



REVISED POWER POINT TABLES // BOYS

2023 REVISION SHORT COURSE YARDS

These are the tables to use in the NISCA National Dual Meet Team Ranking Program beginning with the 2023 - 2024 School Year. These tables replace the previous 2014 revision. These tables are organized in high

Individual Events - Boys (SCY)

Relays - Boys (SCY)

POWER POINTS	200 FREE	200 IM	50 FREE	100 FLY	100 FREE	500 FREE	100 BACK	100 BREAST	6 DIVES	DIVING 11 DIVES	POWER POINTS	200 MED REL	200 FREE REL	200 FREE REL
200	1:27.53	1:37.45	:18.16	:43.21	:39.86	3:59.66	:43.79	:49.35	504.00	786.25	600	1:22.58	1:15.24	2:45.47
199	1:27.70	1:37.64	:18.20	:43.29	:39.94	4:00.13	:43.88	:49.44	499.20	779.15	597	1:22.74	1:15.39	2:45.79
198	1:27.87	1:37.83	:18.23	:43.38	:40.01	4:00.60	:43.96	:49.54	494.50	772.15	594	1:22.90	1:15.53	2:46.11
197	1:28.04	1:38.02	:18.27	:43.46	:40.09	4:01.07	:44.05	:49.64	489.75	765.20	591	1:23.06	1:15.68	2:46.44
196	1:28.21	1:38.21	:18.30	:43.55	:40.17	4:01.54	:44.13	:49.73	485.10	758.30	588	1:23.23	1:15.83	2:46.76
195	1:28.39	1:38.40	:18.34	:43.63	:40.25	4:02.02	:44.22	:49.83	480.50	751.50	585	1:23.39	1:15.98	2:47.09
194	1:28.56	1:38.60	:18.38	:43.72	:40.33	4:02.49	:44.31	:49.93	475.95	744.70	582	1:23.55	1:16.13	2:47.42
193	1:28.73	1:38.79	:18.41	:43.80	:40.41	4:02.97	:44.39	:50.03	471.45	738.00	579	1:23.72	1:16.28	2:47.75
192	1:28.91	1:38.99	:18.45	:43.89	:40.49	4:03.45	:44.48	:50.13	466.95	731.35	576	1:23.88	1:16.43	2:48.08
191	1:29.08	1:39.18	:18.49	:43.98	:40.57	4:03.93	:44.57	:50.22	462.50	724.75	573	1:24.05	1:16.58	2:48.41
190	1:29.26	1:39.38	:18.52	:44.06	:40.65	4:04.41	:44.66	:50.32	458.10	718.25	570	1:24.22	1:16.73	2:48.75
189	1:29.44	1:39.58	:18.56	:44.15	:40.73	4:04.90	:44.75	:50.42	453.75	711.80	567	1:24.38	1:16.88	2:49.08
188	1:29.62	1:39.77	:18.60	:44.24	:40.81	4:05.39	:44.84	:50.52	449.45	705.35	564	1:24.55	1:17.04	2:49.42
187	1:29.80	1:39.97	:18.63	:44.33	:40.89	4:05.88	:44.92	:50.63	445.20	699.00	561	1:24.72	1:17.19	2:49.76
186	1:29.97	1:40.17	:18.67	:44.42	:40.97	4:06.37	:45.01	:50.73	441.00	692.75	558	1:24.89	1:17.34	2:50.10
185	1:30.15	1:40.37	:18.71	:44.50	:41.06	4:06.86	:45.10	:50.83	436.75	686.50	555	1:25.06	1:17.50	2:50.44
184	1:30.34	1:40.57	:18.75	:44.59	:41.14	4:07.36	:45.20	:50.93	432.60	680.30	552	1:25.23	1:17.65	2:50.78
183	1:30.52	1:40.78	:18.78	:44.68	:41.22	4:07.85	:45.29	:51.03	428.50	674.20	549	1:25.40	1:17.81	2:51.12
182	1:30.70	1:40.98	:18.82	:44.77	:41.30	4:08.35	:45.38	:51.14	424.45	668.10	546	1:25.57	1:17.97	2:51.47
181	1:30.88	1:41.18	:18.86	:44.86	:41.39	4:08.85	:45.47	:51.24	420.40	662.10	543	1:25.75	1:18.12	2:51.81
180	1:31.07	1:41.39	:18.90	:44.95	:41.47	4:09.36	:45.56	:51.34	416.40	656.15	540	1:25.92	1:18.28	2:52.16
179	1:31.25	1:41.59	:18.94	:45.05	:41.55	4:09.86	:45.65	:51.45	412.45	650.25	537	1:26.09	1:18.44	2:52.51
178	1:31.44	1:41.80	:18.97	:45.14	:41.64	4:10.37	:45.75	:51.55	408.50	644.35	534	1:26.27	1:18.60	2:52.86
177	1:31.62	1:42.01	:19.01	:45.23	:41.72	4:10.88	:45.84	:51.66	404.65	638.55	531	1:26.44	1:18.76	2:53.21
176	1:31.81	1:42.21	:19.05	:45.32	:41.81	4:11.39	:45.93	:51.76	400.80	632.80	528	1:26.62	1:18.92	2:53.56
175	1:32.00	1:42.42	:19.09	:45.41	:41.89	4:11.90	:46.03	:51.87	397.00	627.10	525	1:26.80	1:19.08	2:53.92
174	1:32.18	1:42.63	:19.13	:45.51	:41.98	4:12.42	:46.12	:51.97	393.25	621.50	522	1:26.97	1:19.24	2:54.27
173	1:32.37	1:42.84	:19.17	:45.60	:42.07	4:12.94	:46.21	:52.08	389.50	615.90	519	1:27.15	1:19.41	2:54.63
172	1:32.56	1:43.05	:19.21	:45.69	:42.15	4:13.46	:46.31	:52.19	385.80	610.35	516	1:27.33	1:19.57	2:54.99
171	1:32.75	1:43.27	:19.25	:45.79	:42.24	4:13.98	:46.41	:52.29	382.10	604.85	513	1:27.51	1:19.73	2:55.35
170	1:32.95	1:43.48	:19.29	:45.88	:42.33	4:14.50	:46.50	:52.40	378.50	599.40	510	1:27.69	1:19.90	2:55.71
169	1:33.14	1:43.69	:19.33	:45.98	:42.41	4:15.03	:46.60	:52.51	374.90	594.00	507	1:27.87	1:20.06	2:56.08
168	1:33.33	1:43.91	:19.37	:46.07	:42.50	4:15.56	:46.69	:52.62	371.35	588.65	504	1:28.06	1:20.23	2:56.44
167	1:33.52	1:44.12	:19.41	:46.17	:42.59	4:16.09	:46.79	:52.73	367.80	583.35	501	1:28.24	1:20.39	2:56.81
166	1:33.72	1:44.34	:19.45	:46.26	:42.68	4:16.62	:46.89	:52.84	364.30	578.10	498	1:28.42	1:20.56	2:57.18
165	1:33.91	1:44.56	:19.49	:46.36	:42.77	4:17.16	:46.99	:52.95	360.85	572.90	495	1:28.61	1:20.73	2:57.55
164	1:34.11	1:44.78	:19.53	:46.46	:42.86	4:17.69	:47.08	:53.06	357.40	567.75	492	1:28.79	1:20.90	2:57.92

163	1:34.31	1:45.00	:19.57	:46.55	:42.95	4:18.23	:47.18	:53.17	354.00	562.60	489	1:28.98	1:21.07	2:58.29
162	1:34.51	1:45.22	:19.61	:46.65	:43.04	4:18.78	:47.28	:53.28	350.65	557.55	486	1:29.16	1:21.24	2:58.66
161	1:34.70	1:45.44	:19.65	:46.75	:43.13	4:19.32	:47.38	:53.39	347.30	552.50	483	1:29.35	1:21.41	2:59.04
160	1:34.90	1:45.66	:19.69	:46.85	:43.22	4:19.87	:47.48	:53.51	344.00	547.55	480	1:29.54	1:21.58	2:59.42
159	1:35.10	1:45.88	:19.74	:46.95	:43.31	4:20.41	:47.58	:53.62	340.75	542.60	477	1:29.73	1:21.75	2:59.79
158	1:35.31	1:46.11	:19.78	:47.05	:43.40	4:20.97	:47.68	:53.73	337.50	537.75	474	1:29.92	1:21.93	3:00.18
157	1:35.51	1:46.33	:19.82	:47.15	:43.49	4:21.52	:47.78	:53.85	334.30	532.90	471	1:30.11	1:22.10	3:00.56
156	1:35.71	1:46.56	:19.86	:47.25	:43.59	4:22.07	:47.88	:53.96	331.15	528.10	468	1:30.30	1:22.27	3:00.94
155	1:35.91	1:46.79	:19.90	:47.35	:43.68	4:22.63	:47.99	:54.08	328.00	523.30	465	1:30.49	1:22.45	3:01.33
154	1:36.12	1:47.01	:19.95	:47.45	:43.77	4:23.19	:48.09	:54.19	324.85	518.60	462	1:30.69	1:22.63	3:01.71
153	1:36.33	1:47.24	:19.99	:47.55	:43.87	4:23.76	:48.19	:54.31	321.75	513.90	459	1:30.88	1:22.80	3:02.10
152	1:36.53	1:47.47	:20.03	:47.65	:43.96	4:24.32	:48.30	:54.42	318.75	509.30	456	1:31.08	1:22.98	3:02.49
151	1:36.74	1:47.70	:20.07	:47.75	:44.05	4:24.89	:48.40	:54.54	315.70	504.70	453	1:31.27	1:23.16	3:02.88
150	1:36.95	1:47.94	:20.12	:47.86	:44.15	4:25.46	:48.50	:54.66	312.70	500.15	450	1:31.47	1:23.34	3:03.28
149	1:37.16	1:48.17	:20.16	:47.96	:44.24	4:26.03	:48.61	:54.78	309.70	495.65	447	1:31.67	1:23.52	3:03.67
148	1:37.37	1:48.40	:20.20	:48.06	:44.34	4:26.61	:48.71	:54.89	306.75	491.20	444	1:31.86	1:23.70	3:04.07
147	1:37.58	1:48.64	:20.25	:48.17	:44.44	4:27.19	:48.82	:55.01	303.85	486.75	441	1:32.06	1:23.88	3:04.47
146	1:37.79	1:48.87	:20.29	:48.27	:44.53	4:27.77	:48.92	:55.13	301.00	482.40	438	1:32.26	1:24.06	3:04.87
145	1:38.00	1:49.11	:20.34	:48.38	:44.63	4:28.35	:49.03	:55.25	298.10	478.05	435	1:32.46	1:24.24	3:05.27
144	1:38.22	1:49.35	:20.38	:48.48	:44.73	4:28.93	:49.14	:55.37	295.30	473.75	432	1:32.66	1:24.43	3:05.68
143	1:38.43	1:49.59	:20.43	:48.59	:44.82	4:29.52	:49.24	:55.49	292.50	469.50	429	1:32.87	1:24.61	3:06.08
142	1:38.65	1:49.83	:20.47	:48.70	:44.92	4:30.11	:49.35	:55.62	289.70	465.25	426	1:33.07	1:24.80	3:06.49
141	1:38.86	1:50.07	:20.51	:48.80	:45.02	4:30.70	:49.46	:55.74	286.95	461.05	423	1:33.27	1:24.98	3:06.90
140	1:39.08	1:50.31	:20.56	:48.91	:45.12	4:31.30	:49.57	:55.86	284.20	456.90	420	1:33.48	1:25.17	3:07.31
139	1:39.30	1:50.55	:20.61	:49.02	:45.22	4:31.90	:49.68	:55.98	281.50	452.75	417	1:33.69	1:25.36	3:07.72
138	1:39.52	1:50.80	:20.65	:49.13	:45.32	4:32.50	:49.79	:56.11	278.85	448.70	414	1:33.89	1:25.55	3:08.14
137	1:39.74	1:51.04	:20.70	:49.23	:45.42	4:33.10	:49.90	:56.23	276.20	444.65	411	1:34.10	1:25.74	3:08.55
136	1:39.96	1:51.29	:20.74	:49.34	:45.52	4:33.71	:50.01	:56.36	273.55	440.65	408	1:34.31	1:25.93	3:08.97
135	1:40.18	1:51.54	:20.79	:49.45	:45.62	4:34.32	:50.12	:56.48	271.00	436.70	405	1:34.52	1:26.12	3:09.39
134	1:40.41	1:51.79	:20.84	:49.56	:45.72	4:34.93	:50.23	:56.61	268.40	432.75	402	1:34.73	1:26.31	3:09.82
133	1:40.63	1:52.04	:20.88	:49.67	:45.83	4:35.54	:50.35	:56.73	265.85	428.85	399	1:34.94	1:26.50	3:10.24
132	1:40.86	1:52.29	:20.93	:49.79	:45.93	4:36.16	:50.46	:56.86	263.30	425.00	396	1:35.15	1:26.70	3:10.67
131	1:41.08	1:52.54	:20.98	:49.90	:46.03	4:36.78	:50.57	:56.99	260.80	421.15	393	1:35.37	1:26.89	3:11.09
130	1:41.31	1:52.79	:21.02	:50.01	:46.13	4:37.40	:50.69	:57.12	258.35	417.40	390	1:35.58	1:27.09	3:11.52
129	1:41.54	1:53.05	:21.07	:50.12	:46.24	4:38.03	:50.80	:57.25	255.90	413.65	387	1:35.80	1:27.28	3:11.96
128	1:41.77	1:53.30	:21.12	:50.24	:46.34	4:38.66	:50.91	:57.37	253.45	409.90	384	1:36.01	1:27.48	3:12.39
127	1:42.00	1:53.56	:21.17	:50.35	:46.45	4:39.29	:51.03	:57.50	251.05	406.20	381	1:36.23	1:27.68	3:12.82
126	1:42.23	1:53.82	:21.21	:50.46	:46.55	4:39.92	:51.15	:57.64	248.65	402.55	378	1:36.45	1:27.88	3:13.26
125	1:42.46	1:54.07	:21.26	:50.58	:46.66	4:40.56	:51.26	:57.77	246.30	398.90	375	1:36.67	1:28.08	3:13.70
124	1:42.69	1:54.33	:21.31	:50.69	:46.77	4:41.20	:51.38	:57.90	244.00	395.35	372	1:36.89	1:28.28	3:14.14
123	1:42.93	1:54.60	:21.36	:50.81	:46.87	4:41.84	:51.50	:58.03	241.65	391.75	369	1:37.11	1:28.48	3:14.59
122	1:43.17	1:54.86	:21.41	:50.93	:46.98	4:42.49	:51.61	:58.16	239.35	388.25	366	1:37.33	1:28.68	3:15.03
121	1:43.40	1:55.12	:21.46	:51.04	:47.09	4:43.14	:51.73	:58.30	237.10	384.75	363	1:37.56	1:28.89	3:15.48
120	1:43.64	1:55.39	:21.51	:51.16	:47.20	4:43.79	:51.85	:58.43	234.80	381.30	360	1:37.78	1:29.09	3:15.93
119	1:43.88	1:55.65	:21.56	:51.28	:47.31	4:44.44	:51.97	:58.57	232.60	377.85	357	1:38.01	1:29.30	3:16.38
118	1:44.12	1:55.92	:21.61	:51.40	:47.41	4:45.10	:52.09	:58.70	230.40	374.50	354	1:38.23	1:29.50	3:16.84
117	1:44.36	1:56.19	:21.66	:51.52	:47.52	4:45.76	:52.21	:58.84	228.20	371.10	351	1:38.46	1:29.71	3:17.29

116	1:44.60	1:56.46	:21.71	:51.64	:47.64	4:46.42	:52.33	:58.97	226.00	367.75	348	1:38.69	1:29.92	3:17.75
115	1:44.85	1:56.73	:21.76	:51.76	:47.75	4:47.09	:52.46	:59.11	223.85	364.40	345	1:38.92	1:30.13	3:18.21
114	1:45.09	1:57.00	:21.81	:51.88	:47.86	4:47.76	:52.58	:59.25	221.75	361.15	342	1:39.15	1:30.34	3:18.67
113	1:45.34	1:57.28	:21.86	:52.00	:47.97	4:48.43	:52.70	:59.39	219.65	357.85	339	1:39.38	1:30.55	3:19.14
112	1:45.58	1:57.55	:21.91	:52.12	:48.08	4:49.11	:52.82	:59.53	217.55	354.65	336	1:39.62	1:30.76	3:19.61
111	1:45.83	1:57.83	:21.96	:52.24	:48.19	4:49.79	:52.95	:59.67	215.50	351.45	333	1:39.85	1:30.97	3:20.07
110	1:46.08	1:58.10	:22.01	:52.37	:48.31	4:50.47	:53.07	:59.81	213.40	348.25	330	1:40.09	1:31.19	3:20.55
109	1:46.33	1:58.38	:22.06	:52.49	:48.42	4:51.16	:53.20	:59.95	211.40	345.15	327	1:40.32	1:31.40	3:21.02
108	1:46.58	1:58.66	:22.12	:52.61	:48.54	4:51.85	:53.32	1:00.09	209.40	342.00	324	1:40.56	1:31.62	3:21.50
107	1:46.84	1:58.95	:22.17	:52.74	:48.65	4:52.54	:53.45	1:00.23	207.40	338.95	321	1:40.80	1:31.84	3:21.97
106	1:47.09	1:59.23	:22.22	:52.86	:48.77	4:53.23	:53.58	1:00.38	205.45	335.90	318	1:41.04	1:32.06	3:22.45
105	1:47.35	1:59.51	:22.28	:52.99	:48.88	4:53.93	:53.71	1:00.52	203.50	332.90	315	1:41.28	1:32.28	3:22.94
104	1:47.60	1:59.80	:22.33	:53.12	:49.00	4:54.64	:53.83	1:00.66	201.55	329.90	312	1:41.52	1:32.50	3:23.42
103	1:47.86	2:00.08	:22.38	:53.24	:49.12	4:55.34	:53.96	1:00.81	199.65	326.95	309	1:41.76	1:32.72	3:23.91
102	1:48.12	2:00.37	:22.44	:53.37	:49.24	4:56.05	:54.09	1:00.96	197.75	323.00	306	1:42.01	1:32.94	3:24.40
101	1:48.38	2:00.66	:22.49	:53.50	:49.35	4:56.76	:54.22	1:01.10	195.85	321.05	303	1:42.25	1:33.16	3:24.89
100	1:48.64	2:00.95	:22.54	:53.63	:49.47	4:57.48	:54.35	1:01.25	194.00	318.15	300	1:42.50	1:33.39	3:25.38
99	1:48.90	2:01.25	:22.60	:53.76	:49.59	4:58.20	:54.48	1:01.40	192.15	315.30	297	1:42.75	1:33.61	3:25.88
98	1:49.17	2:01.54	:22.65	:53.89	:49.71	4:58.92	:54.62	1:01.55	190.30	312.45	294	1:43.00	1:33.84	3:26.38
97	1:49.43	2:01.84	:22.71	:54.02	:49.83	4:59.65	:54.75	1:01.70	188.50	309.65	291	1:43.25	1:34.07	3:26.88
96	1:49.70	2:02.13	:22.76	:54.15	:49.96	5:00.38	:54.88	1:01.85	186.75	306.85	288	1:43.50	1:34.30	3:27.38
95	1:49.97	2:02.43	:22.82	:54.28	:50.08	5:01.11	:55.02	1:02.00	184.95	304.10	285	1:43.75	1:34.53	3:27.89
94	1:50.24	2:02.73	:22.87	:54.42	:50.20	5:01.85	:55.15	1:02.15	183.20	301.35	282	1:44.01	1:34.76	3:28.40
93	1:50.51	2:03.03	:22.93	:54.55	:50.32	5:02.59	:55.29	1:02.30	181.45	298.65	279	1:44.26	1:34.99	3:28.91
92	1:50.78	2:03.33	:22.99	:54.68	:50.45	5:03.33	:55.42	1:02.46	179.75	295.95	276	1:44.52	1:35.23	3:29.43
91	1:51.05	2:03.64	:23.04	:54.82	:50.57	5:04.08	:55.56	1:02.61	178.00	293.30	273	1:44.77	1:35.46	3:29.94
90	1:51.33	2:03.94	:23.10	:54.96	:50.70	5:04.83	:55.70	1:02.76	176.35	290.65	270	1:45.03	1:35.70	3:30.46
89	1:51.60	2:04.25	:23.16	:55.09	:50.82	5:05.59	:55.83	1:02.92	174.65	288.00	267	1:45.29	1:35.93	3:30.98
88	1:51.88	2:04.56	:23.22	:55.23	:50.95	5:06.35	:55.97	1:03.08	173.00	285.45	264	1:45.56	1:36.17	3:31.51
87	1:52.16	2:04.87	:23.27	:55.37	:51.08	5:07.11	:56.11	1:03.23	171.35	282.85	261	1:45.82	1:36.41	3:32.03
86	1:52.44	2:05.18	:23.33	:55.50	:51.20	5:07.88	:56.25	1:03.39	169.75	280.30	258	1:46.08	1:36.65	3:32.56
85	1:52.72	2:05.49	:23.39	:55.64	:51.33	5:08.65	:56.39	1:03.55	168.10	277.80	255	1:46.35	1:36.89	3:33.09
84	1:53.00	2:05.81	:23.45	:55.78	:51.46	5:09.42	:56.54	1:03.71	166.50	275.30	252	1:46.61	1:37.14	3:33.63
83	1:53.29	2:06.13	:23.51	:55.92	:51.59	5:10.20	:56.68	1:03.87	164.90	272.80	249	1:46.88	1:37.38	3:34.17
82	1:53.57	2:06.44	:23.57	:56.06	:51.72	5:10.98	:56.82	1:04.03	163.35	270.35	246	1:47.15	1:37.63	3:34.71
81	1:53.86	2:06.76	:23.63	:56.21	:51.85	5:11.77	:56.96	1:04.19	161.80	267.90	243	1:47.42	1:37.87	3:35.25
80	1:54.15	2:07.09	:23.69	:56.35	:51.98	5:12.56	:57.11	1:04.35	160.30	265.50	240	1:47.70	1:38.12	3:35.79
79	1:54.44	2:07.41	:23.75	:56.49	:52.11	5:13.35	:57.25	1:04.52	158.75	263.10	237	1:47.97	1:38.37	3:36.34
78	1:54.73	2:07.73	:23.81	:56.64	:52.25	5:14.15	:57.40	1:04.68	157.25	260.75	234	1:48.24	1:38.62	3:36.89
77	1:55.02	2:08.06	:23.87	:56.78	:52.38	5:14.95	:57.55	1:04.85	155.75	258.40	231	1:48.52	1:38.87	3:37.45
76	1:55.32	2:08.39	:23.93	:56.93	:52.51	5:15.76	:57.69	1:05.01	154.30	256.05	228	1:48.80	1:39.13	3:38.01
75	1:55.61	2:08.72	:23.99	:57.07	:52.65	5:16.57	:57.84	1:05.18	152.80	253.75	225	1:49.08	1:39.38	3:38.56
74	1:55.91	2:09.05	:24.05	:57.22	:52.78	5:17.38	:57.99	1:05.35	151.35	251.50	222	1:49.36	1:39.64	3:39.13
73	1:56.21	2:09.38	:24.11	:57.37	:52.92	5:18.20	:58.14	1:05.52	149.90	249.20	219	1:49.64	1:39.89	3:39.69
72	1:56.51	2:09.72	:24.18	:57.51	:53.06	5:19.03	:58.29	1:05.69	148.50	246.95	216	1:49.92	1:40.15	3:40.26
71	1:56.81	2:10.05	:24.24	:57.66	:53.20	5:19.85	:58.44	1:05.86	147.10	244.75	213	1:50.21	1:40.41	3:40.83
70	1:57.12	2:10.39	:24.30	:57.81	:53.33	5:20.69	:58.59	1:06.03	145.70	242.50	210	1:50.50	1:40.67	3:41.41

69	1:57.42	2:10.73	:24.37	:57.96	:53.47	5:21.52	:58.75	1:06.20	144.30	240.35	207	1:50.78	1:40.94	3:41.98
68	1:57.73	2:11.07	:24.43	:58.12	:53.61	5:22.36	:58.90	1:06.37	142.95	238.20	204	1:51.07	1:41.20	3:42.56
67	1:58.04	2:11.42	:24.49	:58.27	:53.75	5:23.21	:59.05	1:06.55	141.60	236.05	201	1:51.37	1:41.47	3:43.15
66	1:58.35	2:11.76	:24.56	:58.42	:53.89	5:24.06	:59.21	1:06.72	140.20	233.90	198	1:51.66	1:41.73	3:43.73
65	1:58.66	2:12.11	:24.62	:58.57	:54.04	5:24.91	:59.37	1:06.90	138.90	231.80	195	1:51.95	1:42.00	3:44.32
64	1:58.97	2:12.46	:24.69	:58.73	:54.18	5:25.77	:59.52	1:07.07	137.60	229.75	192	1:52.25	1:42.27	3:44.92
63	1:59.29	2:12.81	:24.75	:58.89	:54.32	5:26.63	:59.68	1:07.25	136.25	227.65	189	1:52.55	1:42.54	3:45.51
62	1:59.60	2:13.16	:24.82	:59.04	:54.47	5:27.50	:59.84	1:07.43	135.00	225.60	186	1:52.84	1:42.81	3:46.11
61	1:59.92	2:13.51	:24.89	:59.20	:54.61	5:28.37	1:00.00	1:07.61	133.70	223.60	183	1:53.14	1:43.09	3:46.71
60	2:00.24	2:13.87	:24.95	:59.36	:54.76	5:29.25	1:00.16	1:07.79	132.40	221.60	180	1:53.45	1:43.36	3:47.32
59	2:00.56	2:14.23	:25.02	:59.52	:54.90	5:30.13	1:00.32	1:07.97	131.15	219.60	177	1:53.75	1:43.64	3:47.93
58	2:00.89	2:14.59	:25.09	:59.68	:55.05	5:31.02	1:00.48	1:08.16	129.90	217.60	174	1:54.06	1:43.92	3:48.54
57	2:01.21	2:14.95	:25.15	:59.84	:55.20	5:31.91	1:00.64	1:08.34	128.70	215.65	171	1:54.36	1:44.20	3:49.15
56	2:01.54	2:15.32	:25.22	1:00.00	:55.35	5:32.80	1:00.81	1:08.52	127.50	213.70	168	1:54.67	1:44.48	3:49.77
55	2:01.87	2:15.68	:25.29	1:00.16	:55.50	5:33.70	1:00.97	1:08.71	126.25	211.80	165	1:54.98	1:44.76	3:50.39
54	2:02.20	2:16.05	:25.36	1:00.32	:55.65	5:34.61	1:01.14	1:08.89	125.05	209.90	162	1:55.29	1:45.04	3:51.02
53	2:02.53	2:16.42	:25.43	1:00.49	:55.80	5:35.52	1:01.30	1:09.08	123.85	208.00	159	1:55.61	1:45.33	3:51.65
52	2:02.87	2:16.79	:25.50	1:00.65	:55.95	5:36.43	1:01.47	1:09.27	122.70	206.10	156	1:55.92	1:45.62	3:52.28
51	2:03.20	2:17.17	:25.57	1:00.82	:56.11	5:37.35	1:01.64	1:09.46	121.50	204.25	153	1:56.24	1:45.91	3:52.91
50	2:03.54	2:17.54	:25.64	1:00.99	:56.26	5:38.28	1:01.81	1:09.65	120.40	202.40	150	1:56.56	1:46.20	3:53.55
49	2:03.88	2:17.92	:25.71	1:01.15	:56.41	5:39.21	1:01.98	1:09.84	119.25	200.60	147	1:56.88	1:46.49	3:54.20
48	2:04.22	2:18.30	:25.78	1:01.32	:56.57	5:40.15	1:02.15	1:10.04	118.10	198.80	144	1:57.20	1:46.78	3:54.84
47	2:04.57	2:18.68	:25.85	1:01.49	:56.73	5:41.09	1:02.32	1:10.23	117.00	197.00	141	1:57.53	1:47.08	3:55.49
46	2:04.91	2:19.07	:25.92	1:01.66	:56.88	5:42.03	1:02.49	1:10.42	115.85	195.25	138	1:57.85	1:47.38	3:56.14
45	2:05.26	2:19.46	:25.99	1:01.83	:57.04	5:42.98	1:02.67	1:10.62	114.75	193.50	135	1:58.18	1:47.67	3:56.80
44	2:05.61	2:19.85	:26.06	1:02.01	:57.20	5:43.94	1:02.84	1:10.82	113.65	191.75	132	1:58.51	1:47.97	3:57.46
43	2:05.96	2:20.24	:26.14	1:02.18	:57.36	5:44.90	1:03.02	1:11.01	112.60	190.00	129	1:58.84	1:48.28	3:58.13
42	2:06.31	2:20.63	:26.21	1:02.35	:57.52	5:45.87	1:03.19	1:11.21	111.50	188.30	126	1:59.17	1:48.58	3:58.79
41	2:06.67	2:21.03	:26.28	1:02.53	:57.68	5:46.84	1:03.37	1:11.41	110.50	186.60	123	1:59.51	1:48.89	3:59.47
40	2:07.03	2:21.42	:26.36	1:02.71	:57.85	5:47.82	1:03.55	1:11.62	109.40	184.90	120	1:59.85	1:49.19	4:00.14
39	2:07.38	2:21.82	:26.43	1:02.88	:58.01	5:48.80	1:03.73	1:11.82	108.40	183.25	117	2:00.19	1:49.50	4:00.82
38	2:07.75	2:22.23	:26.51	1:03.06	:58.17	5:49.79	1:03.91	1:12.02	107.35	181.60	114	2:00.53	1:49.81	4:01.50
37	2:08.11	2:22.63	:26.58	1:03.24	:58.34	5:50.79	1:04.09	1:12.23	106.30	179.95	111	2:00.87	1:50.12	4:02.19
36	2:08.48	2:23.04	:26.66	1:03.42	:58.51	5:51.79	1:04.28	1:12.43	105.30	178.35	108	2:01.21	1:50.44	4:02.88
35	2:08.84	2:23.45	:26.74	1:03.60	:58.67	5:52.80	1:04.46	1:12.64	104.30	176.75	105	2:01.56	1:50.75	4:03.58
34	2:09.21	2:23.86	:26.81	1:03.78	:58.84	5:53.81	1:04.65	1:12.85	103.30	175.15	202	2:01.91	1:51.07	4:04.27
33	2:09.58	2:24.27	:26.89	1:03.97	:59.01	5:54.83	1:04.83	1:13.06	102.35	173.60	99	2:02.26	1:51.39	4:04.98
32	2:09.96	2:24.69	:26.97	1:04.15	:59.18	5:55.85	1:05.02	1:13.27	101.35	172.00	96	2:02.61	1:51.71	4:05.68
31	2:10.33	2:25.11	:27.05	1:04.34	:59.35	5:56.88	1:05.21	1:13.48	100.40	170.50	93	2:02.97	1:52.04	4:06.40
30	2:10.71	2:25.53	:27.12	1:04.53	:59.53	5:57.92	1:05.40	1:13.69	99.50	168.95	90	2:03.32	1:52.36	4:07.11
29	2:11.09	2:25.95	:27.20	1:04.71	:59.70	5:58.96	1:05.59	1:13.91	98.50	167.45	87	2:03.68	1:52.69	4:07.83
28	2:11.48	2:26.38	:27.28	1:04.90	:59.87	6:00.01	1:05.78	1:14.12	97.60	165.95	84	2:04.04	1:53.02	4:08.55
27	2:11.86	2:26.81	:27.36	1:05.09	1:00.05	6:01.06	1:05.97	1:14.34	96.65	164.45	81	2:04.41	1:53.35	4:09.28
26	2:12.25	2:27.24	:27.44	1:05.28	1:00.22	6:02.12	1:06.16	1:14.56	95.75	162.95	78	2:04.77	1:53.68	4:10.01
25	2:12.64	2:27.67	:27.52	1:05.48	1:00.40	6:03.19	1:06.36	1:14.78	94.80	161.50	75	2:05.14	1:54.02	4:10.75
24	2:13.03	2:28.11	:27.60	1:05.67	1:00.58	6:04.26	1:06.55	1:15.00	93.95	160.00	72	2:05.51	1:54.35	4:11.49
23	2:13.42	2:28.55	:27.69	1:05.86	1:00.76	6:05.34	1:06.75	1:15.22	93.05	158.60	69	2:05.88	1:54.69	4:12.24

22	2:13.82	2:28.99	:27.77	1:06.06	1:00.94	6:06.42	1:06.95	1:15.45	92.15	157.15	66	2:06.26	1:55.03	4:12.98
21	2:14.22	2:29.43	:27.85	1:06.26	1:01.12	6:07.52	1:07.15	1:15.67	91.30	155.75	63	2:06.63	1:55.38	4:13.74
20	2:14.62	2:29.88	:27.93	1:06.45	1:01.30	6:08.61	1:07.35	1:15.90	90.40	154.35	60	2:07.01	1:55.72	4:14.50
19	2:15.02	2:30.33	:28.02	1:06.65	1:01.49	6:09.72	1:07.55	1:16.12	89.55	152.95	57	2:07.39	1:56.07	4:15.26
18	2:15.43	2:30.78	:28.10	1:06.85	1:01.67	6:10.83	1:07.76	1:16.35	88.70	151.60	54	2:07.77	1:56.42	4:16.03
17	2:15.84	2:31.23	:28.19	1:07.06	1:01.86	6:11.95	1:07.96	1:16.58	87.85	150.20	51	2:08.16	1:56.77	4:16.80
16	2:16.25	2:31.69	:28.27	1:07.26	1:02.05	6:13.07	1:08.17	1:16.82	87.00	148.85	48	2:08.55	1:57.12	4:17.58
15	2:16.66	2:32.15	:28.36	1:07.46	1:02.23	6:14.21	1:08.37	1:17.05	86.20	147.50	45	2:08.94	1:57.48	4:18.36
14	2:17.08	2:32.61	:28.44	1:07.67	1:02.42	6:15.35	1:08.58	1:17.28	85.40	146.20	42	2:09.33	1:57.83	4:19.14
13	2:17.50	2:33.08	:28.53	1:07.87	1:02.61	6:16.49	1:08.79	1:17.52	84.55	144.90	39	2:09.73	1:58.19	4:19.94
12	2:17.92	2:33.55	:28.62	1:08.08	1:02.81	6:17.64	1:09.00	1:17.76	83.75	143.60	36	2:10.12	1:58.56	4:20.73
11	2:18.34	2:34.02	:28.71	1:08.29	1:03.00	6:18.80	1:09.21	1:17.99	83.00	142.30	33	2:10.52	1:58.92	4:21.53
10	2:18.77	2:34.50	:28.80	1:08.50	1:03.19	6:19.97	1:09.43	1:18.24	82.20	141.00	30	2:10.92	1:59.29	4:22.34
9	2:19.20	2:34.97	:28.88	1:08.71	1:03.39	6:21.15	1:09.64	1:18.48	81.40	139.75	27	2:11.33	1:59.65	4:23.15
8	2:19.63	2:35.45	:28.97	1:08.93	1:03.59	6:22.33	1:09.86	1:18.72	80.60	138.50	24	2:11.74	2:00.03	4:23.97
7	2:20.06	2:35.94	:29.06	1:09.14	1:03.78	6:23.52	1:10.07	1:18.97	79.85	137.25	21	2:12.15	2:00.40	4:24.79
6	2:20.50	2:36.42	:29.15	1:09.36	1:03.98	6:24.71	1:10.29	1:19.21	79.10	136.00	18	2:12.56	2:00.77	4:25.61
5	2:20.94	2:36.91	:29.25	1:09.57	1:04.18	6:25.92	1:10.51	1:19.46	78.35	134.75	15	2:12.97	2:01.15	4:26.44
4	2:21.38	2:37.41	:29.34	1:09.79	1:04.38	6:27.13	1:10.73	1:19.71	77.60	133.55	12	2:13.39	2:01.53	4:27.28
3	2:21.83	2:37.90	:29.43	1:10.01	1:04.59	6:28.35	1:10.96	1:19.96	76.85	132.35	9	2:13.81	2:01.92	4:28.12
2	2:22.27	2:38.40	:29.52	1:10.23	1:04.79	6:29.57	1:11.18	1:20.21	76.15	131.15	6	2:14.23	2:02.30	4:28.97
1	2:22.73	2:38.90	:29.62	1:10.46	1:05.00	6:30.81	1:11.41	1:20.47	75.40	130.00	3	2:14.66	2:02.69	4:29.82
0	2:23.18	2:39.41	:29.71	1:10.68	1:05.20	6:32.05	1:11.63	1:20.72	74.70	128.80	0	2:15.09	2:03.08	4:30.68