

Lakota Swimming

TIME COMPARISONS FOR 2021-2022 SEASON

GIRLS

EVENT	GMC Top 16	District	State	TEAM RECORD	
				East	West
50 yd Free	28.00	26.30	24.07	24.66	23.20
100 yd Free	1:01.00	56.36	52.80	52.26	50.68
200 yd. Free	2:16.00	2:01.00	1:54.00	1:53.80	1:50.76
500 yd Free	6:10.00	5:25.00	5:05.99	4:54.03	4:59.55
200 yd. IM	2:34.00	2:18.02	2:07.82	2:04.36	2:02.98
100 yd FLY	1:09.50	1:00.60	57.73	57.54	54.04
100 yd BACK	1:09.00	1:02.50	57.79	1:00.44	55.72
100 yd BREAST	1:17.00	1:11.82	1:05.82	1:07.83	1:01.40
200 yd FREE RELAY -----		1:48.00	1:39.48	1:39.83	1:37.81
400 yd FREE RELAY-----		4:00.00	3:37.52	3:30.51	3:32.34
200 yd MEDLEY RELAY ---		2:02.50	1:48.39	1:49.79	1:46.03

BOYS

EVENT	GMC Top 16	District	State	TEAM RECORD	
				East	West
50 yd FREE	24.00	23.40	21.70	21.20	21.66
100 yd FREE	55.00	50.90	47.50	47.06	46.97
200 yd. FREE	2:02.00	1:51.28	1:43.56	1:37.62	1:41.92
500 yd Free	5:55.00	5:00.62	4:45.50	4:21.05	4:33.20
200 yd. IM	2:30.00	2:07.60	1:56.86	1:51.60	1:54.24
100 yd FLY	1:03.00	56.00	51.54	50.52	50.16
100 yd BACK	1:03.90	58.33	53.12	49.44	51.27
100 yd BREAST	1:13.00	1:04.34	59.12	56.56	57.82
200 yd FREE RELAY -----		1:36.14	1:28.70	1:29.91	1:28.13
400 yd FREE RELAY -----		3:40.34	3:14.49	3:09.14	3:15.51
200 yd MEDLEY RELAY-----		1:49.28	1:37.99	1:35.39	1:38.60

*****Note all GMC/District/State times are estimations based on previous years results. These are not guaranteed times as each year is slightly different as the top times are selected.