:31.6
3:40.0	3:38.8	3:37.6	3:36.4	3:40.1	3:38.9	3:19.2	3:18.0	3:16.8
3:41.0	3:39.8	3:38.6	3:37.4	3:41.1	3:39.9	3:20.1	3:18.9	3:17.7
3:42.0	3:40.8	3:39.6	3:38.4	3:42.1	3:40.9	3:21.0	3:19.8	3:18.6
3:43.0	3:41.8	3:40.6	3:39.4	3:43.2	3:42.0	3:22.0	3:20.8	3:19.6
3:44.0	3:42.8	3:41.6	3:40.4	3:44.2	3:43.0	3:22.9	3:21.7	3:20.5
3:45.0	3:43.8	3:42.6	3:41.4	3:45.2	3:44.0	3:23.8	3:22.6	3:21.4
3:46.0	3:44.8	3:43.6	3:42.5	3:46.2	3:45.0	3:24.7	3:23.5	3:22.3
3:47.0	3:45.8	3:44.7	3:43.5	3:47.2	3:46.0	3:25.6	3:24.4	3:23.3
3:48.0	3:46.8	3:45.7	3:44.5	3:48.2	3:47.0	3:26.5	3:25.4	3:24.2
3:49.0	3:47.8	3:46.7	3:45.5	3:49.2	3:48.1	3:27.4	3:26.3	3:25.1
3:50.0	3:48.8	3:47.7	3:46.5	3:50.2	3:49.1	3:28.4	3:27.2	3:26.0
3:51.0	3:49.8	3:48.7	3:47.5	3:51.2	3:50.1	3:29.3	3:28.1	3:27.0
3:52.0	3:50.9	3:49.7	3:48.6	3:52.3	3:51.1	3:30.2	3:29.0	3:27.9

200/220 BREAST STROKE

200 Metres				220 Yards		200 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
3:53.0	3:51.9	3:50.7	3:49.6	3:53.3	3:52.1	3:31.1	3:30.0	3:28.8
3:54.0	3:52.9	3:51.7	3:50.6	3:54.3	3:53.1	3:32.0	3:30.9	3:29.8
3:55.0	3:53.9	3:52.7	3:51.6	3:55.3	3:54.2	3:32.9	3:31.8	3:30.7
3:56.0	3:54.9	3:53.7	3:52.6	3:56.3	3:55.2	3:33.9	3:32.7	3:31.6
3:57.0	3:55.9	3:54.8	3:53.6	3:57.3	3:56.2	3:34.8	3:33.7	3:32.5
3:58.0	3:56.9	3:55.8	3:54.6	3:58.3	3:57.2	3:35.7	3:34.6	3:33.5
3:59.0	3:57.9	3:56.8	3:55.7	3:59.3	3:58.2	3:36.6	3:35.5	3:34.4
4:00.0	3:58.9	3:57.8	3:56.7	4:00.3	3:59.2	3:37.5	3:36.4	3:35.3
4:01.0	3:59.9	3:58.8	3:57.7	4:01.4	4:00.2	3:38.4	3:37.3	3:36.2
4:02.0	4:00.9	3:59.8	3:58.7	4:02.4	4:01.3	3:39.4	3:38.3	3:37.2
4:03.0	4:01.9	4:00.8	3:59.7	4:03.4	4:02.3	3:40.3	3:39.2	3:38.1
4:04.0	4:02.9	4:01.8	4:00.7	4:04.4	4:03.3	3:41.2	3:40.1	3:39.0
4:05.0	4:03.9	4:02.8	4:01.7	4:05.4	4:04.3	3:42.1	3:41.0	3:39.9
4:06.0	4:04.9	4:03.8	4:02.8	4:06.4	4:05.3	3:43.0	3:41.9	3:40.8
4:07.0	4:05.9	4:04.8	4:03.8	4:07.4	4:06.3	3:43.9	3:42.9	3:41.8
4:08.0	4:06.9	4:05.9	4:04.8	4:08.4	4:07.3	3:44.8	3:43.8	3:42.7
4:09.0	4:07.9	4:06.9	4:05.8	4:09.4	4:08.4	3:45.8	3:44.7	3:43.6
4:10.0	4:08.9	4:07.9	4:06.8	4:10.4	4:09.4	3:46.7	3:45.6	3:44.5
4:11.0	4:09.9	4:08.9	4:07.8	4:11.5	4:10.4	3:47.6	3:46.5	3:45.5
4:12.0	4:10.9	4:09.9	4:08.8	4:12.5	4:11.4	3:48.5	3:47.5	3:46.4
4:13.0	4:11.9	4:10.9	4:09.8	4:13.5	4:12.4	3:49.4	3:48.4	3:47.3
4:14.0	4:13.0	4:11.9	4:10.9	4:14.5	4:13.4	3:50.3	3:49.3	3:48.2
4:15.0	4:14.0	4:12.9	4:11.9	4:15.5	4:14.5	3:51.3	3:50.2	3:49.2
4:16.0	4:15.0	4:13.9	4:12.9	4:16.5	4:15.5	3:52.2	3:51.1	3:50.1
4:17.0	4:16.0	4:14.9	4:13.9	4:17.5	4:16.5	3:53.1	3:52.0	3:51.0
4:18.0	4:17.0	4:15.9	4:14.9	4:18.5	4:17.5	3:54.0	3:53.0	3:51.9
4:19.0	4:18.0	4:16.9	4:15.9	4:19.5	4:18.5	3:54.9	3:53.9	3:52.9
4:20.0	4:19.0	4:18.0	4:16.9	4:20.5	4:19.5	3:55.8	3:54.8	3:53.8
4:21.0	4:20.0	4:19.0	4:17.9	4:21.6	4:20.5	3:56.7	3:55.7	3:54.7
4:22.0	4:21.0	4:20.0	4:18.9	4:22.6	4:21.5	3:57.7	3:56.6	3:55.6
4:23.0	4:22.0	4:21.0	4:20.0	4:23.6	4:22.6	3:58.6	3:57.6	3:56.5
4:24.0	4:23.0	4:22.0	4:21.0	4:24.6	4:23.6	3:59.5	3:58.5	3:57.5
4:25.0	4:24.0	4:23.0	4:22.0	4:25.6	4:24.6	4:00.4	3:59.4	3:58.4
4:26.0	4:25.0	4:24.0	4:23.0	4:26.6	4:25.6	4:01.3	4:00.3	3:59.3
4:27.0	4:26.0	4:25.0	4:24.0	4:27.6	4:26.6	4:02.2	4:01.2	4:00.2
4:28.0	4:27.0	4:26.0	4:25.0	4:28.6	4:27.6	4:03.1	4:02.2	4:01.2
4:29.0	4:28.0	4:27.0	4:26.0	4:29.6	4:28.6	4:04.1	4:03.1	4:02.1

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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

200/220 BREAST STROKE

200 Metres				220 Yards		200 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