

Squad	Stroke	50			100			200		
	% Effort	60	75	90	60	75	90	60	75	90
A	Backstroke	49.13	43.86	38.60	1.50.25	1.38.44	1.26.63	4.18.68	3.50.96	3.23.25
	Breaststroke	56.57	50.51	44.45	2.03.35	1.50.14	1.36.92	4.50.5	4.19.38	3.48.25
	Butterfly	47.88	42.75	37.62	1.59.77	1.46.94	1.34.11			
	Freestyle	40.19	35.89	31.58	1.31.11	1.21.35	1.11.59	3.43.9	3.19.91	2.55.92
	I.M.				1.46.18	1.34.8	1.23.42	3.58.35	3.32.81	3.07.28
B	Backstroke	57.39	51.24	45.09	2.06.1	1.52.59	1.39.08	4.51.93	4.20.65	3.49.37
	Breaststroke	1.07.79	1.00.53	53.26	2.31.3	2.15.09	1.58.88	5.12.3	4.38.84	4.05.38
	Butterfly	57.08	50.96	44.85	2.16.42	2.01.8	1.47.18			
	Freestyle	47.11	42.06	37.02	1.46.12	1.34.75	1.23.38	4.06.39	3.39.99	3.13.59
	I.M.				2.07.32	1.53.68	1.40.03	4.43.35	4.12.99	3.42.63
Yellow	Backstroke	58.48	52.21	45.95	2.17.97	2.03.19	1.48.41	5.12.13	4.38.69	4.05.25
	Breaststroke	1.06.49	59.36	52.24	2.28.22	2.12.34	1.56.46	5.32.85	4.57.19	4.21.53
	Butterfly	1.02.78	56.05	49.32	2.27.45	2.11.65	1.55.85			
	Freestyle	49.04	43.79	38.53	1.57.04	1.44.5	1.31.96	4.35.9	4.06.34	3.36.78
	I.M.				2.09.88	1.55.96	1.42.05	4.53.89	4.22.4	3.50.91
Green	Backstroke	1.06.44	59.33	52.21	2.29.34	2.13.34	1.57.34	6.16.71	5.36.35	4.55.99
	Breaststroke	1.17.38	1.09.09	1.00.8	3.00	2.40.71	2.21.43	6.26.16	5.44.79	5.03.41
	Butterfly	1.18.85	1.10.4	1.01.95	3.19.16	2.57.83	2.36.49			
	Freestyle	56.21	50.19	44.17	2.12.75	1.58.53	1.44.3	5.19.06	4.44.88	4.10.69
	I.M.				2.36.6	2.19.83	2.03.05	5.25.79	4.50.89	4.15.98
Blue	Backstroke	1.17.7	1.09.38	1.01.05	2.54.13	2.35.48	2.16.82	6.18.34	5.37.8	4.57.26
	Breaststroke	1.24.66	1.15.59	1.06.52	3.08.83	2.48.6	2.28.37	7.33	6.44.46	5.55.93
	Butterfly	1.13.09	1.05.26	57.43	1.43.03	1.31.99	1.20.95			
	Freestyle	1.03.31	56.53	49.74	2.36.51	2.19.74	2.02.97	5.23.86	4.49.16	4.14.46
	I.M.				2.30.07	2.13.99	1.57.91	5.25.89	4.50.98	4.16.06
Minnows	Backstroke	1.25.5	1.16.34	1.07.18	3.05.29	2.45.44	2.25.59			
	Breaststroke	1.39.79	1.29.1	1.18.41	3.32	3.09.29	2.46.57			
	Butterfly									
	Freestyle	1.14.97	1.06.94	58.91	2.59.77	2.40.51	2.21.25			
	I.M.									
Tadpoles	Backstroke	1.34.57	1.24.44	1.14.31	2.59.47	2.40.24	2.21.01			
	Breaststroke	1.38.21	1.27.69	1.17.17						
	Butterfly									
	Freestyle	1.19.8	1.11.25	1.02.7	3.19.29	2.57.94	2.36.59			
	I.M.									