

# PACIFIC NORTHWEST SWIMMING GOLD/SILVER TIME STANDARDS SHORT COURSE YARDS 2011-2012

PACIFIC NORTHWEST SWIMMING GOLD STANDARDS					
EVENT	G8U	G10U	G11-12	G13-14	G15-O
25 FR	20.09				
50 FR	46.69	36.79	32.29	29.39	28.99
100 FR		1:20.69	1:11.79	1:04.29	1:03.09
200 FR		2:51.89	2:32.79	2:23.19	2:20.59
500 FR		7:40.99	6:44.89	6:17.99	6:12.19
1000 FR			14:19.99	13:13.69	12:59.39
1650 FR			24:03.99	22:09.79	21:52.79
25 BA	24.59				
50 BA	54.29	42.69	37.89	35.39	34.89
100 BA		1:32.39	1:20.79	1:15.19	1:14.09
200 BA			2:56.39	2:44.49	2:42.49
25 BR	27.19				
50 BR	1:01.19	48.59	43.09	40.59	40.09
100 BR		1:46.39	1:32.79	1:26.89	1:25.69
200 BR			3:22.89	3:07.89	3:05.29
25 FL	23.69				
50 FL	54.79	42.39	37.49	34.09	33.39
100 FL		1:36.29	1:22.89	1:15.59	1:14.19
200 FL			3:06.59	2:47.59	2:45.29
100 IM	1:58.19	1:33.19	1:22.49	1:15.49	1:14.29
200 IM		3:19.79	2:55.79	2:44.69	2:41.99
400 IM			6:19.09	5:49.89	5:45.49

PACIFIC NORTHWEST SWIMMING SILVER STANDARDS					
EVENT	G8U	G10U	G11-12	G13-14	G15-O
25 FR	23.89				
50 FR	55.59	43.79	38.89	36.09	35.39
100 FR		1:35.29	1:23.99	1:17.79	1:16.29
200 FR		3:26.19	3:00.39	2:46.99	2:43.49
500 FR		9:11.79	7:59.29	7:21.69	7:13.29
1000 FR			16:45.09	15:15.99	14:57.39
1650 FR			28:15.49	25:04.09	25:04.29
25 BA	28.29				
50 BA	1:02.29	50.29	44.29	40.89	40.29
100 BA		1:48.49	1:34.39	1:26.59	1:24.69
200 BA			3:23.39	3:06.39	3:03.29
25 BR	31.19				
50 BR	1:10.19	56.19	49.29	46.09	45.49
100 BR		2:02.59	1:46.29	1:38.09	1:36.29
200 BR			3:51.89	3:31.59	3:28.19
25 FL	28.49				
50 FL	1:05.89	50.79	43.59	38.79	38.09
100 FL		1:54.69	1:35.99	1:25.69	1:23.69
200 FL			3:35.09	3:08.79	3:04.39
100 IM	2:22.19	1:49.39	1:35.39	1:27.09	1:25.69
200 IM		3:54.69	3:24.59	3:09.39	3:05.69
400 IM			7:17.99	6:39.99	6:33.39

PACIFIC NORTHWEST SWIMMING GOLD STANDARDS					
EVENT	B8U	B10U	B11-12	B13-14	B15-O
25 FR	20.09				
50 FR	46.69	37.99	32.79	28.79	27.49
100 FR		1:21.09	1:11.79	1:03.29	59.09
200 FR		2:52.99	2:33.49	2:18.19	2:12.09
500 FR		7:42.19	6:53.79	6:11.79	5:59.19
1000 FR			14:23.99	12:54.39	12:26.09
1650 FR			24:33.99	21:57.09	21:10.09
25 BA	24.59				
50 BA	54.29	43.39	38.09	33.49	31.99
100 BA		1:33.09	1:21.19	1:11.89	1:08.79
200 BA			2:54.19	2:34.49	2:28.59
25 BR	27.19				
50 BR	1:01.19	48.39	42.39	37.29	35.69
100 BR		1:45.69	1:32.69	1:22.19	1:18.69
200 BR			3:24.69	3:01.19	2:54.09
25 FL	23.69				
50 FL	54.79	41.49	36.89	32.49	30.89
100 FL		1:36.89	1:21.49	1:11.09	1:07.19
200 FL			3:04.09	2:43.19	2:31.19
100 IM	1:58.19	1:31.99	1:20.79	1:10.49	1:07.59
200 IM		3:17.89	2:53.79	2:35.69	2:29.29
400 IM			6:16.99	5:37.79	5:21.29

PACIFIC NORTHWEST SWIMMING SILVER STANDARD					
EVENT	B8U	B10U	B11-12	B13-14	B15-O
25 FR	23.89				
50 FR	55.59	43.59	37.69	33.49	31.19
100 FR		1:34.89	1:21.49	1:17.79	1:07.79
200 FR		3:25.29	2:57.19	2:37.19	2:27.69
500 FR		9:13.09	7:55.09	7:03.69	6:40.19
1000 FR			16:40.49	14:40.29	13:57.79
1650 FR			28:06.99	24:37.29	23:22.59
25 BA	28.29				
50 BA	1:02.29	50.49	43.29	37.69	35.99
100 BA		1:48.69	1:32.09	1:21.29	1:14.89
200 BA			3:19.79	2:55.59	2:42.99
25 BR	31.19				
50 BR	1:10.19	57.19	48.29	41.79	40.09
100 BR		2:04.69	1:44.59	1:32.09	1:24.89
200 BR			3:49.59	3:20.49	3:05.29
25 FL	28.49				
50 FL	1:05.89	50.39	42.39	36.69	34.89
100 FL		1:52.79	1:33.69	1:25.69	1:13.89
200 FL			3:31.99	2:56.59	2:44.49
100 IM	2:22.19	1:49.49	1:33.49	1:20.49	1:17.09
200 IM		3:53.09	3:20.59	2:57.19	2:45.49
400 IM			7:12.29	6:17.99	5:54.79