

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.

To tell if your swimmer has a qualifying time, when going to select events for that meet, the times your swimmer qualifies in will appear in black. If the time appears in **RED**, it means that your swimmer is not eligible to swim that event. (there are some exceptions to that your coach may address when completing entries). Coaches always reserve the right to change entries. We are not allowed to enter swimmers into meets they do not qualify for.

You can also find the time standards needed for a specific meet in the meet information that is 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/times/individual-times-search>

PNS time standards:

https://www.teamunify.com/SubTabGeneric.jsp?team=pnws2&_stabid_=3488