

VALLEY AQUATICS



Time Standards

You may notice on the event page or the meet schedule that certain meets require time standards. This means that the swimmer needs to have achieved a certain time in an event from a previous meet in order to qualify and compete in that event. You can find the time standards needed for a specific meet in the meet information posted in the events tab. Below is the “flow of achievement” and some links to further understand time standards.

Flow of achievement

- PNS Silver Time
- PNS Gold Time
- PNS Champs Time
- AG Regionals Time
- Western Zones
- Senior Sectionals
- Futures
- Junior Nationals
- Senior Nationals
- Olympic Trials

How to find your swimmers times:

<https://www.usaswimming.org/Home/times/individual-times-search>

PNS time standards

<https://www.teamunify.com/SubTabGeneric.jsp?team=pnws2&stabilid=3488>