



Swimming/Diving Power Points 2025-2026

In the Spring 2020 cycle, the CIF Southern Section (CIFSS) Council, comprised of principals from approximately 560 member schools, approved a shift to competitive equity, based divisional placement by school and by gender for Swimming and Diving. Previously, playoff divisions were determined by league achievement rather than individual school performance, and boys' and girls' teams were grouped within the same divisional structure. Under the current model, a school's boys' and girls' programs may be placed in different divisions based on their respective competitive performance.

Divisions are reclassified annually using the National Interscholastic Swim Coaches Association (NISCA) power point system. Team point totals are calculated using each swimmer's best performance times from league finals and/or the CIF Southern Section Championships. Each performance is assigned a corresponding value from the NISCA Power Point Table (attached), and team totals are aggregated. Based on these cumulative scores, the CIFSS office establishes divisional placement for the upcoming season.

Data Analysis

Each school will have up to 3 swimmers measured from all individual events and 1 team per relay event (Rationale: 3 scoring entries is standard for high school meets). Each swimmer and team will have their best result in league prelims/finals and/or CIF prelims/finals, with the best result(s) scored via the NISCA Power Point table.

Note: Swimmers to analyze will be based on league final entries, but final points for each swimmer will not necessarily come from those events. If a swimmer scores 120 points at League Finals in the 200 free and 130 points at the CIF Championships in the 200 IM, the team will receive the 130-point credit but will count as a 200 free swimmer. This is to maximize representation from each team by basing calculations on their league finals, where entries are filled.

Points will be accumulated for each girls' team and each boys' team separately, meaning boys and girls MAY be in different divisions. Using averages, points will be sorted, ranking teams from top to bottom. The first 40 teams will be in D1, the next 60 in D2, the next 80 in D3, and the remaining teams in D4. If there are corrections to the data, teams may move up or down accordingly.

GIRLS' SWIMMING POWER POINTS D1

1	Santa Margarita	STMA	4776	125.6842105
2	Woodbridge	WOBR	3722	100.5945946
3	Mira Costa	MICO	3318	100.5454545
4	Portola	PRTA	3493	97.02777778
5	West Ranch	WERN	3386	96.74285714
6	Fountain Valley	FOVA	3365	96.14285714
7	Newport Harbor	NEHA	3743	95.97435897
8	Santiago/Corona	SNTG	3447	95.75
9	San Marcos/Santa Barbara	SAMA	3312	94.62857143
10	JSerra Catholic	JSER	3441	93
11	Corona del Mar	CODM	2877	92.80645161
12	Valencia/Valencia	VALE	3328	92.44444444
13	Irvine	IRVI	3296	91.55555556
14	Tesoro	TESO	3554	91.12820513
15	San Clemente	SCLE	3260	90.55555556
16	Lutheran/Orange	LUOR	2886	90.1875
17	Flintridge Prep	FLPR	2855	89.21875
18	Santa Monica	SAMO	3108	88.8
19	Beckman, Arnold	BEMA	3193	88.69444444
20	Marlborough	MARL	3182	88.38888889
21	Redondo Union	REDO	3042	86.91428571
22	Aliso Niguel	ALNI	3077	85.47222222
23	Los Alamitos	LOSA	2988	85.37142857
24	Northwood	NRWO	3053	84.80555556
25	Mater Dei	MADE	3284	84.20512821
26	Villa Park	VIPA	3004	83.44444444
27	Wilson/Long Beach	WILB	2984	82.88888889
28	Edison	EDIN	2981	82.80555556
29	Dos Pueblos	DPHS	2968	82.44444444
30	Poly/Riverside	PORI	2796	82.23529412
31	Ventura	VENT	2872	82.05714286
32	Ayala, Ruben	AYAL	3009	81.32432432
33	Notre Dame/Sherman Oaks	NODA	2033	81.32
34	Foothill	FHIL	2921	81.13888889
35	Harvard-Westlake	HAWE	2903	80.63888889
36	Poly/Long Beach	POLB	3052	80.31578947
37	South Pasadena	SOPA	2844	79
38	Capistrano Valley	CAPO	2753	78.65714286
39	Oaks Christian	OACH	2881	77.86486486
40	Hart	HART	2798	77.72222222

GIRLS' SWIMMING POWER POINTS D2

1	Murrieta Valley	MUVA	2779	77.19444444
2	Glendora	GLEN	2757	76.58333333
3	Arcadia	ARCA	2693	74.80555556
4	San Juan Hills	SJHL	2151	74.17241379
5	Huntington Beach	HUBE	2585	73.85714286
6	Sunny Hills	SUHI	2644	73.44444444
7	Canyon/Anaheim	CAAN	2500	71.42857143
8	Walnut	WALN	2136	71.2
9	University	UNIV	2555	70.97222222
10	La Canada	LACA	2533	70.36111111
11	Temple City	TECI	2300	69.6969697
12	King, Martin Luther	KGML	2502	69.5
13	El Toro	ELTO	2500	69.44444444
14	Redlands	REDL	2482	68.94444444
15	Whitney	WHIT	1998	68.89655172
16	Roosevelt, Eleanor	ROEL	2458	68.27777778
17	Troy	TROY	2182	68.1875
18	Chino Hills	CHHI	2515	67.97297297
19	Los Osos	LOOS	2433	67.58333333
20	Marina	MARI	2022	67.4
21	South Torrance	SOTO	2274	66.88235294

BOYS' SWIMMING POWER POINTS D1

1	Santa Margarita	STMA	4639	118.9487179
2	Loyola	LOYO	4377	112.2307692
3	Northwood	NRWO	4039	112.1944444
4	University	UNIV	3934	109.2777778
5	Mira Costa	MICO	3712	109.1764706
6	Portola	PRTA	3743	103.9722222
7	Woodbridge	WOBR	3720	103.3333333
8	Newport Harbor	NEHA	3380	102.4242424
9	Los Alamitos	LOSA	3603	100.0833333
10	Troy	TROY	3585	99.58333333
11	West Ranch	WERN	3585	99.58333333
12	San Marino	SNMR	3458	98.8
13	Mater Dei	MADE	3641	98.40540541
14	Huntington Beach	HUBE	3489	96.91666667
15	Arcadia	ARCA	3450	95.83333333
16	JSerra Catholic	JSER	3432	95.33333333
17	Fountain Valley	FOVA	3393	94.25
18	Crescenta Valley	CRVA	3281	91.13888889
19	Crean Lutheran	CLSO	3259	90.52777778
20	Damien	DAMI	3247	90.19444444
21	Diamond Bar	DIBA	3242	90.05555556
22	Irvine	IRVI	3239	89.97222222
23	Trabuco Hills	TRHI	3233	89.80555556
24	Beckman, Arnold	BEMA	3198	88.83333333
25	Edison	EDIN	3191	88.63888889
26	Corona del Mar	CODM	3171	88.08333333
27	Wilson/Long Beach	WILB	3169	88.02777778
28	La Canada	LACA	3118	86.61111111
29	Esperanza	ESPE	2909	85.55882353
30	Ayala, Ruben	AYAL	3062	85.05555556
31	Mark Keppel	MAKE	3058	84.94444444
32	Cate	CATE	2888	84.94117647
33	Oaks Christian	OACH	3045	84.58333333
34	San Clemente	SCLE	3045	84.58333333
35	Murrieta Valley	MUVA	3041	84.47222222
36	Poly/Long Beach	POLB	2691	84.09375
37	Harvard-Westlake	HAWE	3023	83.97222222
38	San Marcos/Santa Barbara	SAMA	2753	83.42424242
39	El Toro	ELTO	3000	83.33333333
40	Walnut	WALN	2809	82.61764706

BOYS' SWIMMING POWER POINTS D2

1	Villa Park	VIPA	2970	82.5
2	Rowland	ROWL	2860	81.71428571
3	Notre Dame/Sherman Oaks	NODA	2365	81.55172414
4	Aliso Niguel	ALNI	2918	81.05555556
5	Westlake	WELA	2973	80.35135135
6	Royal	ROYL	2888	80.22222222
7	Upland	UPLN	2875	79.86111111
8	Temple City	TECI	2795	79.85714286
9	Foothill	FHIL	2832	78.66666667
10	Tesoro	TESO	2815	78.19444444
11	Sunny Hills	SUHI	2763	76.75
12	Camarillo	CAMA	2752	76.44444444
13	Redlands	REDL	2746	76.27777778
14	Roosevelt, Eleanor	ROEL	2746	76.27777778
15	St. John Bosco	STJB	2737	76.02777778
16	Ventura	VENT	2803	75.75675676
17	Flintridge Prep	FLPR	2566	75.47058824
18	Palos Verdes	PSVE	2488	75.39393939
19	Oxford Academy	OXAC	2186	75.37931034
20	Costa Mesa	COME	2330	75.16129032
21	Cerritos	CERR	2627	75.05714286

GIRLS' SWIMMING POWER POINTS D2 cont.

22	Mayfield	MYFL	2525	66.44736842
23	Great Oak	GROA	2378	66.05555556
24	Mark Keppel	MAKE	2311	66.02857143
25	El Segundo	ELSE	2310	66
26	Millikan	MILK	2291	65.45714286
27	Crean Lutheran	CLSO	2551	65.41025641
28	Newbury Park	NEPA	2414	65.24324324
29	Cate	CATE	1952	65.06666667
30	Pennisula	PENI	1987	64.09677419
31	Palm Desert	PADE	2357	63.7027027
32	Cerritos	CERR	1966	63.41935484
33	Quartz Hill	QUHI	2226	61.83333333
34	Vista Murrieta	VIMU	2146	61.31428571
35	Palos Verdes	PSVE	1916	59.875
36	Brea Olinda	BROL	2145	59.58333333
37	Rowland	ROWL	2130	59.16666667
38	Esperanza	ESPE	1921	58.21212121
39	Rancho Cucamonga	RACU	2148	58.05405405
40	Laguna Beach	LABE	1792	57.80645161
41	Marymount	MARY	1907	57.78787879
42	Etiwanda	ETIW	1962	57.70588235
43	Saugus	SHS	2063	57.30555556
44	Crescenta Valley	CRVA	2003	57.22857143
45	Buena	BUEN	1697	56.56666667
46	Claremont	CLAR	2034	56.5
47	El Dorado	ELDR	1973	56.37142857
48	St. Lucys	STLU	1989	55.25
49	Temecula Valley	TEVA	1649	54.96666667
50	Diamond Bar	DIBA	1860	54.70588235
51	Viewpoint	VIPT	1912	54.62857143
52	Carpinteria	CARP	1690	54.51612903
53	La Serna	LASE	1835	53.97058824
54	Downey	DOWY	1899	52.75
55	Burroughs/Burbank	BURR	1630	52.58064516
56	Thousand Oaks	THOA	1883	52.30555556
57	Upland	UPLN	1673	52.28125
58	Sage Hill	SGHI	1568	52.26666667
59	Dana Hills	DAHI	1723	52.21212121
60	Calvary Chapel/Santa Ana	CCSS	1241	51.70833333

GIRLS' SWIMMING POWER POINTS D3

1	Agoura	AGOU	1858	51.61111111
2	Valencia/Placentia	VAPL	1847	51.30555556
3	Hemet	HEME	1539	51.3
4	Liberty/Winchester	LIWN	1795	51.28571429
5	Chaparral	CHAP	1843	51.19444444
6	San Marino	SNMR	1673	50.6969697
7	Sonora	SONR	1799	49.97222222
8	Camarillo	CAMA	1784	49.55555556
9	West Torrance	WETO	1575	49.21875
10	Yorba Linda	YOLI	1764	49
11	Immaculate Heart	IMMU	1371	48.96428571
12	Citrus Valley	CIVA	1760	48.88888889
13	San Dimas	SADI	1740	48.33333333
14	Oak Park	OAPA	1137	47.375
15	Brentwood	BREN	1131	47.125
16	Westlake	WELA	1507	47.09375
17	Bonita	BONI	1591	46.79411765
18	Foothill Technology	FOTE	1539	46.63636364
19	Wilson/Hacienda Heights	WLHH	1115	46.45833333
20	Louisville	LOUI	1298	46.35714286
21	Norco	NORC	1651	45.86111111
22	Centennial/Corona	CENN	1557	45.79411765

BOYS' SWIMMING POWER POINTS D2 cont.

22	Valencia/Valencia	VALE	2699	74.97222222
23	Sage Hill	SGHI	2392	74.75
24	Pennisula	PENI	2179	72.63333333
25	San Juan Hills	SJHL	2687	72.62162162
26	Brea Olinda	BROL	2682	72.48648649
27	Dos Pueblos	DPHS	2680	72.43243243
28	Dana Hills	DAHI	2387	72.33333333
29	Millikan	MILK	2602	72.27777778
30	Redondo Union	REDO	2382	72.18181818
31	Great Oak	GROA	2598	72.16666667
32	El Dorado	ELDR	2557	71.02777778
33	El Segundo	ELSE	2341	70.93939394
34	Poly/Riverside	PORI	2534	70.38888889
35	Sierra Canyon	SICA	1689	70.375
36	Chino Hills	CHHI	2600	70.27027027
37	Glendora	GLEN	2456	70.17142857
38	Hart	HART	2315	70.15151515
39	Yorba Linda	YOLI	2516	69.88888889
40	La Serna	LASE	2582	69.78378378
41	Newbury Park	NEPA	2271	68.81818182
42	West Torrance	WETO	2264	68.60606061
43	Servite	SERV	2261	68.51515152
44	Marina	MARI	2185	68.28125
45	South Pasadena	SOPA	2378	67.94285714
46	Murrieta Mesa	MUME	2507	67.75675676
47	Laguna Beach	LABE	2300	67.64705882
48	Capistrano Valley	CAPO	2361	67.45714286
49	Thousand Oaks	THOA	2343	66.94285714
50	Buena	BUEN	1869	66.75
51	Canyon/Anaheim	CAAN	2262	66.52941176
52	Claremont	CLAR	2394	66.5
53	Palm Desert	PADE	2393	66.47222222
54	Laguna Blanca	LABL	1587	66.125
55	Etiwanda	ETIW	2376	66
56	Santa Monica	SAMO	2237	65.79411765
57	Citrus Valley	CIVA	2287	63.52777778
58	Valencia/Placentia	VAPL	2280	63.33333333
59	Pacific/Garden Grove	PAFE	2343	63.32432432
60	Redlands East Valley	REEA	2271	63.08333333

BOYS' SWIMMING POWER POINTS D3

1	Downey	DOWY	2268	63
2	Crossroads	CROS	1943	62.67741935
3	Quartz Hill	QUHI	2205	61.25
4	Chaparral	CHAP	2011	60.93939394
5	Los Osos	LOOS	2172	60.33333333
6	Laguna Hills	LAHI	1912	59.75
7	Alta Loma	ALLO	2145	59.58333333
8	El Modena	ELMO	2142	59.5
9	Yucaipa	YUCI	2139	59.41666667
10	Burroughs/Burbank	BURR	1656	59.14285714
11	Mission Viejo	MIVI	2067	59.05714286
12	Santiago/Corona	SNTG	2120	58.88888889
13	Villanova Prep	VIPR	1623	57.96428571
14	Temescal Canyon	TECA	2083	57.86111111
15	Whitney	WHIT	1727	57.56666667
16	King, Martin Luther	KGML	2070	57.5
17	Geffen Academy at UCLA	GFAC	1719	57.3
18	Viewpoint	VIPT	2060	57.22222222
19	Wiseburn Da Vinci	WIDE	1827	57.09375
20	Gabrielino	GABR	1878	56.90909091
21	Beaumont	BEAU	2038	56.61111111
22	Crespi	CRES	1583	56.53571429

GIRLS' SWIMMING POWER POINTS D3 cont.

23	Moorpark	MOOR	1091	45.45833333
24	Bishop Montgomery	BIMO	1087	45.29166667
25	Murrieta Mesa	MUME	1629	45.25
26	Fullerton	FULL	1648	44.54054054
27	Costa Mesa	COME	1568	43.55555556
28	Trabuco Hills	TRHI	1607	43.43243243
29	Poly/Pasadena	POPA	1554	43.16666667
30	Aquinas	AQUI	1324	42.70967742
31	Malibu	MALI	1108	42.61538462
32	Alemany	ALEM	1020	42.5
33	Oxford Academy	OXAC	1132	41.92592593
34	Tustin	TUST	1243	41.43333333
35	Lakewood	LAKE	1156	41.28571429
36	Temescal Canyon	TECA	1484	41.22222222
37	Valley View	VAVI	1316	41.125
38	West Covina	WECO	1213	40.43333333
39	Torrance	TOTO	1125	40.17857143
40	Webb	WEBB	1428	39.66666667
41	Culver City	CUCI	1105	39.46428571
42	Laguna Hills	LAHI	1016	39.07692308
43	Covina	COVI	1168	38.93333333
44	Mission Viejo	MIVI	1396	38.77777778
45	Royal	ROYL	915	38.125
46	Corona	CORA	1285	37.79411765
47	Warren	WARR	1345	37.36111111
48	North Torrance	NOTO	896	37.33333333
49	Rosary Academy	RORY	1333	37.02777778
50	Gabrielino	GABR	1220	36.96969697
51	Burbank	BURB	1034	36.92857143
52	Chaminade	CHAM	878	36.58333333
53	Silverado	SILV	1278	36.51428571
54	Calabasas	CALB	1157	36.15625
55	Cypress	CYPR	1221	35.91176471
56	Ramona	RAMO	1325	35.81081081
57	Yucaipa	YUCI	1070	35.66666667
58	Cajon	CAJO	886	35.44
59	Ocean View	OCVI	904	34.76923077
60	Nordhoff	NORD	834	34.75
61	The Archer School For Girls	ARSG	1168	34.35294118
62	Glendale	GLND	1028	34.26666667
63	Buena Park	BUPA	808	33.66666667
64	Vistamar	VIMA	808	33.66666667
65	La Quinta/Westminster	LAQN	1208	33.55555556
66	Crossroads	CROS	793	33.04166667
67	Muir	MUIR	1067	32.33333333
68	St. Joseph/Lakewood	STJP	1155	32.08333333
69	Kennedy/La Palma	KNSS	955	31.83333333
70	Pacifica/Garden Grove	PAFE	952	31.73333333
71	Villanova Prep	VIPR	758	31.58333333
72	Santa Barbara	SABA	757	31.54166667
73	Pacifica/Oxnard	PAOX	786	31.44
74	Redlands East Valley	REEA	967	31.19354839
75	Mayfair	MAYF	746	31.08333333
76	Arlington	ARLI	1112	30.88888889
77	Beaumont	BEAU	1106	30.72222222
78	Oxnard	OXNA	1099	30.52777778
79	Xavier Prep	XAVI	790	30.38461538
80	Wiseburn Da Vinci	WIDE	962	30.0625

GIRLS' SWIMMING POWER POINTS D4

1	Santa Fe	SAFE	778	29.92307692
2	Blair	BLAI	714	29.75
3	California	CALF	967	29.3030303

BOYS' SWIMMING POWER POINTS D3 cont.

23	Beverly	BEVE	1465	56.34615385
24	Oak Park	OAPA	1719	55.4516129
25	South Torrance	SOTO	1817	55.06060606
26	Saugus	SHS	1974	54.83333333
27	Carpinteria	CARP	1842	54.17647059
28	Santa Barbara	SABA	1679	54.16129032
29	Poly/Pasadena	POPA	1841	54.14705882
30	Bonita	BONI	1936	53.77777778
31	Alhambra	ALHB	1458	52.07142857
32	Calabasas	CALB	1757	51.67647059
33	Liberty	LIWN	1841	51.13888889
34	Pasadena	PASA	1221	50.875
35	Tustin	TUST	1607	50.21875
36	Temecula Valley	TEVA	1455	50.17241379
37	Trinity Classical Academy	TRCA	1505	50.16666667
38	Brentwood	BREN	1195	49.79166667
39	Warren	WARR	1690	49.70588235
40	Chadwick	CHAD	1186	49.41666667
41	Lutheran/Orange	LUOR	1186	49.41666667
42	Rancho Cucamonga	RACU	1767	49.08333333
43	Xavier Prep	XAVI	1557	48.65625
44	Sonora	SONR	1295	47.96296296
45	Alemany	ALEM	1425	47.5
46	Ocean View	OCVI	1413	47.1
47	Cypress	CYPR	1501	46.90625
48	Santa Clarita Christian	SCHR	1122	46.75
49	Pacifica/Oxnard	PAOX	1168	46.72
50	Lakewood	LAKE	1113	46.375
51	Calvary Chapel/Santa Ana	CCSS	1389	46.3
52	La Mirada	LAMI	1152	46.08
53	Norco	NORC	1607	45.91428571
54	Silverado	SILV	1603	45.8
55	Rio Mesa	RIME	1073	44.70833333
56	San Dimas	SADI	1553	44.37142857
57	Canyon/Canyon Country	CANY	1059	44.125
58	Westminster	WEMI	1543	44.08571429
59	Cathedral	CATH	1523	43.51428571
60	Culver City	CUCI	1345	43.38709677
61	Webb Schools	WEBB	1398	42.36363636
62	Valley View	VAVI	1522	42.27777778
63	Legacy Christian Academy	LCAD	1003	41.79166667
64	St. Francis	STFC	1190	41.03448276
65	La Quinta/Westminster	LAQN	1464	40.66666667
66	Maranatha	MARA	969	40.375
67	Western	WSTN	1267	39.59375
68	Segerstrom	SEGR	1323	38.91176471
69	Muir	MUIR	1400	38.88888889
70	West Covina	WECO	1320	38.82352941
71	Ramona	RAMO	1378	38.27777778
72	Santa Ana	SAAN	1058	37.78571429
73	South Hills	SOHI	1284	37.76470588
74	Foothill Technology	FOTE	1305	37.28571429
75	La Salle	LASA	1075	37.06896552
76	California Academy Math/Sc.	CAMS	1146	36.96774194
77	Paloma Valley	PLMV	1330	36.94444444
78	Centennial/Corona	CENN	875	36.45833333
79	Los Altos	LOST	865	36.04166667
80	Palm Springs	PASP	1144	35.75

BOYS' SWIMMING POWER POINTS D4

1	Hoover	HOOV	1195	35.14705882
2	Hemet	HEME	1262	35.05555556
3	La Quinta/La Quinta	LAQU	1186	34.88235294

GIRLS' SWIMMING POWER POINTS D4 cont.				
4	Chadwick	CHAD	671	27.95833333
5	Flintridge Sacred Heart	FLSH	833	27.76666667
6	La Habra	LAHA	998	27.72222222
7	Alta Loma	ALLO	934	27.47058824
8	Arrowhead Christian	ARCH	796	27.44827586
9	Rio Mesa	RIME	646	26.91666667
10	Westminster	WEMI	894	26.29411765
11	Bolsa Grande	BOGR	741	25.55172414
12	South Hills	SOHI	918	25.5
13	Geffen Academy at UCLA	GFAC	609	25.375
14	Westridge	WESR	847	24.2
15	Dunn	DUNN	578	24.08333333
16	Monrovia	MORO	577	24.04166667
17	Alhambra	ALHB	666	23.78571429
18	Western	WSTN	829	23.68571429
19	Whittier	WHTT	560	23.33333333
20	Elsinore	ELSI	831	23.08333333
21	Canyon/Canyon Country	CANY	788	22.51428571
22	Fontana	FONT	531	22.125
23	Loma Linda Academy	LOAC	663	22.1
24	Segerstrom	SEGR	793	22.02777778
25	Garden Grove	GAGR	774	21.5
26	North, J.W.	NRTH	599	21.39285714
27	La Quinta/La Quinta	LAQU	657	21.19354839
28	Paloma Valley	PLMV	713	20.97058824
29	St Margarets Episcopal	STMG	502	20.91666667
30	Trinity Classical Academy	TRCA	715	19.86111111
31	Gahr	GAHR	495	19.8
32	Paramount	PARA	491	19.64
33	Heritage	HERI	618	19.3125
34	Orange	ORAN	460	19.16666667
35	Norte Vista	NOVI	458	19.08333333
36	Santa Paula	SNPL	562	18.73333333
37	Orange Vista	ORVI	541	18.65517241
38	Woodcrest Christian	WDCH	590	18.4375
39	Faith Baptist School	FABP	393	16.375
40	Montclair	MOCL	578	16.05555556
41	Summit	SUMT	384	16
42	Patriot	PATR	495	15.96774194
43	Hoover	HOOV	375	15.625
44	Chino	CHIN	549	15.25
45	Notre Dame/Riverside	NDAM	362	15.08333333
46	Schurr	SCHU	400	14.81481481
47	Golden Valley	GVHS	342	14.25
48	Chaffey	CHAF	509	14.13888889
49	California Academy Math/Sc.	CAMS	336	14
50	Oak Grove	OKGR	326	13.58333333
51	West Valley	WEVL	478	13.27777778
52	Godinez	GODI	311	12.95833333
53	Jordan	JORD	303	12.625
54	El Modena	ELMO	318	12.23076923
55	Santa Clarita Christian	SCHR	293	12.20833333
56	Pasadena	PASA	333	11.89285714
57	Charter Oak	CHOA	283	11.79166667
58	Notre Dame Academy	NDAC	285	11.4
59	Moreno Valley	MOVA	267	11.125
60	La Salle	LASA	266	11.08333333
61	AGBU	AGBU	251	10.45833333
62	Palm Springs	PASP	246	10.25
63	Apple Valley	APVA	245	10.20833333
64	Don Lugo	DOLU	319	9.96875
65	Northview	NRVW	229	9.54166667

BOYS' SWIMMING POWER POINTS D4 cont.				
4	California	CALF	1046	34.86666667
5	Arrowhead Christian	ARCH	904	34.76923077
6	La Habra	LAHA	1111	34.71875
7	Agoura	AGOU	864	34.56
8	Buena Park	BUPA	821	34.20833333
9	Highland	HIGL	820	34.16666667
10	Vista Murrieta	VIMU	1019	33.96666667
11	Indio	INDI	811	33.79166667
12	Wilson/Hacienda Heights	WLHH	805	33.54166667
13	North, J.W.	NRTH	904	33.48148148
14	Burbank	BURB	1001	33.36666667
15	Torrance	TOTO	799	33.29166667
16	Chaminade	CHAM	775	32.29166667
17	Aquinas	AQUI	903	32.25
18	Don Lugo	DOLU	962	32.06666667
19	Glendale	GLND	1031	31.24242424
20	Oxnard	OXNA	940	30.32258065
21	Patriot	PATR	1090	30.27777778
22	Charter Oak	CHOA	961	30.03125
23	Chaffey	CHAF	1059	29.41666667
24	Bishop Montgomery	BIMO	697	29.04166667
25	Elsinore	ELSI	860	28.66666667
26	Kennedy/La Palma	KNSS	687	28.625
27	Whittier	WHTT	684	28.5
28	Sierra Vista	SIVI	821	28.31034483
29	Fullerton	FULL	905	28.28125
30	Garden Grove	GAGR	1015	28.19444444
31	Western Christian	WCHR	658	27.41666667
32	Yucca Valley	YUCA	814	27.13333333
33	Moreno Valley	MOVA	805	26.83333333
34	Burroughs/Ridgecrest	BURO	632	26.33333333
35	Cajon	CAJO	720	25.71428571
36	Shadow Hills	SHHI	718	24.75862069
37	Chino	CHIN	875	24.30555556
38	Edgewood	EDWO	814	23.94117647
39	Pacific	PACI	860	23.88888889
40	Loma Linda Academy	LOAC	620	23.84615385
41	Paramount	PARA	564	23.5
42	Rancho Alamitos	RAAL	563	23.45833333
43	Corona	CORA	559	23.29166667
44	Palmdale Aerospace	PDAE	553	23.04166667
45	Ontario	ONTA	547	22.79166667
46	Covina	COVI	677	22.56666667
47	Malibu	MALI	527	21.95833333
48	Schurr	SCHU	658	21.93333333
49	Lancaster	LANC	526	21.91666667
50	Santa Fe	SAFE	519	21.625
51	Baldwin Park	BAPA	517	21.54166667
52	Monrovia	MORO	513	21.375
53	Golden Valley	GVHS	504	21
54	San Bernardino	SABR	668	20.875
55	Arlington	ARLI	733	20.36111111
56	Providence/Burbank	PROV	483	20.125
57	Jordan	JORD	576	19.86206897
58	Anaheim	ANAH	514	19.76923077
59	Buckley	BUCK	473	19.70833333
60	Norte Vista	NOVI	607	18.39393939
61	Artesia	ARTE	441	18.375
62	Cabrillo/Long Beach	CABL	439	18.29166667
63	Arroyo Valley	ARVA	429	17.875
64	Northview	NRVW	539	17.38709677
65	North Torrance	NOTO	400	16.66666667

GIRLS' SWIMMING POWER POINTS D4 cont.				
66	de Toledo	DETO	222	9.25
67	Highland	HIGL	268	9.24137931
68	Campbell Hall	CAHA	220	9.166666667
69	Castaic	CATA	219	9.125
70	Sierra Vista	SIVI	271	9.033333333
71	La Mirada	LAMI	225	9
72	Bishop Diego	BIDI	206	8.583333333
73	Edgewood	EDWO	256	8.533333333
74	Ontario	ONTA	256	8.533333333
75	St. Anthony	STAN	201	8.375
76	Western Christian	WCHR	184	7.666666667
77	Citrus Hill	CIHI	183	7.625
78	Estancia	ESTA	177	7.375
79	Santa Ana Valley	SAVA	177	7.375
80	Los Altos	LOST	173	7.208333333
81	Westmark	WEMA	168	7
82	San Bernardino	SABR	202	6.965517241
83	Granite Hills	GHLS	168	6.72
84	Duarte	DUAR	207	6.677419355
85	Anaheim	ANAH	199	6.633333333
86	Artesia	ARTE	148	6.166666667
87	Yucca Valley	YUCA	150	5.769230769
88	Indio	INDI	171	5.7
89	New Roads	NERO	136	5.666666667
90	Rosemead	ROSE	131	5.458333333
91	Beverly	BEVE	129	5.375
92	Holy Martyrs	HOMA	122	5.083333333
93	Nogales	NGLE	121	5.041666667
94	Rancho Alamitos	RAAL	117	4.875
95	Lakeside/Lake Elsinore	LAKS	135	4.821428571
96	Bell Gardens	BEGA	108	4.5
97	Providence/Burbank	PROV	107	4.458333333
98	Tahquitz	TAHQ	104	4.333333333
99	Saddleback	SADD	102	4.25
100	Maranatha	MARA	101	4.208333333
101	Desert Christian	DESL	99	4.125
102	Katella	KATE	92	3.833333333
103	Redlands Adventist	READ	89	3.708333333
104	Mary Star of the Sea	MSEA	88	3.666666667
105	Ramona Convent	RACV	85	3.541666667
106	Knight, Pete	KNIG	96	3.428571429
107	Los Amigos	LOAM	106	3.3125
108	Hillcrest	HICR	72	3
109	Buckley	BUCK	71	2.958333333
110	Loara	LOAR	68	2.833333333
111	El Rancho	ELRA	79	2.724137931
112	Paraclete	PARC	64	2.666666667
113	Cabrillo/Long Beach	CABL	60	2.5
114	San Gabriel	SAGA	58	2.416666667
115	San Gorgonio	SAGO	54	2.25
116	Oakwood	OAWO	50	2.083333333
117	Channel Islands	CHIS	49	2.041666667
118	Burroughs/Ridgecrest	BURO	41	1.708333333
119	Jurupa Valley	JURU	46	1.703703704
120	Fairmont Prep	FAPR	36	1.5
121	Cathedral City	CACI	35	1.458333333
122	Hueneme	HUEN	32	1.333333333
123	Indian Springs	INSP	30	1.25
124	River Springs	RSCM	30	1.25
125	Saint Monica Academy	SMON	30	1.25
126	Pioneer	PNER	27	1.125
127	Lancaster	LANC	22	0.916666667

BOYS' SWIMMING POWER POINTS D4 cont.				
66	Montclair	MOCL	576	16.45714286
67	Orange Vista	ORVI	411	16.44
68	Gahr	GAHR	379	15.791666667
69	Vistamar	VIMA	372	15.5
70	West Valley	WEVL	444	15.31034483
71	Fontana	FONT	360	15
72	Knight, Pete	KNIG	330	13.75
73	St. Bonaventure	STBO	330	13.75
74	Nordhoff	NORD	329	13.70833333
75	New Roads	NERO	317	13.20833333
76	Heritage	HERI	420	13.125
77	Milken Community	MKLN	361	12.89285714
78	Orange	ORAN	346	12.81481481
79	Rosemead	ROSE	305	12.70833333
80	St Margarets Episcopal	STMG	304	12.66666667
81	Los Amigos	LOAM	444	12.33333333
82	Hueneme	HUEN	290	12.08333333
83	Citrus Hill	CIHI	389	11.78787879
84	Mayfair	MAYF	277	11.54166667
85	Castaic	CATA	270	11.25
86	Loara	LOAR	262	10.91666667
87	Nogales	NGLE	262	10.91666667
88	Saddleback	SADD	259	10.79166667
89	Fairmont Prep	FAPR	243	10.125
90	Rancho Mirage	RAMR	242	10.08333333
91	Hillcrest	HICR	312	9.75
92	Anaheim Discovery Christian	ADCS	214	8.916666667
93	Redlands Adventist	READ	209	8.70833333
94	Channel Islands	CHIS	287	8.696969697
95	Savanna	SAVN	225	8.653846154
96	El Rancho	ELRA	201	8.375
97	San Gorgonio	SAGO	198	8.25
98	Wildwood	WILW	197	8.208333333
99	Jurupa Valley	JURU	191	7.958333333
100	Salesian	SLES	187	7.791666667
101	Pacifica Christian	PACH	186	7.75
102	Blair	BLAI	177	7.375
103	Mary Star of the Sea	MSEA	177	7.375
104	Tahquitz	TAHQ	177	7.375
105	Santa Paula	SNPL	171	7.125
106	Lakeside/Lake Elsinore	LAKS	170	7.083333333
107	Indian Springs	INSP	167	6.958333333
108	Eisenhower	EISE	162	6.75
109	de Toledo	DETO	160	6.666666667
110	Summit	SUMT	145	6.041666667
111	Bolsa Grande	BOGR	135	5.625
112	Colony	COLO	132	5.5
113	Granite Hills	GHLS	102	4.25
114	Estancia	ESTA	96	4
115	Apple Valley	APVA	100	3.846153846
116	Godinez	GODI	92	3.833333333
117	Moorpark	MOOR	92	3.833333333
118	Canyon Springs	CASP	85	3.541666667
119	St. Anthony	STAN	85	3.541666667
120	Palmdale	PADA	95	3.518518519
121	Cobalt Institute	COBT	84	3.5
122	Woodcrest Christian	WDCH	74	3.083333333
123	Santiago/Garden Grove	SNTG	73	3.041666667
124	Desert Christian	DESL	68	2.833333333
125	Notre Dame/Riverside	NDAM	66	2.75
126	Linfield Christian	LINF	64	2.666666667
127	Perris	PERR	64	2.666666667

GIRLS' SWIMMING POWER POINTS D4 cont.				
128	Bellflower	BELF	20	0.833333333
129	Pacific	PACI	21	0.807692308
130	Azusa	AZUS	19	0.791666667
131	Eastside	EASI	19	0.791666667
132	Milken Community	MKLN	19	0.791666667
133	Twentynine Palms	TWEN	17	0.708333333
134	Legacy Christian Academy	LCAD	11	0.458333333
135	Fillmore	FILL	10	0.416666667
136	Colony	COLO	7	0.291666667
137	Adelanto	ADEL	5	0.208333333
138	Canyon Springs	CASP	3	0.125
139	Coachella Valley	COVA	3	0.125
140	San Jacinto	SAJA	3	0.125
141	Baldwin Park	BAPA	0	0
142	Bishop Amat	BIAM	0	0
143	Desert Hot Springs	DEHO	0	0
144	Desert Mirage	DEMI	0	0
145	La Puente	LAPU	0	0
146	La Sierra	LASI	0	0
147	Littlerock	LITT	0	0
148	Magnolia	MAGN	0	0
149	Montebello	MOBE	0	0
150	Palmdale	PADA	0	0
151	Palmdale Aerospace	PDAE	0	0
152	Perris	PERR	0	0
153	Rancho Mirage	RAMR	0	0
154	Rubidoux	RUBI	0	0
155	Santa Ana	SAAN	0	0
156	Santiago/Garden Grove	SNTG	0	0
157	Savanna	SAVN	0	0
158	Shadow Hills	SHHI	0	0
159	Sierra Canyon	SICA	0	0
160	St. Bonaventure	STBO	0	0
161	Vasquez	VASQ	0	0
162	Victor Valley	VIVA	0	0
163	Wildwood	WILW	0	0
164	Workman	WORK	0	0

BOYS' SWIMMING POWER POINTS D4 cont.				
128	Faith Baptist School	FABP	63	2.625
129	Montebello	MOBE	60	2.5
130	Fillmore	FILL	52	2.166666667
131	San Gabriel	SAGA	48	2
132	Pioneer	PNER	44	1.833333333
133	Twentynine Palms	TWEN	32	1.333333333
134	Desert Mirage	DEMI	30	1.2
135	Bishop Amat	BIAM	19	0.791666667
136	River Springs Charter	RSCM	17	0.708333333
137	Duarte	DUAR	16	0.666666667
138	Victor Valley	VIVA	15	0.625
139	Santa Ana Valley	SAVA	14	0.583333333
140	Katella	KATE	12	0.5
141	Vasquez	VASQ	10	0.416666667
142	Desert Hot Springs	DEHO	7	0.291666667
143	Rubidoux	RUBI	4	0.166666667
144	Coachella Valley	COVA	3	0.125
145	Oakwood	OAWO	3	0.125
146	Eastside	EASI	2	0.083333333
147	Adelanto	ADEL	0	0
148	Antelope Valley	ANVA	0	0
149	Azusa	AZUS	0	0
150	Bell Gardens	BEGA	0	0
151	Bellflower	BELF	0	0
152	Cathedral City	CACI	0	0
153	Dunn	DUNN	0	0
154	Holy Martyrs	HOMA	0	0
155	La Puente	LAPU	0	0
156	La Sierra	LASI	0	0
157	Littlerock	LITT	0	0
158	Magnolia	MAGN	0	0
159	Paraclete	PARC	0	0
160	Saint Monica Academy	SMON	0	0
161	San Jacinto	SAJA	0	0
162	Workman	WORK	0	0



REVISED POWER POINT TABLES // GIRLS

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 school meet event order.

Individual Events - Girls (SCY)

Relays - Girls (SCY)

POWER POINTS	200 FREE	200 IM	50 FREE	100 FLY	100 FREE	500 FREE	100 BACK	100 BREAST	DIVING 6 DIVES	DIVING 11 DIVES	POWER POINTS	200 MED REL	200 FREE REL	400 FREE REL
200	1:36.62	1:48.50	:20.56	:48.50	:44.72	4:20.60	:48.80	:55.78	459.00	719.60	600	1:33.08	1:24.98	3:04.87
199	1:36.81	1:48.71	:20.60	:48.59	:44.80	4:21.11	:48.89	:55.89	454.65	713.15	597	1:33.26	1:25.15	3:05.23
198	1:37.00	1:48.92	:20.64	:48.69	:44.89	4:21.62	:48.99	:56.00	450.30	706.70	594	1:33.45	1:25.31	3:05.59
197	1:37.19	1:49.13	:20.68	:48.78	:44.98	4:22.13	:49.08	:56.10	446.05	700.35	591	1:33.63	1:25.48	3:05.95
196	1:37.38	1:49.35	:20.72	:48.88	:45.07	4:22.64	:49.18	:56.21	441.80	694.05	588	1:33.81	1:25.65	3:06.32
195	1:37.57	1:49.56	:20.76	:48.97	:45.16	4:23.16	:49.28	:56.32	437.60	687.80	585	1:34.00	1:25.82	3:06.68
194	1:37.76	1:49.78	:20.80	:49.07	:45.24	4:23.68	:49.37	:56.44	433.45	681.60	582	1:34.18	1:25.98	3:07.05
193	1:37.95	1:49.99	:20.84	:49.17	:45.33	4:24.19	:49.47	:56.55	429.30	675.45	579	1:34.37	1:26.15	3:07.42
192	1:38.14	1:50.21	:20.88	:49.26	:45.42	4:24.72	:49.57	:56.66	425.25	669.35	576	1:34.55	1:26.32	3:07.79
191	1:38.33	1:50.43	:20.92	:49.36	:45.51	4:25.24	:49.67	:56.77	421.20	663.35	573	1:34.74	1:26.50	3:08.16
190	1:38.53	1:50.65	:20.96	:49.46	:45.60	4:25.77	:49.77	:56.88	417.20	657.35	570	1:34.93	1:26.67	3:08.53
189	1:38.72	1:50.87	:21.01	:49.56	:45.69	4:26.29	:49.86	:57.00	413.25	651.45	567	1:35.12	1:26.84	3:08.91
188	1:38.92	1:51.09	:21.05	:49.66	:45.79	4:26.82	:49.96	:57.11	409.30	645.60	564	1:35.31	1:27.01	3:09.28
187	1:39.12	1:51.31	:21.09	:49.76	:45.88	4:27.36	:50.06	:57.22	405.40	639.75	561	1:35.50	1:27.19	3:09.66
186	1:39.31	1:51.53	:21.13	:49.85	:45.97	4:27.89	:50.16	:57.34	401.60	634.00	558	1:35.69	1:27.36	3:10.04
185	1:39.51	1:51.76	:21.17	:49.95	:46.06	4:28.43	:50.26	:57.45	397.75	628.30	555	1:35.88	1:27.53	3:10.42
184	1:39.71	1:51.98	:21.22	:50.05	:46.15	4:28.96	:50.36	:57.57	394.00	622.65	552	1:36.07	1:27.71	3:10.80
183	1:39.91	1:52.21	:21.26	:50.16	:46.25	4:29.50	:50.47	:57.68	390.25	617.05	549	1:36.26	1:27.89	3:11.18
182	1:40.11	1:52.43	:21.30	:50.26	:46.34	4:30.05	:50.57	:57.80	386.55	611.50	546	1:36.46	1:28.06	3:11.57
181	1:40.31	1:52.66	:21.34	:50.36	:46.43	4:30.59	:50.67	:57.92	382.85	606.00	543	1:36.65	1:28.24	3:11.96
180	1:40.51	1:52.89	:21.39	:50.46	:46.53	4:31.14	:50.77	:58.03	379.20	600.50	540	1:36.85	1:28.42	3:12.34
179	1:40.71	1:53.11	:21.43	:50.56	:46.62	4:31.69	:50.87	:58.15	375.60	595.15	537	1:37.04	1:28.60	3:12.73
178	1:40.92	1:53.34	:21.47	:50.66	:46.71	4:32.24	:50.98	:58.27	372.05	589.75	534	1:37.24	1:28.78	3:13.12
177	1:41.12	1:53.57	:21.52	:50.77	:46.81	4:32.79	:51.08	:58.39	368.50	584.50	531	1:37.44	1:28.96	3:13.52
176	1:41.33	1:53.81	:21.56	:50.87	:46.91	4:33.35	:51.19	:58.51	365.00	579.20	528	1:37.64	1:29.14	3:13.91
175	1:41.53	1:54.04	:21.61	:50.97	:47.00	4:33.91	:51.29	:58.63	361.55	574.00	525	1:37.84	1:29.32	3:14.31
174	1:41.74	1:54.27	:21.65	:51.08	:47.10	4:34.47	:51.40	:58.75	358.10	568.85	522	1:38.04	1:29.51	3:14.71
173	1:41.95	1:54.51	:21.69	:51.18	:47.19	4:35.03	:51.50	:58.87	354.75	563.70	519	1:38.24	1:29.69	3:15.11
172	1:42.16	1:54.74	:21.74	:51.29	:47.29	4:35.60	:51.61	:58.99	351.35	558.60	516	1:38.44	1:29.87	3:15.51
171	1:42.37	1:54.98	:21.78	:51.39	:47.39	4:36.17	:51.71	:59.11	348.00	553.60	513	1:38.64	1:30.06	3:15.91
170	1:42.58	1:55.22	:21.83	:51.50	:47.49	4:36.74	:51.82	:59.23	344.70	548.60	510	1:38.85	1:30.24	3:16.31
169	1:42.79	1:55.45	:21.87	:51.61	:47.58	4:37.31	:51.93	:59.35	341.45	543.70	507	1:39.05	1:30.43	3:16.72
168	1:43.00	1:55.69	:21.92	:51.71	:47.68	4:37.88	:52.03	:59.48	338.20	538.80	504	1:39.26	1:30.62	3:17.13
167	1:43.21	1:55.93	:21.97	:51.82	:47.78	4:38.46	:52.14	:59.60	335.00	533.95	501	1:39.46	1:30.81	3:17.54
166	1:43.43	1:56.17	:22.01	:51.93	:47.88	4:39.04	:52.25	:59.72	331.80	529.15	498	1:39.67	1:31.00	3:17.95
165	1:43.64	1:56.42	:22.06	:52.04	:47.98	4:39.62	:52.36	:59.85	328.65	524.40	495	1:39.88	1:31.18	3:18.36

164	1:43.86	1:56.66	:22.10	:52.15	:48.08	4:40.21	:52.47	:59.97	325.50	519.65	492	1:40.09	1:31.38	3:18.77
163	1:44.07	1:56.90	:22.15	:52.26	:48.18	4:40.79	:52.58	1:00.10	322.45	515.00	489	1:40.30	1:31.57	3:19.19
162	1:44.29	1:57.15	:22.20	:52.37	:48.28	4:41.38	:52.69	1:00.23	319.40	510.35	486	1:40.51	1:31.76	3:19.61
161	1:44.51	1:57.40	:22.24	:52.48	:48.38	4:41.97	:52.80	1:00.35	316.35	505.75	483	1:40.72	1:31.95	3:20.03
160	1:44.73	1:57.64	:22.29	:52.59	:48.49	4:42.57	:52.91	1:00.48	313.35	501.20	480	1:40.93	1:32.15	3:20.45
159	1:44.95	1:57.89	:22.34	:52.70	:48.59	4:43.16	:53.02	1:00.61	310.35	496.70	477	1:41.14	1:32.34	3:20.87
158	1:45.17	1:58.14	:22.38	:52.81	:48.69	4:43.76	:53.14	1:00.73	307.40	492.20	474	1:41.36	1:32.54	3:21.30
157	1:45.39	1:58.39	:22.43	:52.92	:48.80	4:44.36	:53.25	1:00.86	304.50	487.75	471	1:41.57	1:32.73	3:21.73
156	1:45.61	1:58.64	:22.48	:53.03	:48.90	4:44.97	:53.36	1:00.99	301.60	483.40	468	1:41.79	1:32.93	3:22.15
155	1:45.84	1:58.90	:22.53	:53.15	:49.00	4:45.58	:53.48	1:01.12	298.75	479.00	465	1:42.00	1:33.13	3:22.58
154	1:46.06	1:59.15	:22.57	:53.26	:49.11	4:46.19	:53.59	1:01.25	295.90	474.70	462	1:42.22	1:33.33	3:23.02
153	1:46.29	1:59.41	:22.62	:53.37	:49.21	4:46.80	:53.70	1:01.38	293.10	470.45	459	1:42.44	1:33.53	3:23.45
152	1:46.52	1:59.66	:22.67	:53.49	:49.32	4:47.41	:53.82	1:01.52	290.30	466.20	456	1:42.66	1:33.73	3:23.89
151	1:46.74	1:59.92	:22.72	:53.60	:49.42	4:48.03	:53.93	1:01.65	287.55	462.00	453	1:42.88	1:33.93	3:24.33
150	1:46.97	2:00.18	:22.77	:53.72	:49.53	4:48.65	:54.05	1:01.78	284.80	457.85	450	1:43.10	1:34.13	3:24.77
149	1:47.20	2:00.44	:22.82	:53.83	:49.64	4:49.27	:54.17	1:01.91	282.10	453.70	447	1:43.32	1:34.33	3:25.21
148	1:47.43	2:00.70	:22.87	:53.95	:49.74	4:49.90	:54.28	1:02.05	279.40	449.60	444	1:43.55	1:34.54	3:25.65
147	1:47.66	2:00.96	:22.92	:54.07	:49.85	4:50.53	:54.40	1:02.18	276.75	445.60	441	1:43.77	1:34.74	3:26.10
146	1:47.90	2:01.22	:22.97	:54.18	:49.96	4:51.16	:54.52	1:02.32	274.15	441.60	438	1:44.00	1:34.95	3:26.54
145	1:48.13	2:01.48	:23.02	:54.30	:50.07	4:51.79	:54.64	1:02.45	271.55	437.60	435	1:44.22	1:35.15	3:26.99
144	1:48.36	2:01.75	:23.07	:54.42	:50.18	4:52.43	:54.76	1:02.59	268.95	433.65	432	1:44.45	1:35.36	3:27.44
143	1:48.60	2:02.01	:23.12	:54.54	:50.29	4:53.07	:54.88	1:02.73	266.40	429.75	429	1:44.68	1:35.57	3:27.90
142	1:48.84	2:02.28	:23.17	:54.66	:50.40	4:53.71	:55.00	1:02.86	263.85	425.90	426	1:44.91	1:35.78	3:28.35
141	1:49.08	2:02.55	:23.22	:54.78	:50.51	4:54.35	:55.12	1:03.00	261.35	422.05	423	1:45.14	1:35.99	3:28.81
140	1:49.31	2:02.82	:23.27	:54.90	:50.62	4:55.00	:55.24	1:03.14	258.90	418.25	420	1:45.37	1:36.20	3:29.27
139	1:49.55	2:03.09	:23.32	:55.02	:50.73	4:55.65	:55.36	1:03.28	256.40	414.50	417	1:45.60	1:36.41	3:29.73
138	1:49.79	2:03.36	:23.37	:55.14	:50.84	4:56.30	:55.48	1:03.42	254.00	410.75	414	1:45.84	1:36.63	3:30.19
137	1:50.04	2:03.64	:23.42	:55.26	:50.96	4:56.96	:55.61	1:03.56	251.55	407.05	411	1:46.07	1:36.84	3:30.66
136	1:50.28	2:03.91	:23.48	:55.39	:51.07	4:57.62	:55.73	1:03.70	249.20	403.35	408	1:46.31	1:37.05	3:31.13
135	1:50.52	2:04.19	:23.53	:55.51	:51.18	4:58.28	:55.85	1:03.84	246.80	399.75	405	1:46.54	1:37.27	3:31.60
134	1:50.77	2:04.46	:23.58	:55.63	:51.30	4:58.95	:55.98	1:03.98	244.47	396.15	402	1:46.78	1:37.49	3:32.07
133	1:51.02	2:04.74	:23.63	:55.76	:51.41	4:59.61	:56.10	1:04.13	242.15	392.60	399	1:47.02	1:37.70	3:32.54
132	1:51.26	2:05.02	:23.69	:55.88	:51.53	5:00.29	:56.23	1:04.27	239.85	389.05	396	1:47.26	1:37.92	3:33.02
131	1:51.51	2:05.30	:23.74	:56.01	:51.64	5:00.96	:56.36	1:04.42	237.60	385.55	393	1:47.50	1:38.14	3:33.50
130	1:51.76	2:05.58	:23.79	:56.13	:51.76	5:01.64	:56.48	1:04.56	235.30	382.05	390	1:47.74	1:38.36	3:33.98
129	1:52.01	2:05.87	:23.85	:56.26	:51.88	5:02.32	:56.61	1:04.71	233.10	378.60	387	1:47.98	1:38.59	3:34.46
128	1:52.26	2:06.15	:23.90	:56.39	:51.99	5:03.00	:56.74	1:04.85	230.85	375.20	384	1:48.23	1:38.81	3:34.94
127	1:52.52	2:06.44	:23.96	:56.52	:52.11	5:03.69	:56.87	1:05.00	228.65	371.85	381	1:48.47	1:39.03	3:35.43
126	1:52.77	2:06.72	:24.01	:56.64	:52.23	5:04.37	:57.00	1:05.15	226.50	368.50	378	1:48.72	1:39.26	3:35.92
125	1:53.03	2:07.01	:24.06	:56.77	:52.35	5:05.07	:57.13	1:05.29	224.35	365.20	375	1:48.97	1:39.48	3:36.41
124	1:53.28	2:07.30	:24.12	:56.90	:52.47	5:05.76	:57.26	1:05.44	222.20	361.90	372	1:49.21	1:39.71	3:36.91
123	1:53.54	2:07.59	:24.17	:57.03	:52.59	5:06.46	:57.39	1:05.59	220.10	358.65	369	1:49.46	1:39.94	3:37.40
122	1:53.80	2:07.88	:24.23	:57.16	:52.71	5:07.16	:57.52	1:05.74	218.00	355.40	366	1:49.71	1:40.17	3:37.90
121	1:54.06	2:08.18	:24.29	:57.29	:52.83	5:07.87	:57.65	1:05.89	215.95	352.20	363	1:49.97	1:40.40	3:38.40
120	1:54.32	2:08.47	:24.34	:57.43	:52.95	5:08.58	:57.78	1:06.05	213.90	349.05	360	1:50.22	1:40.63	3:38.90
119	1:54.58	2:08.77	:24.40	:57.56	:53.07	5:09.29	:57.92	1:06.20	211.90	345.90	357	1:50.47	1:40.86	3:39.41
118	1:54.85	2:09.07	:24.45	:57.69	:53.19	5:10.00	:58.05	1:06.35	209.85	342.80	354	1:50.73	1:41.09	3:39.91

117	1:55.11	2:09.37	:24.51	:57.83	:53.32	5:10.72	:58.18	1:06.51	207.90	339.70	351	1:50.99	1:41.33	3:40.42
116	1:55.38	2:09.67	:24.57	:57.96	:53.44	5:11.44	:58.32	1:06.66	205.90	336.65	348	1:51.24	1:41.56	3:40.94
115	1:55.64	2:09.97	:24.62	:58.10	:53.57	5:12.17	:58.46	1:06.81	203.95	333.60	345	1:51.50	1:41.80	3:41.45
114	1:55.91	2:10.27	:24.68	:58.23	:53.69	5:12.90	:58.59	1:06.97	202.00	330.60	342	1:51.76	1:42.04	3:41.97
113	1:56.18	2:10.58	:24.74	:58.37	:53.82	5:13.63	:58.73	1:07.13	200.10	327.60	339	1:52.02	1:42.28	3:42.49
112	1:56.45	2:10.88	:24.80	:58.50	:53.94	5:14.36	:58.87	1:07.28	198.20	324.65	336	1:52.29	1:42.51	3:43.01
111	1:56.72	2:11.19	:24.86	:58.64	:54.07	5:15.10	:59.00	1:07.44	196.30	321.75	333	1:52.55	1:42.76	3:43.53
110	1:57.00	2:11.50	:24.91	:58.78	:54.20	5:15.85	:59.14	1:07.60	194.45	318.85	330	1:52.82	1:43.00	3:44.06
109	1:57.27	2:11.81	:24.97	:58.92	:54.32	5:16.59	:59.28	1:07.76	192.60	316.00	327	1:53.08	1:43.24	3:44.59
108	1:57.55	2:12.12	:25.03	:59.06	:54.45	5:17.34	:59.42	1:07.92	190.75	313.15	324	1:53.35	1:43.49	3:45.12
107	1:57.83	2:12.43	:25.09	:59.20	:54.58	5:18.09	:59.56	1:08.08	188.95	310.30	321	1:53.62	1:43.73	3:45.65
106	1:58.10	2:12.75	:25.15	:59.34	:54.71	5:18.85	:59.71	1:08.24	187.15	307.50	318	1:53.89	1:43.98	3:46.19
105	1:58.38	2:13.07	:25.21	:59.48	:54.84	5:19.61	:59.85	1:08.41	185.35	304.75	315	1:54.16	1:44.23	3:46.73
104	1:58.67	2:13.38	:25.27	:59.62	:54.97	5:20.37	:59.99	1:08.57	183.60	302.00	312	1:54.43	1:44.47	3:47.27
103	1:58.95	2:13.70	:25.33	:59.76	:55.11	5:21.14	1:00.13	1:08.74	181.85	299.30	309	1:54.71	1:44.72	3:47.81
102	1:59.23	2:14.02	:25.39	:59.91	:55.24	5:21.91	1:00.28	1:08.90	180.15	296.60	306	1:54.98	1:44.98	3:48.36
101	1:59.52	2:14.35	:25.45	1:00.05	:55.37	5:22.69	1:00.42	1:09.07	178.45	293.90	303	1:55.26	1:45.23	3:48.91
100	1:59.81	2:14.67	:25.52	1:00.20	:55.50	5:23.46	1:00.57	1:09.23	176.75	291.25	300	1:55.54	1:45.48	3:49.46
99	2:00.09	2:15.00	:25.58	1:00.34	:55.64	5:24.25	1:00.72	1:09.40	175.05	288.65	297	1:55.82	1:45.74	3:50.02
98	2:00.38	2:15.32	:25.64	1:00.49	:55.77	5:25.03	1:00.86	1:09.57	173.40	286.05	294	1:56.10	1:45.99	3:50.58
97	2:00.67	2:15.65	:25.70	1:00.64	:55.91	5:25.82	1:01.01	1:09.74	171.75	283.50	291	1:56.38	1:46.25	3:51.14
96	2:00.97	2:15.98	:25.76	1:00.78	:56.05	5:26.62	1:01.16	1:09.91	170.10	280.95	288	1:56.66	1:46.51	3:51.70
95	2:01.26	2:16.32	:25.83	1:00.93	:56.18	5:27.41	1:01.31	1:10.08	168.50	278.40	285	1:56.95	1:46.77	3:52.26
94	2:01.56	2:16.65	:25.89	1:01.08	:56.32	5:28.22	1:01.46	1:10.25	166.90	275.90	282	1:57.23	1:47.03	3:52.83
93	2:01.85	2:16.98	:25.95	1:01.23	:56.46	5:29.02	1:01.61	1:10.42	165.30	273.40	279	1:57.52	1:47.29	3:53.40
92	2:02.15	2:17.32	:26.02	1:01.38	:56.60	5:29.83	1:01.76	1:10.59	163.75	270.95	276	1:57.81	1:47.56	3:53.98
91	2:02.45	2:17.66	:26.08	1:01.53	:56.74	5:30.64	1:01.91	1:10.77	162.15	268.50	273	1:58.10	1:47.82	3:54.56
90	2:02.75	2:18.00	:26.15	1:01.69	:56.88	5:31.46	1:02.07	1:10.94	160.65	266.05	270	1:58.39	1:48.09	3:55.13
89	2:03.05	2:18.34	:26.21	1:01.84	:57.02	5:32.28	1:02.22	1:11.12	159.10	263.65	267	1:58.69	1:48.36	3:55.72
88	2:03.36	2:18.69	:26.28	1:01.99	:57.16	5:33.11	1:02.38	1:11.30	157.60	261.30	264	1:58.98	1:48.63	3:56.30
87	2:03.66	2:19.03	:26.34	1:02.15	:57.30	5:33.94	1:02.53	1:11.47	156.10	258.95	261	1:59.28	1:48.90	3:56.89
86	2:03.97	2:19.38	:26.41	1:02.30	:57.44	5:34.77	1:02.69	1:11.65	154.60	256.60	258	1:59.58	1:49.17	3:57.48
85	2:04.28	2:19.73	:26.47	1:02.46	:57.59	5:35.61	1:02.84	1:11.83	153.15	254.30	255	1:59.87	1:49.44	3:58.08
84	2:04.59	2:20.08	:26.54	1:02.61	:57.73	5:36.45	1:03.00	1:12.01	151.70	252.00	252	2:00.18	1:49.72	3:58.67
83	2:04.90	2:20.43	:26.61	1:02.77	:57.88	5:37.30	1:03.16	1:12.19	150.25	249.75	249	2:00.48	1:49.99	3:59.28
82	2:05.21	2:20.78	:26.67	1:02.93	:58.02	5:38.15	1:03.32	1:12.38	148.80	247.50	246	2:00.78	1:50.27	3:59.88
81	2:05.53	2:21.14	:26.74	1:03.09	:58.17	5:39.00	1:03.48	1:12.56	147.40	245.25	243	2:01.09	1:50.55	4:00.48
80	2:05.84	2:21.50	:26.81	1:03.25	:58.32	5:39.86	1:03.64	1:12.74	146.00	243.05	240	2:01.39	1:50.83	4:01.09
79	2:06.16	2:21.86	:26.88	1:03.41	:58.47	5:40.73	1:03.80	1:12.93	144.60	240.85	237	2:01.70	1:51.11	4:01.71
78	2:06.48	2:22.22	:26.95	1:03.57	:58.62	5:41.59	1:03.96	1:13.11	143.25	238.70	234	2:02.01	1:51.39	4:02.32
77	2:06.80	2:22.58	:27.01	1:03.73	:58.76	5:42.47	1:04.13	1:13.30	141.90	236.55	231	2:02.32	1:51.68	4:02.94
76	2:07.13	2:22.95	:27.08	1:03.90	:58.92	5:43.34	1:04.29	1:13.49	140.55	234.45	228	2:02.64	1:51.96	4:03.56
75	2:07.45	2:23.31	:27.15	1:04.06	:59.07	5:44.22	1:04.46	1:13.68	139.20	232.30	225	2:02.95	1:52.25	4:04.19
74	2:07.78	2:23.68	:27.22	1:04.23	:59.22	5:45.11	1:04.62	1:13.87	137.90	230.20	222	2:03.27	1:52.54	4:04.82
73	2:08.10	2:24.05	:27.29	1:04.39	:59.37	5:46.00	1:04.79	1:14.06	136.60	228.15	219	2:03.59	1:52.83	4:05.45
72	2:08.43	2:24.43	:27.36	1:04.56	:59.52	5:46.90	1:04.96	1:14.25	135.25	226.10	216	2:03.91	1:53.12	4:06.08
71	2:08.76	2:24.80	:27.43	1:04.73	:59.68	5:47.80	1:05.13	1:14.44	134.00	224.05	213	2:04.23	1:53.42	4:06.72

70	2:09.10	2:25.18	:27.51	1:04.89	:59.83	5:48.70	1:05.30	1:14.63	132.70	222.05	210	2:04.55	1:53.71	4:07.36
69	2:09.43	2:25.56	:27.58	1:05.06	:59.99	5:49.61	1:05.47	1:14.83	131.45	220.05	207	2:04.88	1:54.01	4:08.01
68	2:09.77	2:25.94	:27.65	1:05.23	1:00.15	5:50.52	1:05.64	1:15.02	130.20	218.05	204	2:05.20	1:54.31	4:08.66
67	2:10.11	2:26.32	:27.72	1:05.40	1:00.30	5:51.44	1:05.81	1:15.22	128.95	216.10	201	2:05.53	1:54.61	4:09.31
66	2:10.45	2:26.70	:27.80	1:05.58	1:00.46	5:52.37	1:05.98	1:15.42	127.75	214.15	198	2:05.86	1:54.91	4:09.96
65	2:10.79	2:27.09	:27.87	1:05.75	1:00.62	5:53.29	1:06.16	1:15.62	126.50	212.20	195	2:06.19	1:55.21	4:10.62
64	2:11.13	2:27.48	:27.94	1:05.92	1:00.78	5:54.23	1:06.33	1:15.82	125.30	210.30	192	2:06.52	1:55.51	4:11.28
63	2:11.48	2:27.87	:28.02	1:06.10	1:00.94	5:55.16	1:06.51	1:16.02	124.15	208.40	189	2:06.86	1:55.82	4:11.95
62	2:11.82	2:28.26	:28.09	1:06.27	1:01.11	5:56.11	1:06.68	1:16.22	122.95	206.55	186	2:07.20	1:56.13	4:12.62
61	2:12.17	2:28.66	:28.17	1:06.45	1:01.27	5:57.06	1:06.86	1:16.42	121.80	204.70	183	2:07.54	1:56.44	4:13.29
60	2:12.52	2:29.05	:28.24	1:06.63	1:01.43	5:58.01	1:07.04	1:16.63	120.60	202.85	180	2:07.88	1:56.75	4:13.97
59	2:12.88	2:29.45	:28.32	1:06.80	1:01.60	5:58.97	1:07.22	1:16.83	119.50	201.00	177	2:08.22	1:57.06	4:14.65
58	2:13.23	2:29.85	:28.39	1:06.98	1:01.76	5:59.93	1:07.40	1:17.04	118.35	199.20	174	2:08.56	1:57.37	4:15.33
57	2:13.59	2:30.26	:28.47	1:07.16	1:01.93	6:00.90	1:07.58	1:17.24	117.20	197.40	171	2:08.91	1:57.69	4:16.02
56	2:13.95	2:30.66	:28.55	1:07.35	1:02.10	6:01.87	1:07.76	1:17.45	116.10	195.65	168	2:09.26	1:58.01	4:16.71
55	2:14.31	2:31.07	:28.62	1:07.53	1:02.26	6:02.85	1:07.95	1:17.66	115.00	193.90	165	2:09.61	1:58.33	4:17.40
54	2:14.67	2:31.48	:28.70	1:07.71	1:02.43	6:03.84	1:08.13	1:17.87	113.90	192.15	162	2:09.96	1:58.65	4:18.10
53	2:15.03	2:31.89	:28.78	1:07.90	1:02.60	6:04.83	1:08.32	1:18.09	112.85	190.40	159	2:10.31	1:58.97	4:18.81
52	2:15.40	2:32.31	:28.86	1:08.08	1:02.77	6:05.82	1:08.50	1:18.30	111.75	188.70	156	2:10.67	1:59.30	4:19.51
51	2:15.77	2:32.72	:28.94	1:08.27	1:02.94	6:06.82	1:08.69	1:18.51	110.70	187.00	153	2:11.02	1:59.62	4:20.22
50	2:16.14	2:33.14	:29.01	1:08.45	1:03.12	6:07.83	1:08.88	1:18.73	109.65	185.30	150	2:11.38	1:59.95	4:20.94
49	2:16.51	2:33.56	:29.09	1:08.64	1:03.29	6:08.84	1:09.07	1:18.94	108.60	183.65	147	2:11.75	2:00.28	4:21.65
48	2:16.88	2:33.99	:29.18	1:08.83	1:03.47	6:09.86	1:09.26	1:19.16	107.60	182.00	144	2:12.11	2:00.61	4:22.37
47	2:17.26	2:34.41	:29.26	1:09.02	1:03.64	6:10.88	1:09.45	1:19.38	106.55	180.35	141	2:12.47	2:00.95	4:23.10
46	2:17.64	2:34.84	:29.34	1:09.21	1:03.82	6:11.91	1:09.64	1:19.60	105.55	178.75	138	2:12.84	2:01.28	4:23.83
45	2:18.02	2:35.27	:29.42	1:09.41	1:03.99	6:12.95	1:09.84	1:19.82	104.55	177.15	135	2:13.21	2:01.62	4:24.56
44	2:18.40	2:35.70	:29.50	1:09.60	1:04.17	6:13.99	1:10.03	1:20.05	103.55	175.55	132	2:13.58	2:01.96	4:25.30
43	2:18.79	2:36.14	:29.58	1:09.79	1:04.35	6:15.03	1:10.23	1:20.27	102.60	174.00	129	2:13.96	2:02.30	4:26.04
42	2:19.17	2:36.58	:29.67	1:09.99	1:04.53	6:16.08	1:10.42	1:20.49	101.60	172.40	126	2:14.33	2:02.64	4:26.79
41	2:19.56	2:37.02	:29.75	1:10.19	1:04.71	6:17.14	1:10.62	1:20.72	100.65	170.85	123	2:14.71	2:02.99	4:27.54
40	2:19.95	2:37.46	:29.83	1:10.38	1:04.90	6:18.21	1:10.82	1:20.95	99.70	169.30	120	2:15.09	2:03.33	4:28.29
39	2:20.35	2:37.91	:29.92	1:10.58	1:05.08	6:19.27	1:11.02	1:21.18	98.75	167.80	117	2:15.47	2:03.68	4:29.05
38	2:20.74	2:38.35	:30.00	1:10.78	1:05.27	6:20.35	1:11.22	1:21.41	97.80	166.25	114	2:15.86	2:04.03	4:29.82
37	2:21.14	2:38.81	:30.09	1:10.99	1:05.45	6:21.43	1:11.42	1:21.64	96.85	164.75	111	2:16.24	2:04.39	4:30.58
36	2:21.54	2:39.26	:30.17	1:11.19	1:05.64	6:22.52	1:11.63	1:21.87	95.95	163.30	108	2:16.63	2:04.74	4:31.36
35	2:21.94	2:39.71	:30.26	1:11.39	1:05.83	6:23.62	1:11.83	1:22.11	95.05	161.80	105	2:17.02	2:05.10	4:32.13
34	2:22.35	2:40.17	:30.35	1:11.60	1:06.01	6:24.72	1:12.04	1:22.34	94.15	160.35	202	2:17.42	2:05.46	4:32.91
33	2:22.75	2:40.63	:30.43	1:11.80	1:06.20	6:25.82	1:12.25	1:22.58	93.25	158.95	99	2:17.81	2:05.82	4:33.70
32	2:23.16	2:41.10	:30.52	1:12.01	1:06.40	6:26.94	1:12.46	1:22.82	92.35	157.50	96	2:18.21	2:06.18	4:34.49
31	2:23.58	2:41.56	:30.61	1:12.22	1:06.59	6:28.06	1:12.67	1:23.06	91.50	156.05	93	2:18.61	2:06.55	4:35.28
30	2:23.99	2:42.03	:30.70	1:12.43	1:06.78	6:29.18	1:12.88	1:23.30	90.60	154.65	90	2:19.01	2:06.91	4:36.08
29	2:24.41	2:42.50	:30.79	1:12.64	1:06.98	6:30.31	1:13.09	1:23.54	89.75	153.25	87	2:19.42	2:07.28	4:36.89
28	2:24.82	2:42.98	:30.88	1:12.85	1:07.17	6:31.45	1:13.30	1:23.78	88.90	151.90	84	2:19.82	2:07.65	4:37.69
27	2:25.25	2:43.45	:30.97	1:13.06	1:07.37	6:32.60	1:13.52	1:24.03	88.05	150.55	81	2:20.23	2:08.03	4:38.51
26	2:25.67	2:43.93	:31.06	1:13.28	1:07.57	6:33.75	1:13.73	1:24.28	87.20	149.15	78	2:20.64	2:08.40	4:39.32
25	2:26.10	2:44.42	:31.15	1:13.49	1:07.76	6:34.91	1:13.95	1:24.52	86.40	147.80	75	2:21.06	2:08.78	4:40.15
24	2:26.52	2:44.90	:31.24	1:13.71	1:07.96	6:36.08	1:14.17	1:24.77	85.55	146.50	72	2:21.47	2:09.16	4:40.97

23	2:26.96	2:45.39	:31.34	1:13.93	1:08.17	6:37.25	1:14.39	1:25.03	84.75	145.20	69	2:21.89	2:09.54	4:41.81
22	2:27.39	2:45.88	:31.43	1:14.15	1:08.37	6:38.43	1:14.61	1:25.28	83.95	143.85	66	2:22.31	2:09.93	4:42.64
21	2:27.83	2:46.38	:31.52	1:14.37	1:08.57	6:39.62	1:14.83	1:25.53	83.15	142.55	63	2:22.74	2:10.32	4:43.49
20	2:28.26	2:46.87	:31.62	1:14.59	1:08.78	6:40.82	1:15.05	1:25.79	82.35	141.30	60	2:23.17	2:10.71	4:44.33
19	2:28.71	2:47.38	:31.71	1:14.82	1:08.98	6:42.02	1:15.28	1:26.05	81.60	140.00	57	2:23.59	2:11.10	4:45.19
18	2:29.15	2:47.88	:31.81	1:15.04	1:09.19	6:43.23	1:15.51	1:26.30	80.80	138.75	54	2:24.03	2:11.49	4:46.04
17	2:29.60	2:48.38	:31.90	1:15.27	1:09.40	6:44.44	1:15.73	1:26.56	80.00	137.50	51	2:24.46	2:11.89	4:46.91
16	2:30.05	2:48.89	:32.00	1:15.50	1:09.61	6:45.67	1:15.96	1:26.83	79.25	136.25	48	2:24.90	2:12.29	4:47.78
15	2:30.50	2:49.41	:32.10	1:15.72	1:09.82	6:46.90	1:16.19	1:27.09	78.50	135.05	45	2:25.34	2:12.69	4:48.65
14	2:30.95	2:49.92	:32.19	1:15.95	1:10.03	6:48.14	1:16.43	1:27.35	77.75	133.80	42	2:25.78	2:13.09	4:49.53
13	2:31.41	2:50.44	:32.29	1:16.19	1:10.25	6:49.38	1:16.66	1:27.62	77.00	132.60	39	2:26.23	2:13.50	4:50.41
12	2:31.87	2:50.96	:32.39	1:16.42	1:10.46	6:50.63	1:16.89	1:27.89	76.30	131.40	36	2:26.67	2:13.91	4:51.30
11	2:32.34	2:51.49	:32.49	1:16.65	1:10.68	6:51.90	1:17.13	1:28.16	75.60	130.25	33	2:27.12	2:14.32	4:52.19
10	2:32.80	2:52.02	:32.59	1:16.89	1:10.90	6:53.17	1:17.37	1:28.43	74.85	129.05	30	2:27.58	2:14.73	4:53.10
9	2:33.27	2:52.55	:32.69	1:17.13	1:11.12	6:54.44	1:17.61	1:28.70	74.15	127.90	27	2:28.03	2:15.15	4:54.00
8	2:33.74	2:53.08	:32.79	1:17.37	1:11.34	6:55.73	1:17.85	1:28.98	73.45	126.75	24	2:28.49	2:15.57	4:54.91
7	2:34.22	2:53.62	:32.90	1:17.61	1:11.56	6:57.02	1:18.09	1:29.26	72.75	125.60	21	2:28.95	2:15.99	4:55.83
6	2:34.70	2:54.16	:33.00	1:17.85	1:11.78	6:58.32	1:18.33	1:29.53	72.05	124.50	18	2:29.42	2:16.42	4:56.75
5	2:35.18	2:54.71	:33.10	1:18.09	1:12.01	6:59.63	1:18.58	1:29.82	71.40	123.35	15	2:29.89	2:16.84	4:57.68
4	2:35.66	2:55.26	:33.20	1:18.34	1:12.23	7:00.95	1:18.82	1:30.10	70.70	122.25	12	2:30.36	2:17.27	4:58.62
3	2:36.15	2:55.81	:33.31	1:18.59	1:12.46	7:02.27	1:19.07	1:30.38	70.00	121.15	9	2:30.83	2:17.70	4:59.56
2	2:36.64	2:56.36	:33.41	1:18.83	1:12.69	7:03.61	1:19.32	1:30.67	69.35	120.05	6	2:31.31	2:18.14	5:00.50
1	2:37.13	2:56.92	:33.52	1:19.08	1:12.92	7:04.95	1:19.57	1:30.95	68.70	119.00	3	2:31.79	2:18.58	5:01.45
0	2:37.63	2:57.49	:33.63	1:19.34	1:13.15	7:06.30	1:19.83	1:31.24	68.05	117.90	0	2:32.27	2:19.02	5:02.41



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 school meet event order.

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	DIVING 6 DIVES	DIVING 11 DIVES	POWER POINTS	200 MED REL	200 FREE REL	400 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