

# SWIMMING PROFICIENCY - CALCULATOR

## Men 100 Yards Free

Name	Height	Height in Inches	Min : Sec	Your Body Lengths (BL) per Event	Your Swimming Proficiency (SP) (Seconds per BL)
Joe Swimmer	5 ft 9 in	69.000	: 52.00	52.17	0.9967

Your BL's

Your SP

The time a 5' 9" swimmer needs to swim to be as proficient as the world record holder. This is also the suggested full potential goal time.

### SP Standards for Event Selected

### Your SP Ranking

### Your Height Adjusted Time Standards

	Min : Sec	
World Record Class	0.8726	: 45.52
Olympic Class	0.8985	: 46.87
National Team	0.9266	: 48.34
All American	0.9549	: 49.81
All Region	0.9885	: 51.57
All State	1.0222	: 53.33
All Town	1.0558	
Recreational		

Goal Progression

This is the suggested goal time progression. Each time is a height adjusted time standard, in this case for a 5'9" swimmer.

For example, the All American time standard for a 5' 9" swimmer is 49.81.

Your SP of 0.9967 meets the All State SP Standard. This means your SP is as good or better than swimmers doing All-State time standards.

### In the News for this Event

Name	Height	Team	Min : Sec	Body Lengths per Event	Swimming Proficiency (Seconds per BL)
Cesar Cielo	6 ft 4 7/9 in	Auburn/BRA	: 40.92	46.9	0.8726

At nearly 6 ft 5 inches, Cesar is 8 inches taller than Joe, and swims his own body length 46.9 times versus Joe who must swim 52 BL's, or 5 more BL's than Cesar. Cesar has World Record Class SP of 0.8726. For Joe to match Cesar's SP, Joe needs to swim 45.52 versus Cesar who swims 40.92.

### COMPARISONS IN THIS EVENT: Men 100 Yards Free

Name	Height*	Height in Inches	Time* Min : Sec	Body Lengths per Event	Swimming Proficiency (Seconds per BL)
John	5 ft 8 in	68.00	: 53.50	52.94	1.0106
Matt	6 ft 4 in	76.00	: 46.10	47.37	0.9732
Bob	5 ft 10 in	70.00	: 47.50	51.43	0.9236

Here, Joe Swimmer compares his SP to other swimmers. SP comparisons provides a new source of motivation.