

# USMS 1-Hour Virtual Championship Pace Chart

If you hold this	You will swim			If you hold this	You will swim	
pace per	this far in			pace per	this far in	
<u>100 yards</u>	<u>one hour</u>	<u>Yardage</u>		<u>100 yards</u>	<u>one hour</u>	<u>Yardage</u>
5:00	1200	1200		1:49	3300	3300
4:37	1300	1300		1:48		3333
4:30	1400	1400		1:47		3364
4:00	1500	1500		1:46	3400	3400
3:40	1600	1600		1:45		3429
3:32	1700	1700		1:44		3462
3:20	1800	1800		1:43	3500	3500
3:10	1900	1900		1:42		3529
3:00	2000	2000		1:41		3564
2:51	2100	2100		1:40	3600	3600
2:44	2200	2200		1:39		3636
2:36	2300	2300		1:38		3673
2:30	2400	2400		1:37	3700	3700
2:29		2416		1:36		3750
2:28		2432		1:35	3800	3800
2:27		2449		1:34		3830
2:26		2466		1:33		3871
2:25		2483		1:32	3900	3900
2:24	2500	2500		1:31		3956
2:23		2517		1:30	4000	4000
2:22		2535		1:29		4045
2:21		2553		1:28	4100	4100
2:20		2571		1:27		4138
2:19		2590		1:26	4200	4200
2:18	2600	2600		1:25		4235
2:17		2628		1:24	4300	4300
2:16		2647		1:23		4337
2:15		2667		1:22	4400	4400
2:14		2687		1:21		4444
2:13	2700	2700		1:20	4500	4500
2:12		2727		1:19		4557
2:11		2748		1:18.2	4600	4600
2:10		2769		1:17.0		4675
2:09	2800	2800		1:16.5	4700	4737
2:08		2813		1:15.0	4800	4800
2:07		2835		1:14.0		4865
2:06		2857		1:13.5	4900	4900
2:05		2880		1:12.0	5000	5000
2:04	2900	2900		1:11.0		5070
2:03		2927		1:10.5	5100	5100
2:02		2951		1:09.2	5200	5200
2:01		2975		1:08.0		5294
2:00	3000	3000		1:07.9	5300	5300
1:59		3025		1:06.6	5400	5400
1:58		3051		1:05.5	5500	5500
1:57		3077		1:04.3	5600	5600
1:56	3100	3100		1:03.1	5700	5700
1:55		3130		1:02.0	5800	5800
1:54		3158		1:01.0	5900	5900
1:53	3200	3200		1:00.0	6000	6000
1:52		3214		<b>FORMULA:</b>		
1:51		3243		<b># sec/hr.</b>	<b>= (3600sec/4000yds.)</b>	<b>= .90 = 1:30</b>
1:50		3273		<b># yds./hr.</b>		