

CSS pace /100m	CSS pace / 100yd	beeper setting	
		SCM / LCM	SCY
1:00.0	0:54.9	15.0	13.7
1:01.0	0:55.8	15.2	13.9
1:02.0	0:56.7	15.5	14.2
1:03.0	0:57.6	15.7	14.4
1:04.0	0:58.5	16.0	14.6
1:05.0	0:59.4	16.2	14.9
1:06.0	1:00.4	16.5	15.1
1:07.0	1:01.3	16.7	15.3
1:08.0	1:02.2	17.0	15.5
1:09.0	1:03.1	17.3	15.8
1:10.0	1:04.0	17.5	16.0
1:11.0	1:04.9	17.7	16.2
1:12.0	1:05.8	18.0	16.5
1:13.0	1:06.8	18.2	16.7
1:14.0	1:07.7	18.5	16.9
1:15.0	1:08.6	18.7	17.1
1:16.0	1:09.5	19.0	17.4
1:17.0	1:10.4	19.2	17.6
1:18.0	1:11.3	19.5	17.8
1:19.0	1:12.2	19.7	18.1
1:20.0	1:13.2	20.0	18.3
1:21.0	1:14.1	20.2	18.5
1:22.0	1:15.0	20.5	18.7
1:23.0	1:15.9	20.7	19.0
1:24.0	1:16.8	21.0	19.2
1:25.0	1:17.7	21.2	19.4
1:26.0	1:18.6	21.5	19.7
1:27.0	1:19.6	21.7	19.9
1:28.0	1:20.5	22.0	20.1
1:29.0	1:21.4	22.2	20.3
1:30.0	1:22.3	22.5	20.6
1:31.0	1:23.2	22.7	20.8
1:32.0	1:24.1	23.0	21.0
1:33.0	1:25.0	23.3	21.3
1:34.0	1:26.0	23.5	21.5
1:35.0	1:26.9	23.7	21.7
1:36.0	1:27.8	24.0	21.9
1:37.0	1:28.7	24.2	22.2
1:38.0	1:29.6	24.5	22.4
1:39.0	1:30.5	24.7	22.6
1:40.0	1:31.4	25.0	22.9

1:41.0	1:32.4	25.2	23.1
1:42.0	1:33.3	25.5	23.3
1:43.0	1:34.2	25.8	23.5
1:44.0	1:35.1	26.0	23.8
1:45.0	1:36.0	26.2	24.0
1:46.0	1:36.9	26.5	24.2
1:47.0	1:37.8	26.7	24.5
1:48.0	1:38.8	27.0	24.7
1:49.0	1:39.7	27.2	24.9
1:50.0	1:40.6	27.5	25.1
1:51.0	1:41.5	27.7	25.4
1:52.0	1:42.4	28.0	25.6
1:53.0	1:43.3	28.2	25.8
1:54.0	1:44.2	28.5	26.1
1:55.0	1:45.2	28.7	26.3
1:56.0	1:46.1	29.0	26.5
1:57.0	1:47.0	29.2	26.7
1:58.0	1:47.9	29.5	27.0
1:59.0	1:48.8	29.7	27.2
2:00.0	1:49.7	30.0	27.4
2:01.0	1:50.6	30.2	27.7
2:02.0	1:51.6	30.5	27.9
2:03.0	1:52.5	30.7	28.1
2:04.0	1:53.4	31.0	28.3
2:05.0	1:54.3	31.2	28.6
2:06.0	1:55.2	31.5	28.8
2:07.0	1:56.1	31.7	29.0
2:08.0	1:57.0	32.0	29.3
2:09.0	1:58.0	32.2	29.5
2:10.0	1:58.9	32.5	29.7
2:11.0	1:59.8	32.7	29.9
2:12.0	2:00.7	33.0	30.2
2:13.0	2:01.6	33.2	30.4
2:14.0	2:02.5	33.5	30.6
2:15.0	2:03.4	33.7	30.9
2:16.0	2:04.4	34.0	31.1
2:17.0	2:05.3	34.2	31.3
2:18.0	2:06.2	34.5	31.5
2:19.0	2:07.1	34.7	31.8
2:20.0	2:08.0	35.0	32.0
2:21.0	2:08.9	35.2	32.2
2:22.0	2:09.8	35.5	32.5
2:23.0	2:10.8	35.7	32.7
2:24.0	2:11.7	36.0	32.9
2:25.0	2:12.6	36.2	33.1

2:26.0	2:13.5	36.5	33.4
2:27.0	2:14.4	36.7	33.6
2:28.0	2:15.3	37.0	33.8
2:29.0	2:16.2	37.2	34.1
2:30.0	2:17.2	37.5	34.3
2:31.0	2:18.1	37.7	34.5
2:32.0	2:19.0	38.0	34.7
2:33.0	2:19.9	38.2	35.0
2:34.0	2:20.8	38.5	35.2
2:35.0	2:21.7	38.7	35.4
2:36.0	2:22.6	39.0	35.7
2:37.0	2:23.6	39.2	35.9
2:38.0	2:24.5	39.5	36.1
2:39.0	2:25.4	39.7	36.3
2:40.0	2:26.3	40.0	36.6
2:41.0	2:27.2	40.2	36.8
2:42.0	2:28.1	40.5	37.0
2:43.0	2:29.0	40.7	37.3
2:44.0	2:30.0	41.0	37.5
2:45.0	2:30.9	41.2	37.7
2:46.0	2:31.8	41.5	37.9
2:47.0	2:32.7	41.7	38.2
2:48.0	2:33.6	42.0	38.4
2:49.0	2:34.5	42.2	38.6
2:50.0	2:35.4	42.5	38.9
2:51.0	2:36.4	42.7	39.1
2:52.0	2:37.3	43.0	39.3
2:53.0	2:38.2	43.2	39.5
2:54.0	2:39.1	43.5	39.8
2:55.0	2:40.0	43.7	40.0
2:56.0	2:40.9	44.0	40.2
2:57.0	2:41.8	44.2	40.5
2:58.0	2:42.8	44.5	40.7
2:59.0	2:43.7	44.7	40.9
3:00.0	2:44.6	45.0	41.1
3:01.0	2:45.5	45.2	41.4
3:02.0	2:46.4	45.5	41.6
3:03.0	2:47.3	45.7	41.8
3:04.0	2:48.2	46.0	42.1
3:05.0	2:49.2	46.2	42.3
3:06.0	2:50.1	46.5	42.5
3:07.0	2:51.0	46.7	42.7
3:08.0	2:51.9	47.0	43.0
3:09.0	2:52.8	47.2	43.2
3:10.0	2:53.7	47.5	43.4

3:11.0	2:54.7	47.7	43.7
3:12.0	2:55.6	48.0	43.9
3:13.0	2:56.5	48.2	44.1
3:14.0	2:57.4	48.5	44.3
3:15.0	2:58.3	48.7	44.6
3:16.0	2:59.2	49.0	44.8
3:17.0	3:00.1	49.2	45.0
3:18.0	3:01.1	49.5	45.3
3:19.0	3:02.0	49.7	45.5
3:20.0	3:02.9	50.0	45.7