



BENCHMARK DATA MODELS

WORLD CLASS STARTS, TURNS & FINISHES World Top 8 Averages (senior) with Age Group Progressions BUTTERFLY

STARTS

Stroke	FLY	<u>Top 8 Av</u> (sec)	<u>18 & U</u> (sec)	<u>16 & U</u> (sec)	<u>14 & U</u> (sec)	<u>12 & U</u> (sec)
Male	10M	3.04	3.19	3.34	3.50	3.65
	15M	5.25	5.51	5.78	6.04	6.30
Female	10M	3.60	3.78	3.96	4.14	4.32
	15M	5.98	6.28	6.58	6.88	7.18

TURNS

Stroke	FLY	<u>Top 8 Av</u> (sec)	<u>18 & U</u> (sec)	<u>16 & U</u> (sec)	<u>14 & U</u> (sec)	<u>12 & U</u> (sec)
Male	5M IN	2.59	2.72	2.85	2.98	3.11
	10M OUT	4.66	4.89	5.13	5.36	5.59
	Total	7.25	7.61	7.98	8.34	8.70
	15M OUT	7.31	7.68	8.04	8.41	8.77
	Total	9.90	10.40	10.89	11.39	11.88
Female	5M IN	2.78	2.92	3.06	3.20	3.34
	10M OUT	5.12	5.38	5.63	5.89	6.14
	Total	7.90	8.30	8.69	9.09	9.48
	15M OUT	8.31	8.73	9.14	9.56	9.97
	Total	11.09	11.64	12.20	12.75	13.31

FINISHES

Stroke	FLY	<u>Top 8 Av</u> (sec)	<u>18 & U</u> (sec)	<u>16 & U</u> (sec)	<u>14 & U</u> (sec)	<u>12 & U</u> (sec)
Male	5M	2.60	2.73	2.86	2.99	3.12
Female	5M	2.99	3.14	3.29	3.44	3.59