

EVENTS	TIMES	World Leading	Internationally Ranked	Nationally Competitive	Olympic Development Potential (ODP)
Swim					
	LCM/YDS	LCM/YDS	LCM/YDS	LCM/YDS	LCM/YDS
200 Free	2:15 / 1:59	2:25 / 2:09	2:25 / 2:19	2:40 / 2:34	
400/500 Free	4:40 / 5:08	5:00 / 5:28	5:20 / 5:48	5:50 / 6:18	
800/1000 Free	9:40 / 10:46	10:20 / 11:16	11:00 / 11:36	11:40 / 12:16	
1500/1650 Free	18:15 / 17:35	19:30 / 18:50	20:45 / 20:05	22:00 / 21:20	
Run					
800	2:15	2:20	2:25	2:30	
Mile	4:49	5:00	5:10	5:25	
3000	9:20	9:40	10:00	10:30	
5k	16:15	16:55	17:35	18:45	
10k	33:30	34:50	36:10	38:30	
Bike					
5min	5.2W/KG	4.9W/KG	4.6W/KG	4.2W/KG	
20min	4.7W/KG	4.4W/KG	4.1W/KG	3.7W/KG	
60min	4.4W/KG	4.1W/KG	3.8W/KG	3.5W/KG	