

400/440 FREESTYLE

400 Metres				440 Yards		400 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
3:46.0	3:42.9	3:39.7	3:36.6	3:44.2	3:41.1	3:23.0	3:19.8	3:16.7
3:46.5	3:43.4	3:40.3	3:37.1	3:44.7	3:41.6	3:23.4	3:20.3	3:17.2
3:47.0	3:43.9	3:40.8	3:37.6	3:45.3	3:42.1	3:23.9	3:20.8	3:17.7
3:47.5	3:44.4	3:41.3	3:38.2	3:45.8	3:42.7	3:24.4	3:21.3	3:18.1
3:48.0	3:44.9	3:41.8	3:38.7	3:46.3	3:43.2	3:24.8	3:21.7	3:18.6
3:48.5	3:45.4	3:42.3	3:39.2	3:46.8	3:43.7	3:25.3	3:22.7	3:19.1
3:49.0	3:45.9	3:42.8	3:39.7	3:47.3	3:44.2	3:25.8	3:22.7	3:19.6
3:49.5	3:46.4	3:43.3	3:40.2	3:47.8	3:44.7	3:26.2	3:23.1	3:20.0
3:50.0	3:46.9	3:43.8	3:40.8	3:48.3	3:45.2	3:26.7	3:23.6	3:20.5
3:50.5	3:47.4	3:44.4	3:41.3	3:48.8	3:45.8	3:27.1	3:24.1	3:21.0
3:51.0	3:47.9	3:44.9	3:41.8	3:49.3	3:46.3	3:27.6	3:24.5	3:21.5
3:51.5	3:48.4	3:45.4	3:42.3	3:49.8	3:46.8	3:28.1	3:25.0	3:21.9
3:52.0	3:48.9	3:45.9	3:42.8	3:50.4	3:47.3	3:28.5	3:25.5	3:22.4
3:52.5	3:49.5	3:46.4	3:43.4	3:50.9	3:47.8	3:29.0	3:25.9	3:22.9
3:53.0	3:50.0	3:46.9	3:43.9	3:51.4	3:48.3	3:29.5	3:26.4	3:23.4
3:53.5	3:50.5	3:47.4	3:44.4	3:51.9	3:48.8	3:29.9	3:26.9	3:23.9
3:54.0	3:51.0	3:48.0	3:44.9	3:52.4	3:49.4	3:30.4	3:27.4	3:24.3
3:54.5	3:51.5	3:48.5	3:45.4	3:52.9	3:49.9	3:30.8	3:27.8	3:24.8
3:55.0	3:52.0	3:49.0	3:46.0	3:53.4	3:50.4	3:31.3	3:28.3	3:25.3
3:55.5	3:52.5	3:49.5	3:46.5	3:53.9	3:50.9	3:31.8	3:28.8	3:25.8
3:56.0	3:53.0	3:50.0	3:47.0	3:54.4	3:51.4	3:32.2	3:29.2	3:26.2
3:56.5	3:53.5	3:50.5	3:47.5	3:54.9	3:51.9	3:32.7	3:29.7	3:26.7
3:57.0	3:54.0	3:51.0	3:48.0	3:55.4	3:52.5	3:33.2	3:30.2	3:27.2
3:57.5	3:54.5	3:51.5	3:48.6	3:56.0	3:53.0	3:33.6	3:30.6	3:27.7
3:58.0	3:55.0	3:52.1	3:49.1	3:56.5	3:53.5	3:34.1	3:31.1	3:28.1
3:58.5	3:55.5	3:52.6	3:49.6	3:57.0	3:54.0	3:34.5	3:31.6	3:28.6
3:59.0	3:56.0	3:53.1	3:50.1	3:57.5	3:54.5	3:35.0	3:32.0	3:29.1
3:59.5	3:56.5	3:53.6	3:50.6	3:58.0	3:55.0	3:35.5	3:32.5	3:29.6
4:00.0	3:57.1	3:54.1	3:51.2	3:58.5	3:55.6	3:35.9	3:33.0	3:30.0
4:00.5	3:57.6	3:54.6	3:51.7	3:59.0	3:56.1	3:36.4	3:33.4	3:30.5
4:01.0	3:58.1	3:55.1	3:52.2	3:59.5	3:56.6	3:36.8	3:33.9	3:31.0
4:01.5	3:58.6	3:55.6	3:52.7	4:00.0	3:57.1	3:37.3	3:34.4	3:31.4
4:02.0	3:59.1	3:56.2	3:53.2	4:00.5	3:57.6	3:37.8	3:34.8	3:31.9
4:02.5	3:59.6	3:56.7	3:53.7	4:01.0	3:58.1	3:38.2	3:35.3	3:32.4
4:03.0	4:00.1	3:57.2	3:54.3	4:01.6	3:58.6	3:38.7	3:35.8	3:32.9
4:03.5	4:00.6	3:57.7	3:54.8	4:02.1	3:59.2	3:39.2	3:36.3	3:33.3
4:04.0	4:01.1	3:58.2	3:55.3	4:02.6	3:59.7	3:39.6	3:36.7	3:33.8
4:04.5	4:01.6	3:58.7	3:55.8	4:03.1	4:00.2	3:40.1	3:37.2	3:34.3
4:05.0	4:02.1	3:59.2	3:56.3	4:03.6	4:00.7	3:40.5	3:37.7	3:34.8
4:05.5	4:02.6	3:59.7	3:56.9	4:04.1	4:01.2	3:41.0	3:38.1	3:35.2
4:06.0	4:03.1	4:00.2	3:57.4	4:04.6	4:01.7	3:41.5	3:38.6	3:35.7
4:06.5	4:03.6	4:00.8	3:57.9	4:05.1	4:02.2	3:41.9	3:39.1	3:36.2
4:07.0	4:04.1	4:01.3	3:58.4	4:05.6	4:02.8	3:42.4	3:39.5	3:36.7
4:07.5	4:04.6	4:01.8	3:58.9	4:06.1	4:03.3	3:42.9	3:40.0	3:37.1
4:08.0	4:05.1	4:02.3	3:59.4	4:06.6	4:03.8	3:43.3	3:40.5	3:37.6
4:08.5	4:05.7	4:02.8	4:00.0	4:07.2	4:04.3	3:43.8	3:40.9	3:38.1
4:09.0	4:06.2	4:03.3	4:00.5	4:07.7	4:04.8	3:44.2	3:41.4	3:38.6
4:09.5	4:06.7	4:03.8	4:01.0	4:08.2	4:05.3	3:44.7	3:41.9	3:39.0
4:10.0	4:07.2	4:04.3	4:01.5	4:08.7	4:05.8	3:45.2	3:42.3	3:39.5

400/440 FREESTYLE

400 Metres				440 Yards		400 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
4:10.5	4:07.7	4:04.8	4:02.0	4:09.2	4:06.4	3:45.6	3:42.8	3:40.0
4:11.0	4:08.2	4:05.4	4:02.5	4:09.7	4:06.9	3:46.1	3:43.3	3:40.4
4:11.5	4:08.7	4:05.9	4:03.1	4:10.2	4:07.4	3:46.5	3:43.7	3:40.9
4:12.0	4:09.2	4:06.4	4:03.6	4:10.7	4:07.9	3:47.0	3:44.2	3:41.4
4:12.5	4:09.7	4:06.9	4:04.1	4:11.2	4:08.4	3:47.5	3:44.7	3:41.9
4:13.0	4:10.2	4:07.4	4:04.6	4:11.7	4:08.9	3:47.9	3:45.1	3:42.3
4:13.5	4:10.7	4:07.9	4:05.1	4:12.2	4:09.4	3:48.4	3:45.6	3:42.8
4:14.0	4:11.2	4:08.4	4:05.6	4:12.7	4:10.0	3:48.9	3:46.1	3:43.3
4:14.5	4:11.7	4:08.9	4:06.2	4:13.3	4:10.5	3:49.3	3:46.5	3:43.8
4:15.0	4:12.2	4:09.4	4:06.7	4:13.8	4:11.0	3:49.8	3:47.0	3:44.2
4:15.5	4:12.7	4:10.0	4:07.2	4:14.3	4:11.5	3:50.2	3:47.5	3:44.7
4:16.0	4:13.2	4:10.5	4:07.7	4:14.8	4:12.0	3:50.7	3:47.9	3:45.2
4:16.5	4:13.7	4:11.0	4:08.2	4:15.3	4:12.5	3:51.2	3:48.4	3:45.6
4:17.0	4:14.2	4:11.5	4:08.7	4:15.8	4:13.0	3:51.6	3:48.9	3:46.1
4:17.5	4:14.8	4:12.0	4:09.3	4:16.3	4:13.6	3:52.1	3:49.3	3:46.6
4:18.0	4:15.3	4:12.5	4:09.8	4:16.8	4:14.1	3:52.5	3:49.8	3:47.1
4:18.5	4:15.8	4:13.0	4:10.3	4:17.3	4:14.6	3:53.0	3:50.3	3:47.5
4:19.0	4:16.3	4:13.5	4:10.8	4:17.8	4:15.1	3:53.5	3:50.7	3:48.0
4:19.5	4:16.8	4:14.0	4:11.3	4:18.3	4:15.6	3:53.9	3:51.2	3:48.5
4:20.0	4:17.3	4:14.6	4:11.8	4:18.8	4:16.1	3:54.4	3:51.7	3:48.9
4:20.5	4:17.8	4:15.1	4:12.3	4:19.4	4:16.6	3:54.9	3:52.1	3:49.4
4:21.0	4:18.3	4:15.6	4:12.9	4:19.9	4:17.2	3:55.3	3:52.6	3:49.9
4:21.5	4:18.8	4:16.1	4:13.4	4:20.4	4:17.7	3:55.8	3:53.1	3:50.4
4:22.0	4:19.3	4:16.6	4:13.9	4:20.9	4:18.2	3:56.2	3:53.5	3:50.8
4:22.5	4:19.8	4:17.1	4:14.4	4:21.4	4:18.7	3:56.7	3:54.0	3:51.3
4:23.0	4:20.3	4:17.6	4:14.9	4:21.9	4:19.2	3:57.2	3:54.5	3:51.8
4:23.5	4:20.8	4:18.1	4:15.4	4:22.4	4:19.7	3:57.6	3:54.9	3:52.2
4:24.0	4:21.3	4:18.6	4:16.0	4:22.9	4:20.2	3:58.1	3:55.4	3:52.7
4:24.5	4:21.8	4:19.1	4:16.5	4:23.4	4:20.7	3:58.5	3:55.9	3:53.2
4:25.0	4:22.3	4:19.7	4:17.0	4:23.9	4:21.3	3:59.0	3:56.3	3:53.7
4:25.5	4:22.8	4:20.2	4:17.5	4:24.4	4:21.8	3:59.5	3:56.8	3:54.1
4:26.0	4:23.3	4:20.7	4:18.0	4:24.9	4:22.3	3:59.9	3:57.3	3:54.6
4:26.5	4:23.8	4:21.2	4:18.5	4:25.5	4:22.8	4:00.4	3:57.7	3:55.1
4:27.0	4:24.3	4:21.7	4:19.0	4:26.0	4:23.3	4:00.8	3:58.2	3:55.5
4:27.5	4:24.9	4:22.2	4:19.6	4:26.5	4:23.8	4:01.3	3:58.7	3:56.0
4:28.0	4:25.4	4:22.7	4:20.1	4:27.0	4:24.3	4:01.8	3:59.1	3:56.5
4:28.5	4:25.9	4:23.2	4:20.6	4:27.5	4:24.9	4:02.2	3:59.6	3:57.0
4:29.0	4:26.4	4:23.7	4:21.1	4:28.0	4:25.4	4:02.7	4:00.1	3:57.4
4:29.5	4:26.9	4:24.2	4:21.6	4:28.5	4:25.9	4:03.1	4:00.5	3:57.9
4:30.0	4:27.4	4:24.8	4:22.1	4:29.0	4:26.4	4:03.6	4:01.0	3:58.4
4:30.5	4:27.9	4:25.3	4:22.7	4:29.5	4:26.9	4:04.1	4:01.5	3:58.8
4:31.0	4:28.4	4:25.8	4:23.2	4:30.0	4:27.4	4:04.5	4:01.9	3:59.3
4:31.5	4:28.9	4:26.3	4:23.7	4:30.5	4:27.9	4:05.0	4:02.4	3:59.8
4:32.0	4:29.4	4:26.8	4:24.2	4:31.0	4:28.4	4:05.5	4:02.9	4:00.3
4:32.5	4:29.9	4:27.3	4:24.7	4:31.5	4:29.0	4:05.9	4:03.3	4:00.7
4:33.0	4:30.4	4:27.8	4:25.2	4:32.1	4:29.5	4:06.4	4:03.8	4:01.2
4:33.5	4:30.9	4:28.3	4:25.7	4:32.6	4:30.0	4:06.8	4:04.2	4:01.7
4:34.0	4:31.4	4:28.8	4:26.3	4:33.1	4:30.5	4:07.3	4:04.7	4:02.1
4:34.5	4:31.9	4:29.3	4:26.8	4:33.6	4:31.0	4:07.8	4:05.2	4:02.6
4:35.0	4:32.4	4:29.9	4:27.3	4:34.1	4:31.5	4:08.2	4:05.6	4:03.1

400/440 FREESTYLE

400 Metres				440 Yards		400 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
4:35.5	4:32.9	4:30.4	4:27.8	4:34.6	4:32.0	4:08.7	4:06.1	4:03.5
4:36.0	4:33.4	4:30.9	4:28.3	4:35.1	4:32.5	4:09.1	4:06.6	4:04.0
4:36.5	4:33.9	4:31.4	4:28.8	4:35.6	4:33.1	4:09.6	4:07.0	4:04.5
4:37.0	4:34.4	4:31.9	4:29.3	4:36.1	4:33.6	4:10.1	4:07.5	4:05.0
4:37.5	4:34.9	4:32.4	4:29.8	4:36.6	4:34.1	4:10.5	4:08.0	4:05.4
4:38.0	4:35.5	4:32.9	4:30.4	4:37.1	4:34.6	4:11.0	4:08.4	4:05.9
4:38.5	4:36.0	4:33.4	4:30.9	4:37.6	4:35.1	4:11.4	4:08.9	4:06.4
4:39.0	4:36.5	4:33.9	4:31.4	4:38.1	4:35.6	4:11.9	4:09.4	4:06.8
4:39.5	4:37.0	4:34.4	4:31.9	4:38.7	4:36.1	4:12.4	4:09.8	4:07.3
4:40.0	4:37.5	4:34.9	4:32.4	4:39.2	4:36.6	4:12.8	4:10.3	4:07.8
4:40.5	4:38.0	4:35.5	4:32.9	4:39.7	4:37.1	4:13.3	4:10.8	4:08.2
4:41.0	4:38.5	4:36.0	4:33.4	4:40.2	4:37.7	4:13.7	4:11.2	4:08.7
4:41.5	4:39.0	4:36.5	4:34.0	4:40.7	4:38.2	4:14.2	4:11.7	4:09.2
4:42.0	4:39.5	4:37.0	4:34.5	4:41.2	4:38.7	4:14.7	4:12.2	4:09.6
4:42.5	4:40.0	4:37.5	4:35.0	4:41.7	4:39.2	4:15.1	4:12.6	4:10.1
4:43.0	4:40.5	4:38.0	4:35.5	4:42.2	4:39.7	4:15.6	4:13.1	4:10.6
4:43.5	4:41.0	4:38.5	4:36.0	4:42.7	4:40.2	4:16.0	4:13.6	4:11.1
4:44.0	4:41.5	4:39.0	4:36.5	4:43.2	4:40.7	4:16.5	4:14.0	4:11.5
4:44.5	4:42.0	4:39.5	4:37.0	4:43.7	4:41.2	4:17.0	4:14.5	4:12.0
4:45.0	4:42.5	4:40.0	4:37.6	4:44.2	4:41.8	4:17.4	4:14.9	4:12.5
4:45.5	4:43.0	4:40.5	4:38.1	4:44.7	4:42.3	4:17.9	4:15.4	4:12.9
4:46.0	4:43.5	4:41.1	4:38.6	4:45.3	4:42.8	4:18.3	4:15.9	4:13.4
4:47.0	4:44.5	4:42.1	4:39.6	4:46.3	4:43.8	4:19.3	4:16.8	4:14.3
4:48.0	4:45.5	4:43.1	4:40.6	4:47.3	4:44.8	4:20.2	4:17.7	4:15.3
4:49.0	4:46.6	4:44.1	4:41.7	4:48.3	4:45.8	4:21.1	4:18.7	4:16.2
4:50.0	4:47.6	4:45.1	4:42.7	4:49.3	4:46.9	4:22.0	4:19.6	4:17.1
4:51.0	4:48.6	4:46.1	4:43.7	4:50.3	4:47.9	4:23.0	4:20.5	4:18.1
4:52.0	4:49.6	4:47.2	4:44.7	4:51.3	4:48.9	4:23.9	4:21.4	4:19.0
4:53.0	4:50.6	4:48.2	4:45.8	4:52.4	4:49.9	4:24.8	4:22.4	4:20.0
4:54.0	4:51.6	4:49.2	4:46.8	4:53.4	4:51.0	4:25.7	4:23.3	4:20.9
4:55.0	4:52.6	4:50.2	4:47.8	4:54.4	4:52.0	4:26.6	4:24.2	4:21.8
4:56.0	4:53.6	4:51.2	4:48.8	4:55.4	4:53.0	4:27.6	4:25.2	4:22.8
4:57.0	4:54.6	4:52.2	4:49.9	4:56.4	4:54.0	4:28.5	4:26.1	4:23.7
4:58.0	4:55.6	4:53.3	4:50.9	4:57.4	4:55.1	4:29.4	4:27.0	4:24.6
4:59.0	4:56.6	4:54.3	4:51.9	4:58.4	4:56.1	4:30.3	4:27.9	4:25.6
5:00.0	4:57.6	4:55.3	4:52.9	4:59.5	4:57.1	4:31.2	4:28.9	4:26.5
5:01.0	4:58.6	4:56.3	4:53.9	5:00.5	4:58.1	4:32.2	4:29.8	4:27.4
5:02.0	4:59.7	4:57.3	4:55.0	5:01.5	4:59.1	4:33.1	4:30.7	4:28.4
5:03.0	5:00.7	4:58.3	4:56.0	5:02.5	5:00.2	4:34.0	4:31.7	4:29.3
5:04.0	5:01.7	4:59.3	4:57.0	5:03.5	5:01.2	4:34.9	4:32.6	4:30.3
5:05.0	5:02.7	5:00.4	4:58.0	5:04.5	5:02.2	4:35.8	4:33.5	4:31.2
5:06.0	5:03.7	5:01.4	4:59.1	5:05.5	5:03.2	4:36.7	4:34.4	4:32.1
5:07.0	5:04.7	5:02.4	5:00.1	5:06.5	5:04.2	4:37.7	4:35.4	4:33.1
5:08.0	5:05.7	5:03.4	5:01.1	5:07.6	5:05.3	4:38.6	4:36.3	4:34.0
5:09.0	5:06.7	5:04.4	5:02.1	5:08.6	5:06.3	4:39.5	4:37.2	4:34.9
5:10.0	5:07.7	5:05.4	5:03.2	5:09.6	5:07.3	4:40.4	4:38.1	4:35.9
5:11.0	5:08.7	5:06.4	5:04.2	5:10.6	5:08.3	4:41.3	4:39.1	4:36.8
5:12.0	5:09.7	5:07.5	5:05.2	5:11.6	5:09.3	4:42.3	4:40.0	4:37.7
5:13.0	5:10.7	5:08.5	5:06.2	5:12.6	5:10.4	4:43.2	4:40.9	4:38.7
5:14.0	5:11.7	5:09.5	5:07.2	5:13.6	5:11.4	4:44.1	4:41.9	4:39.6

400/440 FREESTYLE

400 Metres				440 Yards		400 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
5:15.0	5:12.8	5:10.5	5:08.3	5:14.7	5:12.4	4:45.0	4:42.8	4:40.5
5:16.0	5:13.8	5:11.5	5:09.3	5:15.7	5:13.4	4:45.9	4:43.7	4:41.5
5:17.0	5:14.8	5:12.5	5:10.3	5:16.7	5:14.4	4:46.9	4:44.6	4:42.4
5:18.0	5:15.8	5:13.5	5:11.3	5:17.7	5:15.5	4:47.8	4:45.6	4:43.3
5:19.0	5:16.8	5:14.6	5:12.3	5:18.7	5:16.5	4:48.7	4:46.5	4:44.3
5:20.0	5:17.8	5:15.6	5:13.4	5:19.7	5:17.5	4:49.6	4:47.4	4:45.2
5:21.0	5:18.8	5:16.6	5:14.4	5:20.7	5:18.5	4:50.5	4:48.3	4:46.1
5:22.0	5:19.8	5:17.6	5:15.4	5:21.7	5:19.5	4:51.5	4:49.3	4:47.1
5:23.0	5:20.8	5:18.6	5:16.4	5:22.8	5:20.6	4:52.4	4:50.2	4:48.0
5:24.0	5:21.8	5:19.6	5:17.4	5:23.8	5:21.6	4:53.3	4:51.1	4:48.9
5:25.0	5:22.8	5:20.6	5:18.5	5:24.8	5:22.6	4:54.2	4:52.0	4:49.9
5:26.0	5:23.8	5:21.7	5:19.5	5:25.8	5:23.6	4:55.1	4:53.0	4:50.8
5:27.0	5:24.8	5:22.7	5:20.5	5:26.8	5:24.6	4:56.0	4:53.9	4:51.7
5:28.0	5:25.8	5:23.7	5:21.5	5:27.8	5:25.7	4:57.0	4:54.8	4:52.7
5:29.0	5:26.8	5:24.7	5:22.5	5:28.8	5:26.7	4:57.9	4:55.7	4:53.6
5:30.0	5:27.9	5:25.7	5:23.6	5:29.8	5:27.7	4:58.8	4:56.7	4:54.5
5:31.0	5:28.9	5:26.7	5:24.6	5:30.9	5:28.7	4:59.7	4:57.6	4:55.4
5:32.0	5:29.9	5:27.7	5:25.6	5:31.9	5:29.7	5:00.6	4:58.5	4:56.4
5:33.0	5:30.9	5:28.7	5:26.6	5:32.9	5:30.8	5:01.6	4:59.4	4:57.3
5:34.0	5:31.9	5:29.8	5:27.6	5:33.9	5:31.8	5:02.5	5:00.4	4:58.2
5:35.0	5:32.9	5:30.8	5:28.7	5:34.9	5:32.8	5:03.4	5:01.3	4:59.2
5:36.0	5:33.9	5:31.8	5:29.7	5:35.9	5:33.8	5:04.3	5:02.2	5:00.1
5:37.0	5:34.9	5:32.8	5:30.7	5:36.9	5:34.8	5:05.2	5:03.1	5:01.0
5:38.0	5:35.9	5:33.8	5:31.7	5:37.9	5:35.9	5:06.2	5:04.1	5:02.0
5:39.0	5:36.9	5:34.8	5:32.7	5:39.0	5:36.9	5:07.1	5:05.0	5:02.9
5:40.0	5:37.9	5:35.8	5:33.8	5:40.0	5:37.9	5:08.0	5:05.9	5:03.8
5:41.0	5:38.9	5:36.8	5:34.8	5:41.0	5:38.9	5:08.9	5:06.8	5:04.8
5:42.0	5:39.9	5:37.9	5:35.8	5:42.0	5:39.9	5:09.8	5:07.8	5:05.7
5:43.0	5:40.9	5:38.9	5:36.8	5:43.0	5:40.9	5:10.7	5:08.7	5:06.6
5:44.0	5:41.9	5:39.9	5:37.8	5:44.0	5:42.0	5:11.7	5:09.6	5:07.5
5:45.0	5:42.9	5:40.9	5:38.8	5:45.0	5:43.0	5:12.6	5:10.5	5:08.5
5:46.0	5:44.0	5:41.9	5:39.9	5:46.0	5:44.0	5:13.5	5:11.5	5:09.4
5:47.0	5:45.0	5:42.9	5:40.9	5:47.1	5:45.0	5:14.4	5:12.4	5:10.3
5:48.0	5:46.0	5:43.9	5:41.9	5:48.1	5:46.0	5:15.3	5:13.3	5:11.3
5:49.0	5:47.0	5:44.9	5:42.9	5:49.1	5:47.1	5:16.2	5:14.2	5:12.2
5:50.0	5:48.0	5:46.0	5:43.9	5:50.1	5:48.1	5:17.2	5:15.1	5:13.1
5:51.0	5:49.0	5:47.0	5:45.0	5:51.1	5:49.1	5:18.1	5:16.1	5:14.1
5:52.0	5:50.0	5:48.0	5:46.0	5:52.1	5:50.1	5:19.0	5:17.0	5:15.0
5:53.0	5:51.0	5:49.0	5:47.0	5:53.1	5:51.1	5:19.9	5:17.9	5:15.9
5:54.0	5:52.0	5:50.0	5:48.0	5:54.1	5:52.1	5:20.8	5:18.8	5:16.8
5:55.0	5:53.0	5:51.0	5:49.0	5:55.2	5:53.2	5:21.8	5:19.8	5:17.8
5:56.0	5:54.0	5:52.0	5:50.0	5:56.2	5:54.2	5:22.7	5:20.7	5:18.7
5:57.0	5:55.0	5:53.0	5:51.1	5:57.2	5:55.2	5:23.6	5:21.6	5:19.6
5:58.0	5:56.0	5:54.0	5:52.1	5:58.2	5:56.2	5:24.5	5:22.5	5:20.6
5:59.0	5:57.0	5:55.1	5:53.1	5:59.2	5:57.2	5:25.4	5:23.5	5:21.5
6:00.0	5:58.0	5:56.1	5:54.1	6:00.2	5:58.2	5:26.3	5:24.4	5:22.4
6:01.0	5:59.0	5:57.1	5:55.1	6:01.2	5:59.3	5:27.3	5:25.3	5:23.3
6:02.0	6:00.0	5:58.1	5:56.1	6:02.2	6:00.3	5:28.2	5:26.2	5:24.3
6:03.0	6:01.1	5:59.1	5:57.2	6:03.2	6:01.3	5:29.1	5:27.1	5:25.2
6:04.0	6:02.1	6:00.1	5:58.2	6:04.3	6:02.3	5:30.0	5:28.1	5:26.1

400/440 FREESTYLE

400 Metres				440 Yards		400 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
6:05.0	6:03.1	6:01.1	5:59.2	6:05.3	6:03.3	5:30.9	5:29.0	5:27.1
6:06.0	6:04.1	6:02.1	6:00.2	6:06.3	6:04.3	5:31.8	5:29.9	5:28.0
6:07.0	6:05.1	6:03.1	6:01.2	6:07.3	6:05.4	5:32.8	5:30.8	5:28.9
6:08.0	6:06.1	6:04.2	6:02.2	6:08.3	6:06.4	5:33.7	5:31.8	5:29.8
6:09.0	6:07.1	6:05.2	6:03.2	6:09.3	6:07.4	5:34.6	5:32.7	5:30.8
6:10.0	6:08.1	6:06.2	6:04.3	6:10.3	6:08.4	5:35.5	5:33.6	5:31.7
6:11.0	6:09.1	6:07.2	6:05.3	6:11.3	6:09.4	5:36.4	5:34.5	5:32.6
6:12.0	6:10.1	6:08.2	6:06.3	6:12.3	6:10.4	5:37.4	5:35.4	5:33.5
6:13.0	6:11.1	6:09.2	6:07.3	6:13.4	6:11.5	5:38.3	5:36.4	5:34.5
6:14.0	6:12.1	6:10.2	6:08.3	6:14.4	6:12.5	5:39.2	5:37.3	5:35.4
6:16.0	6:14.1	6:12.2	6:10.4	6:16.4	6:14.5	5:41.0	5:39.1	5:37.3
6:18.0	6:16.1	6:14.3	6:12.4	6:18.4	6:16.5	5:42.9	5:41.0	5:39.1
6:20.0	6:18.1	6:16.3	6:14.4	6:20.4	6:18.6	5:44.7	5:42.8	5:41.0
6:22.0	6:20.1	6:18.3	6:16.4	6:22.5	6:20.6	5:46.5	5:44.7	5:42.8
6:24.0	6:22.2	6:20.3	6:18.5	6:24.5	6:22.6	5:48.4	5:46.5	5:44.7
6:26.0	6:24.2	6:22.3	6:20.5	6:26.5	6:24.7	5:50.2	5:48.4	5:46.5
6:28.0	6:26.2	6:24.4	6:22.5	6:28.5	6:26.7	5:52.0	5:50.2	5:48.4
6:30.0	6:28.2	6:26.4	6:24.6	6:30.5	6:28.7	5:53.9	5:52.0	5:50.2
6:30.0	6:28.2	6:26.4	6:24.6	6:30.5	6:28.7	5:53.9	5:52.0	5:50.2
6:32.0	6:30.2	6:28.4	6:26.6	6:32.6	6:30.8	5:55.7	5:53.9	5:52.1
6:34.0	6:32.2	6:30.4	6:28.6	6:34.6	6:32.8	5:57.5	5:55.7	5:53.9
6:36.0	6:34.2	6:32.4	6:30.6	6:36.6	6:34.8	5:59.4	5:57.6	5:55.8
6:38.0	6:36.2	6:34.4	6:32.7	6:38.6	6:36.8	6:01.2	5:59.4	5:57.6
6:40.0	6:38.2	6:36.5	6:34.7	6:40.6	6:38.9	6:03.0	6:01.2	5:59.5
6:42.0	6:40.2	6:38.5	6:36.7	6:42.7	6:40.9	6:04.9	6:03.1	6:01.3
6:44.0	6:42.2	6:40.5	6:38.7	6:44.7	6:42.9	6:06.7	6:04.9	6:03.2
6:46.0	6:44.3	6:42.5	6:40.8	6:46.7	6:45.0	6:08.5	6:06.8	6:05.0
6:48.0	6:46.3	6:44.5	6:42.8	6:48.7	6:47.0	6:10.3	6:08.6	6:06.9
6:50.0	6:48.3	6:46.5	6:44.8	6:50.8	6:49.0	6:12.2	6:10.5	6:08.7
6:52.0	6:50.3	6:48.6	6:46.8	6:52.8	6:51.1	6:14.0	6:12.3	6:10.6
6:54.0	6:52.3	6:50.6	6:48.9	6:54.8	6:53.1	6:15.8	6:14.1	6:12.4
6:56.0	6:54.3	6:52.6	6:50.9	6:56.8	6:55.1	6:17.7	6:16.0	6:14.3
6:58.0	6:56.3	6:54.6	6:52.9	6:58.8	6:57.1	6:19.5	6:17.8	6:16.1
7:00.0	6:58.3	6:56.6	6:54.9	7:00.9	6:59.2	6:21.3	6:19.7	6:18.0
7:02.0	7:00.3	6:58.6	6:57.0	7:02.9	7:01.2	6:23.2	6:21.5	6:19.8
7:04.0	7:02.3	7:00.7	6:59.0	7:04.9	7:03.2	6:25.0	6:23.3	6:21.7
7:06.0	7:04.3	7:02.7	7:01.0	7:06.9	7:05.3	6:26.8	6:25.2	6:23.5
7:08.0	7:06.3	7:04.7	7:03.0	7:08.9	7:07.3	6:28.7	6:27.0	6:25.4
7:10.0	7:08.4	7:06.7	7:05.1	7:11.0	7:09.3	6:30.5	6:28.9	6:27.2
7:12.0	7:10.4	7:08.7	7:07.1	7:13.0	7:11.3	6:32.3	6:30.7	6:29.1
7:14.0	7:12.4	7:10.7	7:09.1	7:15.0	7:13.4	6:34.2	6:32.5	6:30.9
7:16.0	7:14.4	7:12.8	7:11.1	7:17.0	7:15.4	6:36.0	6:34.4	6:32.7
7:18.0	7:16.4	7:14.8	7:13.2	7:19.0	7:17.4	6:37.8	6:36.2	6:34.6
7:20.0	7:18.4	7:16.8	7:15.2	7:21.0	7:19.4	6:39.7	6:38.0	6:36.4
7:22.0	7:20.4	7:18.8	7:17.2	7:23.1	7:21.5	6:41.5	6:39.9	6:38.3
7:24.0	7:22.4	7:20.8	7:19.2	7:25.1	7:23.5	6:43.3	6:41.7	6:40.1
7:26.0	7:24.4	7:22.8	7:21.2	7:27.1	7:25.5	6:45.2	6:43.6	6:42.0
7:28.0	7:26.4	7:24.8	7:23.3	7:29.1	7:27.5	6:47.0	6:45.4	6:43.8
7:30.0	7:28.4	7:26.9	7:25.3	7:31.1	7:29.6	6:48.8	6:47.2	6:45.7
7:32.0	7:30.4	7:28.9	7:27.3	7:33.2	7:31.6	6:50.6	6:49.1	6:47.5

400/440 FREESTYLE

400 Metres				440 Yards		400 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
7:34.0	7:32.4	7:30.9	7:29.3	7:35.2	7:33.6	6:52.5	6:50.9	6:49.4
7:36.0	7:34.4	7:32.9	7:31.3	7:37.2	7:35.7	6:54.3	6:52.8	6:51.2