

NASA C Cut Time Standards

Girls	SCY	Boys
C Cut	10 & Under	C Cut
00:44.89	50 Free	00:44.09
01:41.59	100 Free	01:39.79
03:42.99	200 Free	03:30.69
09:13.39	500 Free	09:04.69
00:52.99	50 Back	00:53.49
01:53.99	100 Back	01:51.79
00:59.19	50 Breast	00:58.09
02:10.09	100 Breast	02:05.39
00:53.39	50 Fly	00:51.69
02:05.99	100 Fly	02:03.39
01:54.59	100 IM	01:50.79
04:02.49	200 IM	03:59.49
C Cut	11&12	C Cut
00:39.59	50 Free	00:38.59
01:25.59	100 Free	01:22.99
03:04.39	200 Free	02:58.59
07:56.79	500 Free	07:45.29
16:24.09	1000 Free	16:08.59
27:53.99	1650 Free	27:21.89
00:44.09	50 Back	00:43.89
01:36.79	100 Back	01:34.19
03:20.59	200 Back	03:15.99
00:48.99	50 Breast	00:48.89
01:46.09	100 Breast	01:43.39
03:44.89	200 Breast	03:38.09
00:42.49	50 Fly	00:43.09
01:36.39	100 Fly	01:34.89
03:23.99	200 Fly	03:17.19
01:36.09	100 IM	01:32.89
03:24.19	200 IM	03:21.29
07:12.19	400 IM	07:01.09

NASA C Cut Time Standards

C Cut	13&14	C Cut
00:38.59	50 Free	00:35.89
01:22.59	100 Free	01:17.59
02:56.09	200 Free	02:46.99
07:35.79	500 Free	07:14.59
15:37.99	1000 Free	14:57.19
26:23.49	1650 Free	25:18.89
01:28.69	100 Back	01:23.49
03:10.79	200 Back	03:00.29
01:39.99	100 Breast	01:33.29
03:34.89	200 Breast	03:20.59
01:28.39	100 Fly	01:23.19
03:12.99	200 Fly	03:02.19
03:13.79	200 IM	03:03.99
06:51.59	400 IM	06:29.49

C Cut	15&16	C Cut
00:37.79	50 Free	00:34.39
01:20.89	100 Free	01:14.39
02:53.39	200 Free	02:40.49
07:28.59	500 Free	06:58.59
15:25.19	1000 Free	14:28.99
26:05.19	1650 Free	24:35.39
01:26.69	100 Back	01:20.09
03:06.99	200 Back	02:51.99
01:37.89	100 Breast	01:28.49
03:29.99	200 Breast	03:12.19
01:26.69	100 Fly	01:19.49
03:09.29	200 Fly	02:55.29
03:10.79	200 IM	02:55.69
06:43.89	400 IM	06:14.99

C Cut	17&18	C Cut
00:37.39	50 Free	00:33.89
01:20.19	100 Free	01:12.99
02:52.49	200 Free	02:37.09
07:23.69	500 Free	06:50.19
15:22.19	1000 Free	14:19.39
25:48.49	1650 Free	24:08.59
01:25.69	100 Back	01:18.19
03:03.79	200 Back	02:48.89
01:36.89	100 Breast	01:27.09
03:27.79	200 Breast	03:07.29
01:25.59	100 Fly	01:17.89
03:07.49	200 Fly	02:51.49
03:08.39	200 IM	02:51.69
06:39.19	400 IM	06:07.89