

FINA Points - Base Times SCM (25m) 2021

Validity period: 01.09.2021 – 31.08.2022

STROKE	Men		Women	
	BASETIME	BASETIME IN SECONDS	BASETIME	BASETIME IN SECONDS
50m Freestyle	20.16	20.16	22.93	22.93
100m Freestyle	44.94	44.94	50.25	50.25
200m Freestyle	1:39.37	99.37	1:50.43	110.43
400m Freestyle	3:32.25	212.25	3:53.92	233.92
800m Freestyle	7:23.42	443.42	7:59.34	479.34
1500m Freestyle	14:08.06	848.06	15:18.01	918.01
50m Backstroke	22.22	22.22	25.60	25.60
100m Backstroke	48.33	48.33	54.89	54.89
200m Backstroke	1:45.63	105.63	1:58.94	118.94
50m Breaststroke	25.25	25.25	28.56	28.56
100m Breaststroke	55.34	55.34	1:02.36	62.36
200m Breaststroke	2:00.16	120.16	2:14.57	134.57
50m Butterfly	21.75	21.75	24.38	24.38
100m Butterfly	47.78	47.78	54.61	54.61
200m Butterfly	1:48.24	108.24	1:59.61	119.61
100m Medley	49.28	49.28	56.51	56.51
200m Medley	1:49.63	109.63	2:01.86	121.86
400m Medley	3:54.81	234.81	4:18.94	258.94
4x50m Freestyle Relay	1:21.80	81.80	1:32.50	92.5
4x100m Freestyle Relay	3:03.03	183.03	3:26.53	206.53
4x200m Freestyle Relay	6:46.81	406.81	7:32.85	452.85
4x50m Medley Relay	1:30.44	90.44	1:42.38	102.38
4x100m Medley Relay	3:19.16	199.16	3:44.52	224.52

N.B.

Base times are defined based on World Records that are approved on the start date of the validity period.



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FINA Points - Base Times LCM (50m) 2022

Validity period: 01.01.2022 – 31.12.2022

STROKE	Men		Women	
	BASETIME	BASETIME IN SECONDS	BASETIME	BASETIME IN SECONDS
50m Freestyle	20.91	20.91	23.67	23.67
100m Freestyle	46.91	46.91	51.71	51.71
200m Freestyle	1:42.00	102.00	1:52.98	112.98
400m Freestyle	3:40.07	220.07	3:56.46	236.46
800m Freestyle	7:32.12	452.12	8:04.79	484.79
1500m Freestyle	14:31.02	871.02	15:20.48	920.48
50m Backstroke	23.80	23.80	26.98	26.98
100m Backstroke	51.85	51.85	57.45	57.45
200m Backstroke	1:51.92	111.92	2:03.35	123.35
50m Breaststroke	25.95	25.95	29.30	29.30
100m Breaststroke	56.88	56.88	1:04.13	64.13
200m Breaststroke	2:06.12	126.12	2:18.95	138.95
50m Butterfly	22.27	22.27	24.43	24.43
100m Butterfly	49.45	49.45	55.48	55.48
200m Butterfly	1:50.73	110.73	2:01.81	121.81
200m Medley	1:54.00	114.00	2:06.12	126.12
400m Medley	4:03.84	243.84	4:26.36	266.36
4x100m Freestyle Relay	3:08.24	188.24	3:29.69	209.69
4x200m Freestyle Relay	6:58.55	418.55	7:40.33	460.33
4x100m Medley Relay	3:26.78	206.78	3:50.40	230.40

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