

PERFORMANCE PROGNOSTIC CHART - PERFORMANCE PROGNOSTIC STANDARDS																
% Prognostic Speed	WOMEN							MEN								
	WK1 200	WK1 500	WK2 500	WK4 500	WC1 200	WC2 500		MK1 200	MK1 500	MK2 500	MK4 500	MK1 1000	MK2 1000	MC1 1000	MC2 500	
	100%	00:38.59	01:47.05	01:37.81	01:29.42	00:45.37	01:54.59		00:33.74	01:35.54	01:26.86	01:18.16	03:24.01	03:06.57	03:44.16	03:17.17
99.90%	00:38.63	01:47.15	01:37.91	01:29.51	00:45.42	01:54.70		00:33.77	01:35.64	01:26.94	01:18.24	03:24.21	03:06.75	03:44.39	03:17.27	
99.80%	00:38.67	01:47.26	01:38.01	01:29.60	00:45.46	01:54.82		00:33.81	01:35.74	01:27.02	01:18.32	03:24.42	03:06.94	03:44.61	03:17.36	
99.70%	00:38.71	01:47.37	01:38.10	01:29.69	00:45.51	01:54.93		00:33.84	01:35.83	01:27.11	01:18.40	03:24.62	03:07.13	03:44.84	03:17.46	
99.60%	00:38.74	01:47.48	01:38.20	01:29.78	00:45.56	01:55.05		00:33.88	01:35.93	01:27.20	01:18.48	03:24.83	03:07.32	03:45.06	03:17.56	
99.50%	00:38.78	01:47.58	01:38.30	01:29.87	00:45.60	01:55.16		00:33.91	01:36.02	01:27.29	01:18.56	03:25.03	03:07.51	03:45.29	03:17.66	
99.40%	00:38.82	01:47.69	01:38.40	01:29.96	00:45.65	01:55.28		00:33.94	01:36.12	01:27.38	01:18.63	03:25.24	03:07.69	03:45.52	03:17.76	
99.30%	00:38.86	01:47.79	01:38.50	01:30.05	00:45.69	01:55.39		00:33.98	01:36.22	01:27.46	01:18.71	03:25.44	03:07.88	03:45.74	03:17.85	
99.20%	00:38.90	01:47.91	01:38.60	01:30.14	00:45.74	01:55.51		00:34.01	01:36.31	01:27.55	01:18.79	03:25.65	03:08.07	03:45.97	03:17.95	
99.10%	00:38.94	01:48.02	01:38.70	01:30.23	00:45.79	01:55.63		00:34.05	01:36.41	01:27.64	01:18.87	03:25.86	03:08.26	03:46.20	03:18.05	
99.00%	00:38.98	01:48.13	01:38.80	01:30.32	00:45.83	01:55.74		00:34.08	01:36.51	01:27.73	01:18.95	03:26.07	03:08.45	03:46.43	03:18.15	
98.90%	00:39.02	01:48.24	01:38.90	01:30.41	00:45.88	01:55.86		00:34.12	01:36.61	01:27.82	01:19.03	03:26.28	03:08.64	03:46.66	03:18.25	
98.80%	00:39.06	01:48.35	01:39.00	01:30.50	00:45.92	01:55.98		00:34.15	01:36.70	01:27.91	01:19.11	03:26.48	03:08.83	03:46.89	03:18.35	
98.70%	00:39.10	01:48.46	01:39.10	01:30.60	00:45.97	01:56.10		00:34.19	01:36.80	01:27.99	01:19.19	03:26.69	03:09.03	03:47.12	03:18.45	
98.60%	00:39.14	01:48.57	01:39.20	01:30.69	00:46.02	01:56.21		00:34.22	01:36.90	01:28.08	01:19.27	03:26.90	03:09.22	03:47.35	03:18.55	
98.50%	00:39.18	01:48.68	01:39.30	01:30.78	00:46.06	01:56.33		00:34.26	01:37.00	01:28.17	01:19.35	03:27.11	03:09.41	03:47.58	03:18.65	
98.40%	00:39.22	01:48.79	01:39.40	01:30.87	00:46.11	01:56.45		00:34.29	01:37.10	01:28.26	01:19.43	03:27.32	03:09.60	03:47.81	03:18.75	
98.30%	00:39.26	01:48.90	01:39.50	01:30.96	00:46.16	01:56.57		00:34.32	01:37.20	01:28.35	01:19.51	03:27.53	03:09.79	03:48.04	03:18.85	
98.20%	00:39.30	01:49.01	01:39.60	01:31.06	00:46.21	01:56.69		00:34.36	01:37.30	01:28.44	01:19.59	03:27.75	03:09.99	03:48.27	03:18.95	
98.10%	00:39.34	01:49.12	01:39.70	01:31.15	00:46.25	01:56.81		00:34.39	01:37.39	01:28.53	01:19.68	03:27.96	03:10.18	03:48.50	03:19.05	
98.00%	00:39.38	01:49.23	01:39.81	01:31.24	00:46.30	01:56.93		00:34.43	01:37.49	01:28.62	01:19.76	03:28.17	03:10.38	03:48.74	03:19.15	
97.90%	00:39.42	01:49.34	01:39.91	01:31.34	00:46.35	01:57.04		00:34.46	01:37.59	01:28.71	01:19.84	03:28.38	03:10.57	03:48.97	03:19.25	
97.80%	00:39.46	01:49.45	01:40.01	01:31.43	00:46.39	01:57.16		00:34.50	01:37.69	01:28.80	01:19.92	03:28.60	03:10.76	03:49.21	03:19.36	
97.70%	00:39.50	01:49.57	01:40.11	01:31.52	00:46.44	01:57.28		00:34.54	01:37.79	01:28.90	01:20.00	03:28.81	03:10.96	03:49.44	03:19.46	
97.60%	00:39.54	01:49.68	01:40.21	01:31.62	00:46.49	01:57.40		00:34.57	01:37.89	01:28.99	01:20.09	03:29.02	03:11.16	03:49.68	03:19.56	
97.50%	00:39.58	01:49.79	01:40.32	01:31.71	00:46.54	01:57.52		00:34.61	01:37.99	01:29.08	01:20.17	03:29.24	03:11.35	03:49.91	03:19.66	
97.40%	00:39.62	01:49.90	01:40.42	01:31.80	00:46.58	01:57.65		00:34.64	01:38.09	01:29.17	01:20.25	03:29.45	03:11.55	03:50.15	03:19.76	
97.30%	00:39.66	01:50.02	01:40.52	01:31.90	00:46.63	01:57.77		00:34.68	01:38.20	01:29.26	01:20.33	03:29.67	03:11.74	03:50.38	03:19.87	
97.20%	00:39.70	01:50.13	01:40.63	01:31.99	00:46.68	01:57.89		00:34.71	01:38.30	01:29.35	01:20.41	03:29.88	03:11.94	03:50.62	03:19.97	
97.10%	00:39.74	01:50.24	01:40.73	01:32.09	00:46.73	01:58.01		00:34.75	01:38.40	01:29.44	01:20.50	03:30.10	03:12.14	03:50.86	03:20.07	
97.00%	00:39.78	01:50.36	01:40.83	01:32.18	00:46.78	01:58.13		00:34.78	01:38.50	01:29.54	01:20.58	03:30.32	03:12.34	03:51.10	03:20.18	
96.90%	00:39.82	01:50.47	01:40.94	01:32.28	00:46.83	01:58.25		00:34.82	01:38.60	01:29.64	01:20.66	03:30.53	03:12.54	03:51.33	03:20.28	
96.80%	00:39.87	01:50.58	01:41.04	01:32.37	00:46.87	01:58.37		00:34.86	01:38.70	01:29.72	01:20.75	03:30.75	03:12.74	03:51.57	03:20.38	
96.70%	00:39.91	01:50.70	01:41.15	01:32.47	00:46.92	01:58.50		00:34.89	01:38.80	01:29.81	01:20.83	03:30.97	03:12.93	03:51.81	03:20.49	
96.60%	00:39.95	01:50.81	01:41.25	01:32.56	00:46.97	01:58.62		00:34.93	01:38.91	01:29.91	01:20.91	03:31.19	03:13.13	03:52.05	03:20.59	
96.50%	00:39.99	01:50.93	01:41.36	01:32.66	00:47.02	01:58.74		00:34.96	01:39.01	01:30.00	01:21.00	03:31.41	03:13.33	03:52.29	03:20.69	
96.40%	00:40.03	01:51.04	01:41.46	01:32.76	00:47.07	01:58.87		00:35.00	01:39.11	01:30.09	01:21.08	03:31.62	03:13.54	03:52.53	03:20.80	
96.30%	00:40.07	01:51.16	01:41.57	01:32.85	00:47.12	01:58.99		00:35.04	01:39.21	01:30.18	01:21.17	03:31.84	03:13.74	03:52.78	03:20.90	
96.20%	00:40.11	01:51.27	01:41.67	01:32.95	00:47.17	01:59.11		00:35.07	01:39.32	01:30.28	01:21.25	03:32.06	03:13.94	03:53.02	03:21.01	
96.10%	00:40.16	01:51.39	01:41.78	01:33.05	00:47.21	01:59.24		00:35.11	01:39.42	01:30.38	01:21.34	03:32.29	03:14.14	03:53.26	03:21.11	
96.00%	00:40.20	01:51.51	01:41.89	01:33.14	00:47.26	01:59.36		00:35.15	01:39.53	01:30.47	01:21.42	03:32.51	03:14.34	03:53.50	03:21.22	
95.90%	00:40.24	01:51.62	01:41.99	01:33.24	00:47.31	01:59.49		00:35.18	01:39.63	01:30.56	01:21.50	03:32.73	03:14.54	03:53.75	03:21.32	
95.80%	00:40.28	01:51.74	01:42.10	01:33.34	00:47.36	01:59.61		00:35.22	01:39.73	01:30.66	01:21.59	03:32.95	03:14.75	03:53.99	03:21.43	
95.70%	00:40.32	01:51.86	01:42.20	01:33.44	00:47.41	01:59.74		00:35.26	01:39.84	01:30.75	01:21.68	03:33.17	03:14.95	03:54.23	03:21.54	
95.60%	00:40.37	01:51.97	01:42.31	01:33.53	00:47.46	01:59.86		00:35.29	01:39.94	01:30.85	01:21.76	03:33.40	03:15.15	03:54.48	03:21.64	
95.50%	00:40.41	01:52.09	01:42.42	01:33.63	00:47.51	01:59.99		00:35.33	01:40.05	01:30.94	01:21.85	03:33.62	03:15.36	03:54.73	03:21.75	
95.40%	00:40.45	01:52.21	01:42.53	01:33.73	00:47.56	02:00.11		00:35.37	01:40.15	01:31.04	01:21.93	03:33.84	03:15.56	03:54.97	03:21.86	
95.30%	00:40.49	01:52.33	01:42.63	01:33.83	00:47.61	02:00.24		00:35.41	01:40.26	01:31.13	01:22.02	03:34.07	03:15.77	03:55.22	03:21.96	
95.20%	00:40.54	01:52.44	01:42.74	01:33.93	00:47.66	02:00.36		00:35.44	01:40.36	01:31.23	01:22.10	03:34.29	03:15.97	03:55.47	03:22.07	
95.10%	00:40.58	01:52.56	01:42.85	01:34.02	00:47.71	02:00.49		00:35.48	01:40.47	01:31.33	01:22.19	03:34.52	03:16.18	03:55.71	03:22.18	
95.00%	00:40.62	01:52.68	01:42.96	01:34.12	00:47.76	02:00.62	SENIOR	00:35.52	01:40.57	01:31.42	01:22.28	03:34.74	03:16.39	03:55.96	03:22.28	
94.90%	00:40.66	01:52.80	01:43.07	01:34.22	00:47.81	02:00.74		00:35.55	01:40.68	01:31.52	01:22.36	03:34.97	03:16.59	03:56.21	03:22.39	
94.80%	00:40.71	01:52.92	01:43.17	01:34.32	00:47.86	02:00.87		00:35.59	01:40.79	01:31.62	01:22.45	03:35.20	03:16.80	03:56.46	03:22.50	
94.70%	00:40.75	01:53.04	01:43.28	01:34.42	00:47.91	02:01.00		00:35.63	01:40.89	01:31.71	01:22.54	03:35.42	03:17.01	03:56.71	03:22.61	
94.60%	00:40.79	01:53.16	01:43.39	01:34.52	00:47.96	02:01.13		00:35.67	01:41.00	01:31.81	01:22.62	03:35.65	03:17.22	03:56.96	03:22.72	
94.50%	00:40.84	01:53.28	01:43.50	01:34.62	00:48.01	02:01.26		00:35.70	01:41.10	01:31.91	01:22.71	03:35.88	03:17.43	03:57.21	03:22.83	
94.40%	00:40.88	01:53.40	01:43.61	01:34.72	00:48.07	02:01.38		00:35.74	01:41.21	01:32.00	01:22.80	03:36.11	03:17.64	03:57.46	03:22.93	
94.30%	00:40.92	01:53.52	01:43.72	01:34.82	00:48.12	02:01.51		00:35.78	01:41.32	01:32.10	01:22.89	03:36.34	03:17.84	03:57.71	03:23.04	
94.20%	00:40.97	01:53.64	01:43.83	01:34.92	00:48.17	02:01.64		00:35.82	01:41.43	01:32.20	01:22.98	03:36.57	03:18.05			