



PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

GOLD/SILVER TIME STANDARDS – SHORT COURSE YARDS – 2007-2008

PACIFIC NORTHWEST SWIMMING GOLD STANDARDS					
EVENT	G8U	G10U	G11-12	G13-14	G15-O
25 FR	20.09				
50 FR	43.89	37.59	31.69	29.39	29.39
100 FR		1:20.99	1:12.09	1:04.89	1:03.89
200 FR		2:52.49	2:33.39	2:23.59	2:20.59
500 FR		7:42.69	6:46.19	6:19.19	6:11.99
1000 FR			14:22.59	13:15.89	13:01.49
1650 FR			24:08.69	22:13.19	21:56.29
25 BA	24.59				
50 BA		42.79	37.99	*	*
100 BA		1:32.69	1:21.09	1:15.49	1:14.39
200 BA		*	2:56.89	2:44.99	2:42.19
25 BR	27.19				
50 BR		48.79	43.29	*	*
100 BR		1:46.79	1:33.09	1:25.99	1:25.19
200 BR		*	3:22.49	3:08.19	3:04.79
25 FL	23.69				
50 FL		42.59	37.69	*	*
100 FL		1:35.89	1:23.19	1:15.89	1:13.99
200 FL		*	3:07.29	2:48.09	2:45.29
100 IM	1:46.99	1:33.59	1:22.49	*	*
200 IM		3:20.49	2:56.39	2:41.39	2:41.09
400 IM		*	6:20.29	5:51.09	5:46.39

PACIFIC NORTHWEST SWIMMING SILVER STANDARDS					
EVENT	G8U	G10U	G11-12	G13-14	G15-O
25 FR	23.89				
50 FR	50.99	43.59	38.79	36.09	35.29
100 FR		1:35.09	1:23.79	1:17.99	1:16.19
200 FR		3:25.19	3:00.49	2:47.19	2:43.69
500 FR		9:11.79	7:59.39	7:22.59	7:14.19
1000 FR			16:49.59	15:21.89	15:05.29
1650 FR			28:11.09	25:41.29	25:20.89
25 BA	28.29				
50 BA		50.19	44.09	*	*
100 BA		1:47.99	1:33.69	1:26.39	1:25.09
200 BA		*	3:22.29	3:07.09	3:27.79
25 BR	31.19				
50 BR		56.09	49.39	*	*
100 BR		2:02.59	1:45.99	1:38.39	1:36.19
200 BR		*	3:49.49	3:31.99	3:11.49
25 FL	28.49				
50 FL		50.79	43.59	*	*
100 FL		1:53.89	1:35.89	1:25.79	1:23.59
200 FL		*	3:34.29	3:08.69	3:05.49
100 IM	2:00.09	1:49.59	1:36.09	*	*
200 IM		3:54.19	3:24.09	3:09.39	3:06.19
400 IM		*	7:17.29	6:40.09	6:34.39

PACIFIC NORTHWEST SWIMMING GOLD STANDARDS					
EVENT	B8U	B10U	B11-12	B13-14	B15-O
25 FR	20.09				
50 FR	43.89	38.19	33.49	29.89	27.99
100 FR		1:21.39	1:10.89	1:04.79	59.79
200 FR		5:53.49	2:31.29	2:21.89	2:08.89
500 FR		7:43.69	6:46.39	6:08.99	5:49.59
1000 FR			14:11.59	12:44.39	12:11.99
1650 FR			24:12.89	21:39.69	20:46.99
25 BA	24.59				
50 BA		43.59	37.69	*	*
100 BA		1:33.39	1:20.09	1:11.09	1:06.49
200 BA		*	2:51.09	2:39.39	2:25.19
25 BR	27.19				
50 BR		48.59	41.79	*	*
100 BR		1:46.09	1:31.49	1:22.19	1:15.69
200 BR		*	3:21.99	3:04.79	2:46.79
25 FL	23.69				
50 FL		41.69	36.39	*	*
100 FL		1:33.79	1:20.39	1:13.69	1:05.49
200 FL		*	3:01.49	2:43.69	2:26.69
100 IM	1:46.99	1:32.29	1:19.69	*	*
200 IM		3:18.59	2:51.29	2:33.79	2:24.69
400 IM		*	6:12.09	5:36.59	5:13.69

PACIFIC NORTHWEST SWIMMING SILVER STANDARD					
EVENT	B8U	B10U	B11-12	B13-14	B15-O
25 FR	23.89				
50 FR	50.99	43.29	37.69	33.49	31.29
100 FR		1:34.49	1:21.59	1:12.39	1:08.09
200 FR		3:24.19	2:56.39	2:37.49	2:28.69
500 FR		9:04.09	7:53.09	7:02.99	6:42.89
1000 FR			16:32.69	14:42.09	14:04.69
1650 FR			27:50.69	24:41.09	23:40.99
25 BA	28.29				
50 BA		50.49	43.29	*	*
100 BA		1:48.29	1:31.99	1:20.89	1:15.69
200 BA		*	3:18.09	2:54.29	2:45.79
25 BR	31.19				
50 BR		56.19	47.99	*	*
100 BR		2:02.09	1:44.49	1:31.89	1:25.69
200 BR		*	3:48.49	3:20.89	3:07.19
25 FL	28.49				
50 FL		50.09	42.49	*	*
100 FL		1:52.49	1:33.59	1:19.69	1:14.59
200 FL		*	3:30.49	2:56.39	2:46.59
100 IM	2:00.09	1:48.79	1:32.99	*	*
200 IM		3:53.19	3:19.29	2:57.19	2:46.69
400 IM		*	7:09.69	6:18.29	5:58.79