

H 100 FREESTYLE

YARDS	25 PACE	1st 50	2nd 50		METERS	25 Pace	1st 50	2nd 50
1:15.00	18.8	35.8	39.2	→	1:23.33	20.8	39.7	43.6
1:14.00	18.5	35.3	38.7	→	1:22.21	20.6	39.2	43.0
1:13.00	18.3	34.8	38.2	→	1:21.10	20.3	38.7	42.4
1:12.00	18.0	34.3	37.7	→	1:19.99	20.0	38.1	41.8
1:11.00	17.8	33.9	37.1	→	1:18.88	19.7	37.6	41.3
1:10.00	17.5	33.4	36.6	→	1:17.77	19.4	37.1	40.7
1:09.00	17.3	32.9	36.1	→	1:16.66	19.2	36.6	40.1
1:08.00	17.0	32.4	35.6	→	1:15.55	18.9	36.0	39.5
1:07.00	16.8	32.0	35.0	→	1:14.44	18.6	35.5	38.9
1:06.00	16.5	31.5	34.5	→	1:13.33	18.3	35.0	38.4
1:05.00	16.3	31.0	34.0	→	1:12.22	18.1	34.4	37.8
1:04.00	16.0	30.5	33.5	→	1:11.10	17.8	33.9	37.2
1:03.00	15.8	30.0	33.0	→	1:09.99	17.5	33.4	36.6
1:02.00	15.5	29.6	32.4	→	1:08.88	17.2	32.8	36.0
1:01.00	15.3	29.1	31.9	→	1:07.77	16.9	32.3	35.5
1:00.00	15.0	28.6	31.4	→	1:06.66	16.7	31.8	34.9
59.00	14.8	28.1	30.9	→	1:05.55	16.4	31.3	34.3
58.00	14.5	27.7	30.3	→	1:04.44	16.1	30.7	33.7
57.00	14.3	27.2	29.8	→	1:03.33	15.8	30.2	33.1
56.00	14.0	26.7	29.3	→	1:02.22	15.6	29.7	32.5
55.00	13.8	26.2	28.8	→	1:01.11	15.3	29.1	32.0
54.50	13.6	26.0	28.5	→	1:00.55	15.1	28.9	31.7
54.00	13.5	25.8	28.2	→	59.99	15.0	28.6	31.4
53.50	13.4	25.5	28.0	→	59.44	14.9	28.3	31.1
53.00	13.3	25.3	27.7	→	58.88	14.7	28.1	30.8
52.50	13.1	25.0	27.5	→	58.33	14.6	27.8	30.5
52.00	13.0	24.8	27.2	→	57.77	14.4	27.6	30.2
51.50	12.9	24.6	26.9	→	57.22	14.3	27.3	29.9
51.00	12.8	24.3	26.7	→	56.66	14.2	27.0	29.6
50.50	12.6	24.1	26.4	→	56.11	14.0	26.8	29.3
50.00	12.5	23.8	26.2	→	55.55	13.9	26.5	29.1
49.50	12.4	23.6	25.9	→	54.99	13.7	26.2	28.8
49.00	12.3	23.4	25.6	→	54.44	13.6	26.0	28.5
48.50	12.1	23.1	25.4	→	53.88	13.5	25.7	28.2
48.00	12.0	22.9	25.1	→	53.33	13.3	25.4	27.9
47.50	11.9	22.7	24.8	→	52.77	13.2	25.2	27.6
47.00	11.8	22.4	24.6	→	52.22	13.1	24.9	27.3
46.50	11.6	22.2	24.3	→	51.66	12.9	24.6	27.0
46.00	11.5	21.9	24.1	→	51.11	12.8	24.4	26.7
45.50	11.4	21.7	23.8	→	50.55	12.6	24.1	26.4
45.00	11.3	21.5	23.5	→	50.00	12.5	23.8	26.2
44.50	11.1	21.2	23.3	→	49.44	12.4	23.6	25.9
44.00	11.0	21.0	23.0	→	48.88	12.2	23.3	25.6
43.50	10.9	20.7	22.8	→	48.33	12.1	23.0	25.3
43.00	10.8	20.5	22.5	→	47.77	11.9	22.8	25.0
42.50	10.6	20.3	22.2	→	47.22	11.8	22.5	24.7
42.00	10.5	20.0	22.0	→	46.66	11.7	22.3	24.4
41.50	10.4	19.8	21.7	→	46.11	11.5	22.0	24.1

TARGET RACE PACES

100 FREESTYLE

H

100 BACKSTROKE

YARDS	25 Pace	1st 50	2nd 50		METERS	25 Pace	1st 50	2nd 50
1:20.00	20.0	38.9	41.1	→	1:28.88	22.2	43.3	45.6
1:19.00	19.8	38.4	40.6	→	1:27.77	21.9	42.7	45.1
1:18.00	19.5	38.0	40.0	→	1:26.66	21.7	42.2	44.5
1:17.00	19.3	37.5	39.5	→	1:25.55	21.4	41.6	43.9
1:16.00	19.0	37.0	39.0	→	1:24.44	21.1	41.1	43.3
1:15.00	18.8	36.5	38.5	→	1:23.33	20.8	40.6	42.8
1:14.00	18.5	36.0	38.0	→	1:22.21	20.6	40.0	42.2
1:13.00	18.3	35.5	37.5	→	1:21.10	20.3	39.5	41.6
1:12.00	18.0	35.0	37.0	→	1:19.99	20.0	38.9	41.1
1:11.00	17.8	34.6	36.4	→	1:18.88	19.7	38.4	40.5
1:10.00	17.5	34.1	35.9	→	1:17.77	19.4	37.9	39.9
1:09.00	17.3	33.6	35.4	→	1:16.66	19.2	37.3	39.3
1:08.00	17.0	33.1	34.9	→	1:15.55	18.9	36.8	38.8
1:07.00	16.8	32.6	34.4	→	1:14.44	18.6	36.2	38.2
1:06.00	16.5	32.1	33.9	→	1:13.33	18.3	35.7	37.6
1:05.00	16.3	31.6	33.4	→	1:12.22	18.1	35.1	37.1
1:04.00	16.0	31.1	32.9	→	1:11.10	17.8	34.6	36.5
1:03.00	15.8	30.7	32.3	→	1:09.99	17.5	34.1	35.9
1:02.00	15.5	30.2	31.8	→	1:08.88	17.2	33.5	35.4
1:01.00	15.3	29.7	31.3	→	1:07.77	16.9	33.0	34.8
1:00.00	15.0	29.2	30.8	→	1:06.66	16.7	32.4	34.2
59.50	14.9	29.0	30.5	→	1:06.10	16.5	32.2	33.9
59.00	14.8	28.7	30.3	→	1:05.55	16.4	31.9	33.6
58.50	14.6	28.5	30.0	→	1:04.99	16.2	31.6	33.4
58.00	14.5	28.2	29.8	→	1:04.44	16.1	31.4	33.1
57.50	14.4	28.0	29.5	→	1:03.88	16.0	31.1	32.8
57.00	14.3	27.7	29.3	→	1:03.33	15.8	30.8	32.5
56.50	14.1	27.5	29.0	→	1:02.77	15.7	30.6	32.2
56.00	14.0	27.3	28.7	→	1:02.22	15.6	30.3	31.9
55.50	13.9	27.0	28.5	→	1:01.66	15.4	30.0	31.7
55.00	13.8	26.8	28.2	→	1:01.11	15.3	29.7	31.4
54.50	13.6	26.5	28.0	→	1:00.55	15.1	29.5	31.1
54.00	13.5	26.3	27.7	→	59.99	15.0	29.2	30.8
53.50	13.4	26.0	27.5	→	59.44	14.9	28.9	30.5
53.00	13.3	25.8	27.2	→	58.88	14.7	28.7	30.2
52.50	13.1	25.6	26.9	→	58.33	14.6	28.4	29.9
52.00	13.0	25.3	26.7	→	57.77	14.4	28.1	29.7
51.50	12.9	25.1	26.4	→	57.22	14.3	27.8	29.4
51.00	12.8	24.8	26.2	→	56.66	14.2	27.6	29.1
50.50	12.6	24.6	25.9	→	56.11	14.0	27.3	28.8
50.00	12.5	24.3	25.7	→	55.55	13.9	27.0	28.5
49.50	12.4	24.1	25.4	→	54.99	13.7	26.8	28.2
49.00	12.3	23.8	25.2	→	54.44	13.6	26.5	27.9
48.50	12.1	23.6	24.9	→	53.88	13.5	26.2	27.7
48.00	12.0	23.4	24.6	→	53.33	13.3	26.0	27.4
47.50	11.9	23.1	24.4	→	52.77	13.2	25.7	27.1
47.00	11.8	22.9	24.1	→	52.22	13.1	25.4	26.8
46.50	11.6	22.6	23.9	→	51.66	12.9	25.1	26.5

TARGET RACE PACES

100 BACKSTROKE

H

100 BREASTSTROKE

YARDS	25 Pace	1st 50	2nd 50		METERS	25 Pace	1st 50	2nd 50
1:26.00	21.5	40.8	45.2	→	1:35.46	23.9	45.2	50.2
1:25.00	21.3	40.3	44.7	→	1:34.35	23.6	44.7	49.6
1:24.00	21.0	39.8	44.2	→	1:33.24	23.3	44.2	49.1
1:23.00	20.8	39.3	43.7	→	1:32.13	23.0	43.7	48.5
1:22.00	20.5	38.9	43.1	→	1:31.02	22.8	43.1	47.9
1:21.00	20.3	38.4	42.6	→	1:29.91	22.5	42.6	47.3
1:20.00	20.0	37.9	42.1	→	1:28.80	22.2	42.1	46.7
1:19.00	19.8	37.4	41.6	→	1:27.69	21.9	41.6	46.1
1:18.00	19.5	37.0	41.0	→	1:26.58	21.6	41.0	45.5
1:17.00	19.3	36.5	40.5	→	1:25.47	21.4	40.5	45.0
1:16.00	19.0	36.0	40.0	→	1:24.36	21.1	40.0	44.4
1:15.00	18.8	35.5	39.5	→	1:23.25	20.8	39.5	43.8
1:14.00	18.5	35.1	38.9	→	1:22.14	20.5	38.9	43.2
1:13.00	18.3	34.6	38.4	→	1:21.03	20.3	38.4	42.6
1:12.00	18.0	34.1	37.9	→	1:19.92	20.0	37.9	42.0
1:11.00	17.8	33.6	37.4	→	1:18.81	19.7	37.3	41.5
1:10.00	17.5	33.2	36.8	→	1:17.70	19.4	36.8	40.9
1:09.00	17.3	32.7	36.3	→	1:16.59	19.1	36.3	40.3
1:08.00	17.0	32.2	35.8	→	1:15.48	18.9	35.8	39.7
1:07.00	16.8	31.8	35.2	→	1:14.37	18.6	35.2	39.1
1:06.00	16.5	31.3	34.7	→	1:13.26	18.3	34.7	38.5
1:05.50	16.4	31.0	34.5	→	1:12.71	18.2	34.5	38.3
1:05.00	16.3	30.8	34.2	→	1:12.15	18.0	34.2	38.0
1:04.50	16.1	30.6	33.9	→	1:11.60	17.9	33.9	37.7
1:04.00	16.0	30.3	33.7	→	1:11.04	17.8	33.7	37.4
1:03.50	15.9	30.1	33.4	→	1:10.49	17.6	33.4	37.1
1:03.00	15.8	29.9	33.1	→	1:09.93	17.5	33.1	36.8
1:02.50	15.6	29.6	32.9	→	1:09.38	17.3	32.9	36.5
1:02.00	15.5	29.4	32.6	→	1:08.82	17.2	32.6	36.2
1:01.50	15.4	29.1	32.4	→	1:08.27	17.1	32.4	35.9
1:01.00	15.3	28.9	32.1	→	1:07.71	16.9	32.1	35.6
1:00.50	15.1	28.7	31.8	→	1:07.16	16.8	31.8	35.3
1:00.00	15.0	28.4	31.6	→	1:06.60	16.7	31.6	35.0
59.50	14.9	28.2	31.3	→	1:06.05	16.5	31.3	34.7
59.00	14.8	28.0	31.0	→	1:05.49	16.4	31.0	34.5
58.50	14.6	27.7	30.8	→	1:04.94	16.2	30.8	34.2
58.00	14.5	27.5	30.5	→	1:04.38	16.1	30.5	33.9
57.50	14.4	27.2	30.3	→	1:03.83	16.0	30.2	33.6
57.00	14.3	27.0	30.0	→	1:03.27	15.8	30.0	33.3
56.50	14.1	26.8	29.7	→	1:02.72	15.7	29.7	33.0
56.00	14.0	26.5	29.5	→	1:02.16	15.5	29.5	32.7
55.50	13.9	26.3	29.2	→	1:01.61	15.4	29.2	32.4
55.00	13.8	26.1	28.9	→	1:01.05	15.3	28.9	32.1
54.50	13.6	25.8	28.7	→	1:00.50	15.1	28.7	31.8
54.00	13.5	25.6	28.4	→	59.94	15.0	28.4	31.5
53.50	13.4	25.4	28.1	→	59.39	14.8	28.1	31.2
53.00	13.3	25.1	27.9	→	58.83	14.7	27.9	31.0
52.50	13.1	24.9	27.6	→	58.28	14.6	27.6	30.7

TARGET RACE PACES

100 BREASTSTROKE

H

100 BUTTERFLY

YARDS	25 Pace	1st 50	2nd 50		METERS	25 Pace	1st 50	2nd 50
1:20.00	20.0	37.2	42.8	→	1:29.12	22.3	41.5	47.6
1:19.00	19.8	36.8	42.2	→	1:28.01	22.0	41.0	47.0
1:18.00	19.5	36.3	41.7	→	1:26.89	21.7	40.4	46.4
1:17.00	19.3	35.8	41.2	→	1:25.78	21.4	39.9	45.8
1:16.00	19.0	35.4	40.6	→	1:24.66	21.2	39.4	45.3
1:15.00	18.8	34.9	40.1	→	1:23.55	20.9	38.9	44.7
1:14.00	18.5	34.4	39.6	→	1:22.44	20.6	38.4	44.1
1:13.00	18.3	34.0	39.0	→	1:21.32	20.3	37.9	43.5
1:12.00	18.0	33.5	38.5	→	1:20.21	20.1	37.3	42.9
1:11.00	17.8	33.1	37.9	→	1:19.09	19.8	36.8	42.3
1:10.00	17.5	32.6	37.4	→	1:17.98	19.5	36.3	41.7
1:09.00	17.3	32.1	36.9	→	1:16.87	19.2	35.8	41.1
1:08.00	17.0	31.7	36.3	→	1:15.75	18.9	35.3	40.5
1:07.00	16.8	31.2	35.8	→	1:14.64	18.7	34.7	39.9
1:06.00	16.5	30.7	35.3	→	1:13.52	18.4	34.2	39.3
1:05.00	16.3	30.3	34.7	→	1:12.41	18.1	33.7	38.7
1:04.00	16.0	29.8	34.2	→	1:11.30	17.8	33.2	38.1
1:03.00	15.8	29.3	33.7	→	1:10.18	17.5	32.7	37.5
1:02.00	15.5	28.9	33.1	→	1:09.07	17.3	32.2	36.9
1:01.00	15.3	28.4	32.6	→	1:07.95	17.0	31.6	36.3
1:00.00	15.0	27.9	32.1	→	1:06.84	16.7	31.1	35.7
59.50	14.9	27.7	31.8	→	1:06.28	16.6	30.9	35.4
59.00	14.8	27.5	31.5	→	1:05.73	16.4	30.6	35.1
58.50	14.6	27.2	31.3	→	1:05.17	16.3	30.3	34.8
58.00	14.5	27.0	31.0	→	1:04.61	16.2	30.1	34.5
57.50	14.4	26.8	30.7	→	1:04.06	16.0	29.8	34.2
57.00	14.3	26.5	30.5	→	1:03.50	15.9	29.6	33.9
56.50	14.1	26.3	30.2	→	1:02.94	15.7	29.3	33.6
56.00	14.0	26.1	29.9	→	1:02.38	15.6	29.0	33.3
55.50	13.9	25.8	29.7	→	1:01.83	15.5	28.8	33.0
55.00	13.8	25.6	29.4	→	1:01.27	15.3	28.5	32.7
54.50	13.6	25.4	29.1	→	1:00.71	15.2	28.3	32.5
54.00	13.5	25.1	28.9	→	1:00.16	15.0	28.0	32.2
53.50	13.4	24.9	28.6	→	59.60	14.9	27.7	31.9
53.00	13.3	24.7	28.3	→	59.04	14.8	27.5	31.6
52.50	13.1	24.4	28.1	→	58.49	14.6	27.2	31.3
52.00	13.0	24.2	27.8	→	57.93	14.5	27.0	31.0
51.50	12.9	24.0	27.5	→	57.37	14.3	26.7	30.7
51.00	12.8	23.7	27.3	→	56.81	14.2	26.4	30.4
50.50	12.6	23.5	27.0	→	56.26	14.1	26.2	30.1
50.00	12.5	23.3	26.7	→	55.70	13.9	25.9	29.8
49.50	12.4	23.0	26.5	→	55.14	13.8	25.7	29.5
49.00	12.3	22.8	26.2	→	54.59	13.6	25.4	29.2
48.50	12.1	22.6	25.9	→	54.03	13.5	25.2	28.9
48.00	12.0	22.3	25.7	→	53.47	13.4	24.9	28.6
47.50	11.9	22.1	25.4	→	52.92	13.2	24.6	28.3
47.00	11.8	21.9	25.1	→	52.36	13.1	24.4	28.0
46.50	11.6	21.6	24.9	→	51.80	13.0	24.1	27.7

TARGET RACE PACES

100 BUTTERFLY



200 FREESTYLE

YARDS	25 Pace	1st 50	2nd 50	3rd 50	4th 50		METERS	25 Pace	1st 50	2nd 50	3rd 50	4th 50
2:20.00	17.5	33.2	35.4	35.8	35.6	→	2:35.12	19.4	36.7	39.2	39.7	39.5
2:19.00	17.4	32.9	35.1	35.6	35.4	→	2:34.01	19.3	36.5	38.9	39.4	39.2
2:18.00	17.3	32.7	34.9	35.3	35.1	→	2:32.90	19.1	36.2	38.6	39.1	38.9
2:17.00	17.1	32.5	34.6	35.1	34.9	→	2:31.80	19.0	36.0	38.3	38.9	38.6
2:16.00	17.0	32.2	34.4	34.8	34.6	→	2:30.69	18.8	35.7	38.1	38.6	38.3
2:15.00	16.9	32.0	34.1	34.6	34.3	→	2:29.58	18.7	35.4	37.8	38.3	38.1
2:14.00	16.8	31.7	33.8	34.3	34.1	→	2:28.47	18.6	35.2	37.5	38.0	37.8
2:13.00	16.6	31.5	33.6	34.0	33.8	→	2:27.36	18.4	34.9	37.2	37.7	37.5
2:12.00	16.5	31.3	33.3	33.8	33.6	→	2:26.26	18.3	34.6	36.9	37.4	37.2
2:11.00	16.4	31.0	33.1	33.5	33.3	→	2:25.15	18.1	34.4	36.7	37.2	36.9
2:10.00	16.3	30.8	32.8	33.3	33.1	→	2:24.04	18.0	34.1	36.4	36.9	36.6
2:09.00	16.1	30.6	32.6	33.0	32.8	→	2:22.93	17.9	33.9	36.1	36.6	36.4
2:08.00	16.0	30.3	32.3	32.8	32.6	→	2:21.82	17.7	33.6	35.8	36.3	36.1
2:07.00	15.9	30.1	32.1	32.5	32.3	→	2:20.72	17.6	33.3	35.5	36.0	35.8
2:06.00	15.8	29.8	31.8	32.3	32.1	→	2:19.61	17.5	33.1	35.3	35.7	35.5
2:05.00	15.6	29.6	31.6	32.0	31.8	→	2:18.50	17.3	32.8	35.0	35.5	35.2
2:04.00	15.5	29.4	31.3	31.7	31.5	→	2:17.39	17.2	32.5	34.7	35.2	35.0
2:03.00	15.4	29.1	31.1	31.5	31.3	→	2:16.28	17.0	32.3	34.4	34.9	34.7
2:02.00	15.3	28.9	30.8	31.2	31.0	→	2:15.18	16.9	32.0	34.1	34.6	34.4
2:01.00	15.1	28.7	30.6	31.0	30.8	→	2:14.07	16.8	31.8	33.9	34.3	34.1
2:00.00	15.0	28.4	30.3	30.7	30.5	→	2:12.96	16.6	31.5	33.6	34.0	33.8
1:59.00	14.9	28.2	30.1	30.5	30.3	→	2:11.85	16.5	31.2	33.3	33.8	33.5
1:58.00	14.8	28.0	29.8	30.2	30.0	→	2:10.74	16.3	31.0	33.0	33.5	33.3
1:57.00	14.6	27.7	29.6	30.0	29.8	→	2:09.64	16.2	30.7	32.7	33.2	33.0
1:56.00	14.5	27.5	29.3	29.7	29.5	→	2:08.53	16.1	30.4	32.5	32.9	32.7
1:55.00	14.4	27.2	29.0	29.4	29.3	→	2:07.42	15.9	30.2	32.2	32.6	32.4
1:54.00	14.3	27.0	28.8	29.2	29.0	→	2:06.31	15.8	29.9	31.9	32.3	32.1
1:53.00	14.1	26.8	28.5	28.9	28.7	→	2:05.20	15.7	29.7	31.6	32.1	31.9
1:52.00	14.0	26.5	28.3	28.7	28.5	→	2:04.10	15.5	29.4	31.3	31.8	31.6
1:51.00	13.9	26.3	28.0	28.4	28.2	→	2:02.99	15.4	29.1	31.1	31.5	31.3
1:50.00	13.8	26.1	27.8	28.2	28.0	→	2:01.88	15.2	28.9	30.8	31.2	31.0
1:49.00	13.6	25.8	27.5	27.9	27.7	→	2:00.77	15.1	28.6	30.5	30.9	30.7
1:48.00	13.5	25.6	27.3	27.6	27.5	→	1:59.66	15.0	28.3	30.2	30.6	30.4
1:47.00	13.4	25.3	27.0	27.4	27.2	→	1:58.56	14.8	28.1	29.9	30.4	30.2
1:46.00	13.3	25.1	26.8	27.1	27.0	→	1:57.45	14.7	27.8	29.7	30.1	29.9
1:45.00	13.1	24.9	26.5	26.9	26.7	→	1:56.34	14.5	27.6	29.4	29.8	29.6
1:44.00	13.0	24.6	26.3	26.6	26.5	→	1:55.23	14.4	27.3	29.1	29.5	29.3
1:43.00	12.9	24.4	26.0	26.4	26.2	→	1:54.12	14.3	27.0	28.8	29.2	29.0
1:42.00	12.8	24.2	25.8	26.1	25.9	→	1:53.02	14.1	26.8	28.5	28.9	28.8
1:41.00	12.6	23.9	25.5	25.9	25.7	→	1:51.91	14.0	26.5	28.3	28.6	28.5
1:40.00	12.5	23.7	25.3	25.6	25.4	→	1:50.80	13.9	26.2	28.0	28.4	28.2
1:39.00	12.4	23.5	25.0	25.3	25.2	→	1:49.69	13.7	26.0	27.7	28.1	27.9
1:38.00	12.3	23.2	24.8	25.1	24.9	→	1:48.58	13.6	25.7	27.4	27.8	27.6
1:37.00	12.1	23.0	24.5	24.8	24.7	→	1:47.48	13.4	25.5	27.1	27.5	27.3
1:36.00	12.0	22.7	24.2	24.6	24.4	→	1:46.37	13.3	25.2	26.9	27.2	27.1
1:35.00	11.9	22.5	24.0	24.3	24.2	→	1:45.26	13.2	24.9	26.6	26.9	26.8
1:34.00	11.8	22.3	23.7	24.1	23.9	→	1:44.15	13.0	24.7	26.3	26.7	26.5
1:33.00	11.6	22.0	23.5	23.8	23.7	→	1:43.04	12.9	24.4	26.0	26.4	26.2

TARGET RACE PACES

200 FREESTYLE

H 200 I.M.

YARDS	Fly	Back	Breast	Free		METERS	Fly	Back	Breast	Free
2:35.00	33.4	39.4	45.3	36.8	→	2:52.05	37.1	43.8	50.3	40.9
2:34.00	33.2	39.2	45.0	36.6	→	2:50.94	36.8	43.5	50.0	40.6
2:33.00	33.0	38.9	44.8	36.3	→	2:49.83	36.6	43.2	49.7	40.3
2:32.00	32.7	38.7	44.5	36.1	→	2:48.72	36.3	42.9	49.4	40.1
2:31.00	32.5	38.4	44.2	35.9	→	2:47.61	36.1	42.6	49.0	39.8
2:30.00	32.3	38.2	43.9	35.6	→	2:46.50	35.9	42.4	48.7	39.6
2:29.00	32.1	37.9	43.6	35.4	→	2:45.39	35.6	42.1	48.4	39.3
2:28.00	31.9	37.7	43.3	35.2	→	2:44.28	35.4	41.8	48.1	39.0
2:27.00	31.7	37.4	43.0	34.9	→	2:43.17	35.2	41.5	47.7	38.8
2:26.00	31.5	37.1	42.7	34.7	→	2:42.06	34.9	41.2	47.4	38.5
2:25.00	31.2	36.9	42.4	34.4	→	2:40.95	34.7	40.9	47.1	38.2
2:24.00	31.0	36.6	42.1	34.2	→	2:39.84	34.4	40.7	46.8	38.0
2:23.00	30.8	36.4	41.8	34.0	→	2:38.73	34.2	40.4	46.4	37.7
2:22.00	30.6	36.1	41.5	33.7	→	2:37.62	34.0	40.1	46.1	37.4
2:21.00	30.4	35.9	41.2	33.5	→	2:36.51	33.7	39.8	45.8	37.2
2:20.00	30.2	35.6	41.0	33.3	→	2:35.40	33.5	39.5	45.5	36.9
2:19.00	29.9	35.4	40.7	33.0	→	2:34.29	33.2	39.3	45.1	36.7
2:18.00	29.7	35.1	40.4	32.8	→	2:33.18	33.0	39.0	44.8	36.4
2:17.00	29.5	34.9	40.1	32.5	→	2:32.07	32.8	38.7	44.5	36.1
2:16.00	29.3	34.6	39.8	32.3	→	2:30.96	32.5	38.4	44.2	35.9
2:15.00	29.1	34.3	39.5	32.1	→	2:29.85	32.3	38.1	43.8	35.6
2:14.00	28.9	34.1	39.2	31.8	→	2:28.74	32.0	37.8	43.5	35.3
2:13.00	28.7	33.8	38.9	31.6	→	2:27.63	31.8	37.6	43.2	35.1
2:12.00	28.4	33.6	38.6	31.4	→	2:26.52	31.6	37.3	42.9	34.8
2:11.00	28.2	33.3	38.3	31.1	→	2:25.41	31.3	37.0	42.5	34.5
2:10.00	28.0	33.1	38.0	30.9	→	2:24.30	31.1	36.7	42.2	34.3
2:09.00	27.8	32.8	37.7	30.6	→	2:23.19	30.8	36.4	41.9	34.0
2:08.00	27.6	32.6	37.4	30.4	→	2:22.08	30.6	36.1	41.6	33.8
2:07.00	27.4	32.3	37.2	30.2	→	2:20.97	30.4	35.9	41.2	33.5
2:06.00	27.1	32.1	36.9	29.9	→	2:19.86	30.1	35.6	40.9	33.2
2:05.00	26.9	31.8	36.6	29.7	→	2:18.75	29.9	35.3	40.6	33.0
2:04.00	26.7	31.5	36.3	29.5	→	2:17.64	29.7	35.0	40.3	32.7
2:03.00	26.5	31.3	36.0	29.2	→	2:16.53	29.4	34.7	39.9	32.4
2:02.00	26.3	31.0	35.7	29.0	→	2:15.42	29.2	34.5	39.6	32.2
2:01.00	26.1	30.8	35.4	28.7	→	2:14.31	28.9	34.2	39.3	31.9
2:00.00	25.9	30.5	35.1	28.5	→	2:13.20	28.7	33.9	39.0	31.6
1:59.00	25.6	30.3	34.8	28.3	→	2:12.09	28.5	33.6	38.6	31.4
1:58.00	25.4	30.0	34.5	28.0	→	2:10.98	28.2	33.3	38.3	31.1
1:57.00	25.2	29.8	34.2	27.8	→	2:09.87	28.0	33.0	38.0	30.8
1:56.00	25.0	29.5	33.9	27.6	→	2:08.76	27.7	32.8	37.7	30.6
1:55.00	24.8	29.3	33.6	27.3	→	2:07.65	27.5	32.5	37.3	30.3
1:54.00	24.6	29.0	33.3	27.1	→	2:06.54	27.3	32.2	37.0	30.1
1:53.00	24.3	28.7	33.1	26.8	→	2:05.43	27.0	31.9	36.7	29.8
1:52.00	24.1	28.5	32.8	26.6	→	2:04.32	26.8	31.6	36.4	29.5
1:51.00	23.9	28.2	32.5	26.4	→	2:03.21	26.5	31.3	36.0	29.3
1:50.00	23.7	28.0	32.2	26.1	→	2:02.10	26.3	31.1	35.7	29.0
1:49.00	23.5	27.7	31.9	25.9	→	2:00.99	26.1	30.8	35.4	28.7
1:48.00	23.3	27.5	31.6	25.7	→	1:59.88	25.8	30.5	35.1	28.5
1:47.00	23.1	27.2	31.3	25.4	→	1:58.77	25.6	30.2	34.7	28.2
1:46.00	22.8	27.0	31.0	25.2	→	1:57.66	25.3	29.9	34.4	27.9
1:45.00	22.6	26.7	30.7	24.9	→	1:56.55	25.1	29.7	34.1	27.7

TARGET RACE PACES

200 I.M.

H 500 FREESTYLE

YARDS	25 Pace	1st 100	2nd 100	3rd 100	4th 100	5th 100		METERS	25 Pace	1st 100	2nd 100	3rd 100	4th 100
6:30.00	19.5	1:16.2	1:19.2	1:18.8	1:18.4	1:17.4	→	5:42.03	21.4	1:22.2	1:26.8	1:27.0	1:26.0
6:25.00	19.3	1:15.3	1:18.2	1:17.8	1:17.4	1:16.4	→	5:37.65	21.1	1:21.2	1:25.7	1:25.9	1:24.9
6:20.00	19.0	1:14.3	1:17.1	1:16.8	1:16.4	1:15.4	→	5:33.26	20.8	1:20.1	1:24.6	1:24.8	1:23.8
6:15.00	18.8	1:13.3	1:16.1	1:15.8	1:15.4	1:14.4	→	5:28.88	20.6	1:19.1	1:23.5	1:23.7	1:22.7
6:10.00	18.5	1:12.3	1:15.1	1:14.7	1:14.4	1:13.4	→	5:24.49	20.3	1:18.0	1:22.4	1:22.6	1:21.6
6:05.00	18.3	1:11.4	1:14.1	1:13.7	1:13.4	1:12.4	→	5:20.11	20.0	1:17.0	1:21.2	1:21.4	1:20.5
6:00.00	18.0	1:10.4	1:13.1	1:12.7	1:12.4	1:11.4	→	5:15.72	19.7	1:15.9	1:20.1	1:20.3	1:19.4
5:55.00	17.8	1:09.4	1:12.1	1:11.7	1:11.4	1:10.4	→	5:11.34	19.5	1:14.8	1:19.0	1:19.2	1:18.3
5:50.00	17.5	1:08.4	1:11.1	1:10.7	1:10.4	1:09.4	→	5:06.95	19.2	1:13.8	1:17.9	1:18.1	1:17.2
5:45.00	17.3	1:07.4	1:10.0	1:09.7	1:09.4	1:08.4	→	5:02.57	18.9	1:12.7	1:16.8	1:17.0	1:16.1
5:40.00	17.0	1:06.5	1:09.0	1:08.7	1:08.4	1:07.5	→	4:58.18	18.6	1:11.7	1:15.7	1:15.9	1:15.0
5:35.00	16.8	1:05.5	1:08.0	1:07.7	1:07.4	1:06.5	→	4:53.80	18.4	1:10.6	1:14.6	1:14.7	1:13.9
5:30.00	16.5	1:04.5	1:07.0	1:06.7	1:06.4	1:05.5	→	4:49.41	18.1	1:09.6	1:13.5	1:13.6	1:12.8
5:28.00	16.4	1:04.1	1:06.6	1:06.3	1:06.0	1:05.1	→	4:47.66	18.0	1:09.2	1:13.0	1:13.2	1:12.3
5:26.00	16.3	1:03.7	1:06.2	1:05.9	1:05.6	1:04.7	→	4:45.90	17.9	1:08.7	1:12.6	1:12.7	1:11.9
5:24.00	16.2	1:03.3	1:05.8	1:05.4	1:05.2	1:04.3	→	4:44.15	17.8	1:08.3	1:12.1	1:12.3	1:11.4
5:22.00	16.1	1:03.0	1:05.4	1:05.0	1:04.8	1:03.9	→	4:42.39	17.6	1:07.9	1:11.7	1:11.8	1:11.0
5:20.00	16.0	1:02.6	1:05.0	1:04.6	1:04.4	1:03.5	→	4:40.64	17.5	1:07.5	1:11.2	1:11.4	1:10.6
5:18.00	15.9	1:02.2	1:04.6	1:04.2	1:03.9	1:03.1	→	4:38.89	17.4	1:07.0	1:10.8	1:10.9	1:10.1
5:16.00	15.8	1:01.8	1:04.1	1:03.8	1:03.5	1:02.7	→	4:37.13	17.3	1:06.6	1:10.3	1:10.5	1:09.7
5:14.00	15.7	1:01.4	1:03.7	1:03.4	1:03.1	1:02.3	→	4:35.38	17.2	1:06.2	1:09.9	1:10.1	1:09.2
5:12.00	15.6	1:01.0	1:03.3	1:03.0	1:02.7	1:01.9	→	4:33.62	17.1	1:05.8	1:09.4	1:09.6	1:08.8
5:10.00	15.5	1:00.6	1:02.9	1:02.6	1:02.3	1:01.5	→	4:31.87	17.0	1:05.4	1:09.0	1:09.2	1:08.3
5:08.00	15.4	1:00.2	1:02.5	1:02.2	1:01.9	1:01.1	→	4:30.12	16.9	1:04.9	1:08.6	1:08.7	1:07.9
5:06.00	15.3	0:59.8	1:02.1	1:01.8	1:01.5	1:00.7	→	4:28.36	16.8	1:04.5	1:08.1	1:08.3	1:07.5
5:04.00	15.2	0:59.4	1:01.7	1:01.4	1:01.1	1:00.3	→	4:26.61	16.7	1:04.1	1:07.7	1:07.8	1:07.0
5:02.00	15.1	0:59.0	1:01.3	1:01.0	1:00.7	0:59.9	→	4:24.85	16.6	1:03.7	1:07.2	1:07.4	1:06.6
5:00.00	15.0	0:58.7	1:00.9	1:00.6	1:00.3	0:59.5	→	4:23.10	16.4	1:03.2	1:06.8	1:06.9	1:06.1
4:58.00	14.9	0:58.3	1:00.5	1:00.2	0:59.9	0:59.1	→	4:21.35	16.3	1:02.8	1:06.3	1:06.5	1:05.7
4:56.00	14.8	0:57.9	1:00.1	0:59.8	0:59.5	0:58.7	→	4:19.59	16.2	1:02.4	1:05.9	1:06.0	1:05.3
4:54.00	14.7	0:57.5	0:59.7	0:59.4	0:59.1	0:58.3	→	4:17.84	16.1	1:02.0	1:05.4	1:05.6	1:04.8
4:52.00	14.6	0:57.1	0:59.3	0:59.0	0:58.7	0:57.9	→	4:16.08	16.0	1:01.6	1:05.0	1:05.1	1:04.4
4:50.00	14.5	0:56.7	0:58.9	0:58.6	0:58.3	0:57.5	→	4:14.33	15.9	1:01.1	1:04.5	1:04.7	1:03.9
4:48.00	14.4	0:56.3	0:58.5	0:58.2	0:57.9	0:57.1	→	4:12.58	15.8	1:00.7	1:04.1	1:04.3	1:03.5
4:46.00	14.3	0:55.9	0:58.1	0:57.8	0:57.5	0:56.7	→	4:10.82	15.7	1:00.3	1:03.7	1:03.8	1:03.1
4:44.00	14.2	0:55.5	0:57.7	0:57.4	0:57.1	0:56.3	→	4:09.07	15.6	0:59.9	1:03.2	1:03.4	1:02.6
4:42.00	14.1	0:55.1	0:57.2	0:57.0	0:56.7	0:55.9	→	4:07.31	15.5	0:59.5	1:02.8	1:02.9	1:02.2
4:40.00	14.0	0:54.7	0:56.8	0:56.6	0:56.3	0:55.6	→	4:05.56	15.3	0:59.0	1:02.3	1:02.5	1:01.7
4:38.00	13.9	0:54.3	0:56.4	0:56.2	0:55.9	0:55.2	→	4:03.81	15.2	0:58.6	1:01.9	1:02.0	1:01.3
4:36.00	13.8	0:54.0	0:56.0	0:55.8	0:55.5	0:54.8	→	4:02.05	15.1	0:58.2	1:01.4	1:01.6	1:00.9
4:34.00	13.7	0:53.6	0:55.6	0:55.3	0:55.1	0:54.4	→	4:00.30	15.0	0:57.8	1:01.0	1:01.1	1:00.4
4:32.00	13.6	0:53.2	0:55.2	0:54.9	0:54.7	0:54.0	→	3:58.54	14.9	0:57.3	1:00.5	1:00.7	1:00.0
4:30.00	13.5	0:52.8	0:54.8	0:54.5	0:54.3	0:53.6	→	3:56.79	14.8	0:56.9	1:00.1	1:00.2	0:59.5
4:28.00	13.4	0:52.4	0:54.4	0:54.1	0:53.9	0:53.2	→	3:55.04	14.7	0:56.5	0:59.7	0:59.8	0:59.1
4:26.00	13.3	0:52.0	0:54.0	0:53.7	0:53.5	0:52.8	→	3:53.28	14.6	0:56.1	0:59.2	0:59.3	0:58.6
4:24.00	13.2	0:51.6	0:53.6	0:53.3	0:53.1	0:52.4	→	3:51.53	14.5	0:55.7	0:58.8	0:58.9	0:58.2
4:22.00	13.1	0:51.2	0:53.2	0:52.9	0:52.7	0:52.0	→	3:49.77	14.4	0:55.2	0:58.3	0:58.5	0:57.8
4:20.00	13.0	0:50.8	0:52.8	0:52.5	0:52.3	0:51.6	→	3:48.02	14.3	0:54.8	0:57.9	0:58.0	0:57.3
4:18.00	12.9	0:50.4	0:52.4	0:52.1	0:51.9	0:51.2	→	3:46.27	14.1	0:54.4	0:57.4	0:57.6	0:56.9
4:16.00	12.8	0:50.0	0:52.0	0:51.7	0:51.5	0:50.8	→	3:44.51	14.0	0:54.0	0:57.0	0:57.1	0:56.4
4:14.00	12.7	0:49.7	0:51.6	0:51.3	0:51.1	0:50.4	→	3:42.76	13.9	0:53.6	0:56.5	0:56.7	0:56.0

TARGET RACE PACES

500 FREESTYLE