

100 Goal Pace Chart			200 Goal Pace Chart				500 Freestyle Pace Chart				
Goal 100 Time	25 Pace	50 Pace	Goal 200 Time	50 Pace	Goal 200 Time	50 Pace	Goal 500 Time	25 Pace	50 Pace	75 Pace	100 Pace
:48.0	12.50	25.00	1:47.00	27.25	2:17.00	34.75	4:40.00	14.00	28.00	42.00	56.00
:50.0	13.00	26.00	1:48.00	27.50	2:18.00	35.00	4:45.00	14.25	28.50	42.75	57.00
:52.0	13.50	27.00	1:49.00	27.75	2:19.00	35.25	4:50.00	14.50	29.00	43.50	58.00
:54.0	14.00	28.00	1:50.00	28.00	2:20.00	35.50	4:55.00	14.75	29.50	44.25	59.00
:56.0	14.50	29.00	1:51.00	28.25	2:21.00	35.75	5:00.00	15.00	30.00	45.00	1:00.00
:58.0	15.00	30.00	1:52.00	28.50	2:22.00	36.00	5:05.00	15.25	30.50	45.75	1:01.00
1:00.0	15.50	31.00	1:53.00	28.75	2:23.00	36.25	5:10.00	15.50	31.00	46.50	1:02.00
1:02.0	16.00	32.00	1:54.00	29.00	2:24.00	36.50	5:15.00	15.75	31.50	47.25	1:03.00
1:04.0	16.50	33.00	1:55.00	29.25	2:25.00	36.75	5:20.00	16.00	32.00	48.00	1:04.00
1:06.0	17.00	34.00	1:56.00	29.50	2:26.00	37.00	5:25.00	16.25	32.50	48.75	1:05.00
1:08.0	17.50	35.00	1:57.00	29.75	2:27.00	37.25	5:30.00	16.50	33.00	49.50	1:06.00
1:10.0	18.00	36.00	1:58.00	30.00	2:28.00	37.50	5:35.00	16.75	33.50	50.25	1:07.00
1:12.0	18.50	37.00	1:59.00	30.25	2:29.00	37.75	5:40.00	17.00	34.00	51.00	1:08.00
1:14.0	19.00	38.00	2:00.00	30.50	2:30.00	38.00	5:45.00	17.25	34.50	51.75	1:09.00
1:16.0	19.50	39.00	2:01.00	30.75	2:31.00	38.25	5:50.00	17.50	35.00	52.50	1:10.00
1:18.0	20.0	40.00	2:02.00	31.00	2:32.00	38.50	5:55.00	17.75	35.50	53.25	1:11.00
1:20.0	20.50	41.00	2:03.00	31.25	2:33.00	38.75	6:00.00	18.00	36.00	54.00	1:12.00
1:22.0	21.0	42.00	2:04.00	31.50	2:34.00	39.00	6:05.00	18.25	36.50	54.75	1:13.00
1:24.0	21.50	43.00	2:05.00	31.75	2:35.00	39.25	6:10.00	18.50	37.00	55.50	1:14.00
1:26.0	22.00	44.00	2:06.00	32.00	2:36.00	39.50	6:15.00	18.75	37.50	56.25	1:15.00
1:28.0	22.50	45.00	2:07.00	32.25	2:37.00	39.75	6:20.00	19.00	38.00	57.00	1:16.00
1:30.0	23.00	46.00	2:08.00	32.50	2:38.00	40.00	6:25.00	19.25	38.50	57.75	1:17.00
1:32.0	23.50	47.00	2:09.00	32.75	2:39.00	40.25	6:30.00	19.50	39.00	58.50	1:18.00
1:34.0	24.00	48.00	2:10.00	33.00	2:40.00	40.50	6:35.00	19.75	39.50	59.25	1:19.00
1:36.0	24.50	49.00	2:11.00	33.25	2:41.00	40.75	6:40.00	20.00	40.00	1:00	1:20.00
1:38.0	25.00	50.00	2:12.00	33.50	2:42.00	41.00	6:45.00	20.25	40.50	1:00.75	1:21.00
1:40.0	25.50	51.00	2:13.00	33.75	2:43.00	41.25	6:50.00	20.50	41.00	1:01.50	1:22.00
1:42.0	26.00	52.00	2:14.00	34.00	2:44.00	41.50	6:55.00	20.75	41.50	1:02.25	1:23.00
1:44.0	26.50	52.50	2:15.00	34.25	2:45.00	41.75	7:00.00	21.00	42.00	1:03.00	1:24.00
1:45.0	27.00	53.00	2:16.00	34.50	2:46.00	42.00	7:15.00	21.25	42.50	1:03.75	1:25.00



# SETON SWIMMING PACE CHARTS

