

2024-25 COUGARS DEVELOPMENT STANDARDS - V1 (MAR 22ND, 2024)

EVENT	<i>MEN</i>																	
	<i>USPORTS</i>			<i>1.5%</i>			<i>3%</i>			<i>5%</i>			<i>CANWEST (7.5%)</i>			<i>ROSTER (10%)</i>		
	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY	SCM	LCM	SCY
50 FREE	0:22.99	0:23.68	0:20.71	0:23.34	0:24.04	0:21.02	0:23.68	0:24.39	0:21.33	0:24.14	0:24.86	0:21.75	0:24.71	0:25.46	0:22.27	0:25.29	0:26.05	0:22.78
100 FREE	0:50.21	0:51.72	0:45.23	0:50.96	0:52.49	0:45.91	0:51.72	0:53.27	0:46.59	0:52.72	0:54.30	0:47.50	0:53.98	0:55.60	0:48.63	0:55.23	0:56.89	0:49.76
200 FREE	1:50.07	1:53.37	1:39.16	1:51.72	1:55.07	1:40.65	1:53.37	1:56.77	1:42.14	1:55.57	1:59.04	1:44.12	1:58.33	2:01.88	1:46.60	2:01.08	2:04.71	1:49.08
400 FREE	3:55.28	4:02.34	4:28.89	3:58.81	4:05.97	4:32.93	4:02.34	4:09.61	4:36.96	4:07.04	4:14.46	4:42.34	4:12.93	4:20.51	4:49.06	4:18.81	4:26.57	4:55.78
800 FREE	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1500 FREE	15:59.22	16:28.00	15:53.50	16:13.61	16:42.82	16:07.80	16:28.00	16:57.64	16:22.10	16:47.18	17:17.40	16:41.17	17:11.16	17:42.10	17:05.01	17:35.14	18:06.80	17:28.85
50 BACK	0:25.85	0:26.63	0:23.29	0:26.24	0:27.03	0:23.64	0:26.63	0:27.42	0:23.99	0:27.14	0:27.96	0:24.45	0:27.79	0:28.62	0:25.04	0:28.44	0:29.29	0:25.62
100 BACK	0:55.59	0:57.26	0:50.08	0:56.42	0:58.12	0:50.83	0:57.26	0:58.98	0:51.58	0:58.37	1:00.12	0:52.59	0:59.76	1:01.55	0:53.84	1:01.15	1:02.98	0:55.09
200 BACK	2:02.45	2:06.12	1:50.32	2:04.29	2:08.02	1:51.97	2:06.12	2:09.91	1:53.63	2:08.57	2:12.43	1:55.83	2:11.63	2:15.58	1:58.59	2:14.70	2:18.74	2:01.35
50 BREAST	0:28.66	0:29.52	0:25.82	0:29.09	0:29.96	0:26.21	0:29.52	0:30.41	0:26.59	0:30.09	0:31.00	0:27.11	0:30.81	0:31.73	0:27.76	0:31.53	0:32.47	0:28.40
100 BREAST	1:02.43	1:04.30	0:56.24	1:03.37	1:05.27	0:57.09	1:04.30	1:06.23	0:57.93	1:05.55	1:07.52	0:59.06	1:07.11	1:09.13	1:00.46	1:08.67	1:10.73	1:01.87
200 BREAST	2:17.13	2:21.24	2:03.54	2:19.19	2:23.36	2:05.39	2:21.24	2:25.48	2:07.25	2:23.99	2:28.31	2:09.72	2:27.42	2:31.84	2:12.81	2:30.84	2:35.37	2:15.90
50 FLY	0:24.77	0:25.51	0:22.32	0:25.14	0:25.90	0:22.65	0:25.51	0:26.28	0:22.99	0:26.01	0:26.79	0:23.43	0:26.63	0:27.43	0:23.99	0:27.25	0:28.06	0:24.55
100 FLY	0:55.00	0:56.65	0:49.55	0:55.83	0:57.50	0:50.29	0:56.65	0:58.35	0:51.04	0:57.75	0:59.48	0:52.03	0:59.13	1:00.90	0:53.27	1:00.50	1:02.32	0:54.51
200 FLY	2:02.90	2:06.59	1:50.72	2:04.74	2:08.49	1:52.38	2:06.59	2:10.39	1:54.04	2:09.05	2:12.92	1:56.26	2:12.12	2:16.08	1:59.03	2:15.19	2:19.25	2:01.79
200 I.M.	2:03.87	2:07.59	1:51.60	2:05.73	2:09.50	1:53.27	2:07.59	2:11.41	1:54.94	2:10.06	2:13.97	1:57.17	2:13.16	2:17.16	1:59.96	2:16.26	2:20.35	2:02.75
400 I.M.	4:25.82	4:33.80	3:59.48	4:29.81	4:37.90	4:03.07	4:33.80	4:42.01	4:06.66	4:39.11	4:47.48	4:11.45	4:45.76	4:54.33	4:17.44	4:52.40	5:01.17	4:23.43
400 Fr. Rly	3:22.93	3:29.02	3:02.82	3:25.97	3:32.15	3:05.56	3:29.02	3:35.29	3:08.30	3:33.08	3:39.47	3:11.96	3:38.15	3:44.69	3:16.53	3:43.22	3:49.92	3:21.10
800 Fr. Rly	7:31.03	7:44.56	6:46.33	7:37.80	7:51.53	6:52.43	7:44.56	7:58.50	6:58.52	7:53.58	8:07.79	7:06.65	8:04.86	8:19.40	7:16.81	8:16.13	8:31.02	7:26.97
400 Med. Rly	3:45.69	3:52.46	3:23.32	3:49.08	3:55.95	3:26.37	3:52.46	3:59.44	3:29.42	3:56.98	4:04.08	3:33.49	4:02.62	4:09.90	3:38.57	4:08.26	4:15.71	3:43.66