

EVENTS	TIMES	World Leading	Internationally Ranked	Nationally Competitive	Olympic Development Potential (ODP)
<u>Swim</u>					
	LCM/YDS	LCM/YDS	LCM/YDS	LCM/YDS	LCM/YDS
200 Free	1:58 / 1:42	2:08 / 1:52	2:16 / 2:00	2:30 / 2:14	
400/500 Free	4:12 / 4:39	4:32 / 4:59	4:52 / 5:19	5:20 / 5:50	
800/1000 Free	8:44 / 9:38	9:24 / 10:18	10:04 / 11:00	11:00 / 12:00	
1500/1650 Free	16:30 / 15:50	17:45 / 17:05	18:45 / 18:05	20:00 / 19:20	
<u>Run</u>					
800	1:57	2:02	2:07	2:16	
Mile	4:08	4:18	4:28	4:46	
3000	8:12	8:32	8:52	9:28	
5k	14:25	15:00	15:50	16:55	
10k	29:40	31:15	32:20	34:30	
<u>Bike</u>					
5min	5.5W/KG	5.2W/KG	5.0W/KG	4.6W/KG	
20min	5.0W/KG	4.7W/KG	4.5W/KG	4.2W/KG	
60min	4.8W/KG	4.5W/KG	4.2W/KG	3.8W/KG	