2021 OCTOBER CHALLENGE

TIME STANDARDS

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| Pacific Northwest Swimming Short Course Standards |
| G15O | G13-14 | G12U | SCY | B12U | B13-14 | B15O |
| 28.39  | 30.99  | 35.79  | 50 Free  | :35.39  | :28.99  | :25.09  |
| 1:01.79  | 1:07.99  | 1:19.29  | 100 Free  | 1:18.09  | 1:04.99  | :55.19  |
| 2:13.79  | 2:28.49  | 2:45.79  | 200 Free  | 2:48.29  | 2:20.39  | 2:00.59  |
| 5:57.49  | 6:25.89  | 7:29.09  | 500 Free  | 7:21.79  | 6:01.19  | 5:27.89  |
| 11:59.19  | 12:44.79  | 14:15.49  | 1000 Free  | 12:38.09  | 11:58.69  | 11:10.59  |
| 20:45.79  | 21:44.1  | 24:03.79  | 1650 Free  | 24:23.99  | 20:46.39  | 19:07.99  |
| 34.39  | 36.99  | 42.39  | 50 Back  | :42.69  | :36.09  | :30.29  |
| 1:10.59  | 1:18.39  | 1:27.59  | 100 Back  | 1:27.79  | 1:15.69  | 1:03.19  |
| 2:27.59  | 2:39.89  | 2:59.39  | 200 Back  | 3:14.49  | 2:36.69  | 2:29.79  |
| 39.19  | 41.99  | 47.69  | 50 Breast  | :47.49  | :40.49  | :34.69  |
| 1:21.49  | 1:29.99  | 1:39.59  | 100 Breast  | 1:39.59  | 1:24.69  | 1:12.29  |
| 2:53.49  | 3:06.09  | 3:24.19  | 200 Breast  | 3:57.69  | 2:58.69  | 2:33.59  |
| 33.19  | 34.99  | 41.99  | 50 Fly  | :41.39  | :33.49  | :28.39  |
| 1:08.99  | 1:18.19  | 1:30.29  | 100 Fly  | 1:31.79  | 1:11.89  | 1:01.69  |
| 2:32.09  | 2:54.59  | 3:24.99  | 200 Fly  | 3:25.99  | 2:51.59  | 2:17.99  |
| 1:12.89  | 1:19.99  | 1:28.89  | 100 IM  | 1:27.09  | 1:16.19  | 1:05.69  |
| 2:31.59  | 2:44.59  | 3:19.29  | 200 IM  | 2:57.69  | 2:32.89  | 2:16.69  |
| 5:16.19  | 5:34.29  | 7:09.39  | 400 IM  | 6:26.19  | 5:23.09  | 4:50.59  |

2021 OCTOBER CHALLENGE

TIME STANDARDS

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| Pacific Northwest Swimming Short Course Standards |
| G15O | G13-14 | G12U | LCM | B12U | B13-14 | B15O |
| :32.29  | :35.09  | :40.39  | 50 Free  | :39.99  | :32.89  | :28.69  |
| 1:09.99  | 1:16.79  | 1:29.29  | 100 Free  | 1:27.99  | 1:13.49  | :59.69  |
| 2:31.19  | 2:47.39  | 3:06.39  | 200 Free  | 3:09.19  | 2:38.49  | 2:16.69  |
| 5:26.59  | 5:51.59  | 6:47.29  | 400 Free  | 6:40.59  | 5:29.89  | 5:00.59  |
| 10:56.89  | 11:37.09  | 12:56.89  | 800 Free  | 11:31.19  | 10:56.49  | 10:14.19  |
| 21:10.79  | 22:10.19  | 24:32.69  | 1500 Free  | 24:53.99  | 21:11.39  | 19:30.99  |
| :38.89  | :41.69  | :47.69  | 50 Back  | :47.99  | :40.79  | :34.39  |
| 1:19.69  | 1:28.29  | 1:38.39  | 100 Back  | 1:38.59  | 1:25.29  | 1:11.59  |
| 2:46.39  | 2:59.89  | 3:21.39  | 200 Back  | 3:37.99  | 2:56.39  | 2:48.79  |
| :44.19  | :47.19  | :53.49  | 50 Breast  | :53.29  | :45.59  | :39.19  |
| 1:31.69  | 1:40.99  | 1:51.59  | 100 Breast  | 1:51.59  | 1:35.19  | 1:21.59  |
| 3:14.89  | 3:28.79  | 3:48.69  | 200 Breast  | 4:25.49  | 3:20.59  | 2:52.99  |
| :37.59  | :39.49  | :47.19  | 50 Fly  | :46.59  | :37.89  | :32.29  |
| 1:17.89  | 1:28.09  | 1:41.39  | 100 Fly  | 1:42.99  | 1:21.09  | 1:09.89  |
| 2:51.39  | 3:16.09  | 3:49.49  | 200 Fly  | 3:50.59  | 3:12.79  | 2:35.79  |
| 2:50.79  | 3:05.09  | 3:43.29  | 200 IM  | 3:19.49  | 2:52.19  | 2:34.39  |
| 5:55.89  | 6:15.79  | 8:00.39  | 400 IM  | 7:12.89  | 6:03.49  | 5:27.69  |

2021 OCTOBER CHALLENGE

TIME STANDARDS

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|  | Pacific Northwest Swimming Short Course Standards  |  |
| G15O | G13-14 | G12U | SCM | B12U | B13-14 | B15O |
| :31.29  | :34.09  | :39.39  | 50 Free  | :38.39  | :31.89  | :27.69  |
| 1:07.99  | 1:14.79  | 1:27.29  | 100 Free  | 1:25.99  | 1:11.49  | :57.69  |
| 2:27.19  | 2:43.39  | 3:02.39  | 200 Free  | 3:05.19  | 2:34.49  | 2:12.69  |
| 5:14.59  | 5:39.59  | 6:35.29  | 400 Free  | 6:28.59  | 5:17.89  | 4:48.59  |
| 10:32.89  | 11:13.09  | 12:32.89  | 800 Free  | 11:07.19  | 10:32.49  | 9:50.19  |
| 20:40.79  | 21:40.19  | 24:02.69  | 1500 Free  | 24:23.29  | 20:41.39  | 19:00.99  |
| :37.89  | :40.69  | :46.69  | 50 Back  | :46.99  | :39.79  | :33.39  |
| 1:17.69  | 1:26.39  | 1:36.39  | 100 Back  | 1:36.59  | 1:23.29  | 1:09.59  |
| 2:42.39  | 2:55.89  | 3:17.39  | 200 Back  | 3:33.99  | 2:52.39  | 2:44.79  |
| :43.19  | :46.19  | :52.49  | 50 Breast  | :52.29  | :44.59  | :38.19  |
| 1:29.69  | 1:38.99  | 1:49.59  | 100 Breast  | 1:49.59  | 1:33.19  | 1:19.59  |
| 3:10.89  | 3:24.79  | 3:44.69  | 200 Breast  | 4:21.49  | 3:16.59  | 2:48.99  |
| :36.59  | :38.49  | :46.19  | 50 Fly  | :45.59  | :36.89  | :31.29  |
| 1:15.89  | 1:26.09  | 1:39.39  | 100 Fly  | 1:40.99  | 1:19.09  | 1:07.89  |
| 2:47.39  | 3:12.09  | 3:45.49  | 200 Fly  | 3:46.59  | 3:08.79  | 2:31.79  |
| 1:20.19  | 1:27.99  | 1:37.79  | 100 IM  | 1:35.89  | 1:23.89  | 1:12.29  |
| 2:46.79  | 3:01.09  | 3:39.29  | 200 IM  | 3:15.49  | 2:48.19  | 2:30.29  |
| 5:47.89  | 6:07.79  | 7:52.39  | 400 IM  | 7:04.89  | 5:55.49  | 5:19.69  |