

## PNS DISABILITY TIME STANDARDS - Women Long Course Meters

	S1 SB1 SM1	S2 SB2 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
<b>50 Free</b>	03:38.00	02:22.00	02:01.00	01:28.00	01:17.00	01:00.50	00:49.50	00:45.10	00:39.60	00:38.50	00:49.50	00:42.90	00:39.60
ELITE	03:48.90	02:29.10	02:07.05	01:32.40	01:20.85	01:03.53	00:51.98	00:47.35	00:41.58	00:40.43	00:51.98	00:45.05	00:41.58
GOLD	03:59.80	02:36.20	02:13.10	01:36.80	01:24.70	01:06.55	00:54.45	00:49.61	00:43.56	00:42.35	00:54.45	00:47.19	00:43.56
SILVER	04:10.70	02:43.30	02:19.15	01:41.20	01:28.55	01:09.57	00:56.93	00:51.87	00:45.54	00:44.28	00:56.93	00:49.33	00:45.54
<b>100 Free</b>	06:36.00	04:46.00	04:02.00	03:07.00	02:45.00	02:01.00	01:44.50	01:39.00	01:28.00	01:22.50	01:50.00	01:39.00	01:33.50
ELITE	06:55.80	05:00.30	04:14.10	03:16.35	02:53.25	02:07.05	01:49.72	01:43.95	01:32.40	01:26.62	01:55.50	01:43.95	01:38.17
GOLD	07:15.60	05:14.60	04:26.20	03:25.70	03:01.50	02:13.10	01:54.95	01:48.90	01:36.80	01:30.75	02:01.00	01:48.90	01:42.85
SILVER	07:35.40	05:28.90	04:38.30	03:35.05	03:09.75	02:19.15	02:00.18	01:53.85	01:41.20	01:34.87	02:06.50	01:53.85	01:47.52
<b>200 Free</b>	12:52.00	08:35.00	07:40.00	06:39.00	05:30.00	04:12.00	03:29.00	03:28.00	03:06.00	02:55.00	03:50.00	03:28.00	03:12.00
ELITE	13:30.60	09:00.75	08:03.00	06:58.95	05:46.50	04:24.60	03:39.45	03:38.40	03:15.30	03:03.75	04:01.50	03:38.40	03:21.60
GOLD	14:09.20	09:26.50	08:26.00	07:18.90	06:03.00	04:37.20	03:49.90	03:48.80	03:24.60	03:12.50	04:13.00	03:48.80	03:31.20
SILVER	14:47.80	09:52.25	08:49.00	07:38.85	06:19.50	04:49.80	04:00.35	03:59.20	03:33.90	03:21.25	04:24.50	03:59.20	03:40.80
<b>400 Free</b>	25:44.00	17:30.00	15:40.00	13:38.00	11:20.00	08:46.00	08:15.00	08:04.00	07:09.00	06:47.00	08:15.00	07:42.00	07:20.00
ELITE	27:01.20	18:22.50	16:27.00	14:18.90	11:54.00	09:12.30	08:39.75	08:28.20	07:30.45	07:07.35	08:39.75	08:05.10	07:42.00
GOLD	28:18.40	19:15.00	17:14.00	14:59.80	12:28.00	09:38.60	09:04.50	08:52.40	07:51.90	07:27.70	09:04.50	08:28.20	08:04.00
SILVER	29:35.60	20:07.50	18:01.00	15:40.70	13:02.00	10:04.90	09:29.25	09:16.60	08:13.35	07:48.05	09:29.25	08:51.30	08:26.00
<b>800 Free</b>						17:12.00	16:30.00	16:08.00	14:18.00	13:14.00	16:30.00	15:24.00	14:40.00
ELITE						18:03.60	17:19.50	16:56.40	15:00.90	13:53.70	17:19.50	16:10.20	15:24.00
GOLD						18:55.20	18:09.00	17:44.80	15:43.80	14:33.40	18:09.00	16:56.40	16:08.00
SILVER						19:46.80	18:58.50	18:33.20	16:26.70	15:13.10	18:58.50	17:42.60	16:52.00
<b>1500 Free</b>						33:24.00	32:00.00	31:16.00	27:36.00	25:28.00	32:00.00	29:28.00	28:20.00
ELITE						35:04.20	33:36.00	32:49.80	28:58.80	26:44.40	33:36.00	30:56.40	29:45.00
GOLD						36:44.40	35:12.00	34:23.60	30:21.60	28:00.80	35:12.00	32:24.80	31:10.00
SILVER						38:24.60	36:48.00	35:57.40	31:44.40	29:17.20	36:48.00	33:53.20	32:35.00
<b>50 Back</b>	03:18.00	02:23.00	02:12.00	01:39.00	01:28.00	01:06.50	01:01.00	00:56.50	00:50.00	00:44.50	01:01.00	00:56.50	00:50.00
ELITE	03:27.90	02:30.15	02:18.60	01:43.95	01:32.40	01:09.83	01:04.05	00:59.33	00:52.50	00:46.73	01:04.05	00:59.33	00:52.50
GOLD	03:37.80	02:37.30	02:25.20	01:48.90	01:36.80	01:13.15	01:07.10	01:02.15	00:55.00	00:48.95	01:07.10	01:02.15	00:55.00
SILVER	03:47.70	02:44.45	02:31.80	01:53.85	01:41.20	01:16.48	01:10.15	01:04.98	00:57.50	00:51.18	01:10.15	01:04.98	00:57.50
<b>100 Back</b>	06:46.00	04:56.00	04:34.00	03:28.00	03:06.00	02:23.00	02:12.00	02:01.00	01:50.00	01:39.00	02:12.00	02:01.00	01:50.00
ELITE	07:06.30	05:10.80	04:47.70	03:38.40	03:15.30	02:30.15	02:18.60	02:07.05	01:55.50	01:43.95	02:18.60	02:07.05	01:55.50
GOLD	07:26.60	05:25.60	05:01.40	03:48.80	03:24.60	02:37.30	02:25.20	02:13.10	02:01.00	01:48.90	02:25.20	02:13.10	02:01.00
SILVER	07:46.90	05:40.40	05:15.10	03:59.20	03:33.90	02:44.45	02:31.80	02:19.15	02:06.50	01:53.85	02:31.80	02:19.15	02:06.50
<b>200 Back</b>	13:42.00	10:02.00	09:18.00	07:06.00	06:22.00	04:54.00	04:24.00	04:13.50	03:29.00	03:27.50	04:12.00	03:31.50	03:30.00
ELITE	14:23.10	10:32.10	09:45.90	07:27.30	06:41.10	05:08.70	04:37.20	04:26.17	03:39.45	03:37.87	04:24.60	03:42.07	03:40.50
GOLD	15:04.20	11:02.20	10:13.80	07:48.60	07:00.20	05:23.40	04:50.40	04:38.85	03:49.90	03:48.25	04:37.20	03:52.65	03:51.00
SILVER	15:45.30	11:32.30	10:41.70	08:09.90	07:19.30	05:38.10	05:03.60	04:51.52	04:00.35	03:58.62	04:49.80	04:03.22	04:01.50
<b>50 Breast</b>	03:51.00	02:56.00	02:12.00	01:34.00	01:28.50	01:23.00	01:12.00	01:01.00	00:55.50		01:12.00	01:01.00	00:55.50
ELITE	04:02.55	03:04.80	02:18.60	01:38.70	01:32.93	01:27.15	01:15.60	01:04.05	00:58.28		01:15.60	01:04.05	00:58.28
GOLD	04:14.10	03:13.60	02:25.20	01:43.40	01:37.35	01:31.30	01:19.20	01:07.10	01:01.05		01:19.20	01:07.10	01:01.05
SILVER	04:25.65	03:22.40	02:31.80	01:48.10	01:41.78	01:35.45	01:22.80	01:10.15	01:03.83		01:22.80	01:10.15	01:03.83
<b>100 Breast</b>	07:52.00	06:02.00	04:34.00	03:18.00	03:07.00	02:56.00	02:34.00	02:12.00	02:01.00		02:34.00	02:12.00	02:01.00
ELITE	08:15.60	06:20.10	04:47.70	03:27.90	03:16.35	03:04.80	02:41.70	02:18.60	02:07.05		02:41.70	02:18.60	02:07.05
GOLD	08:39.20	06:38.20	05:01.40	03:37.80	03:25.70	03:13.60	02:49.40	02:25.20	02:13.10		02:49.40	02:25.20	02:13.10
SILVER	09:02.80	06:56.30	05:15.10	03:47.70	03:35.05	03:22.40	02:57.10	02:31.80	02:19.15		02:57.10	02:31.80	02:19.15
<b>200 Breast</b>	15:44.00	12:04.00	09:08.00	07:15.00	06:05.00	05:34.00	05:07.00	04:03.50	04:03.00		04:28.00	04:08.00	04:03.00
ELITE	16:31.20	12:40.20	09:35.40	07:36.75	06:23.25	05:50.70	05:22.35	04:15.67	04:15.15		04:41.40	04:20.40	04:15.15
GOLD	17:18.40	13:16.40	10:02.80	07:58.50	06:41.50	06:07.40	05:37.70	04:27.85	04:27.30		04:54.80	04:32.80	04:27.30
SILVER	18:05.60	13:52.60	10:30.20	08:20.25	06:59.75	06:24.10	05:53.05	04:40.03	04:39.45		05:08.20	04:45.20	04:39.45

## PNS DISABILITY TIME STANDARDS - Women Long Course Meters

<b>50 Fly</b>	02:45.00	02:34.00	02:12.00	02:01.00	01:50.00	01:22.50	01:06.00	01:01.00	00:55.50	00:50.00	01:01.00	00:55.50	00:50.00
ELITE	02:53.25	02:41.70	02:18.60	02:07.05	01:55.50	01:26.62	01:09.30	01:04.05	00:58.28	00:52.50	01:04.05	00:58.28	00:52.50
GOLD	03:01.50	02:49.40	02:25.20	02:13.10	02:01.00	01:30.75	01:12.60	01:07.10	01:01.05	00:55.00	01:07.10	01:01.05	00:55.00
SILVER	03:09.75	02:57.10	02:31.80	02:19.15	02:06.50	01:34.87	01:15.90	01:10.15	01:03.83	00:57.50	01:10.15	01:03.83	00:57.50
<b>100 Fly</b>	05:40.00	05:13.00	04:29.00	04:06.00	03:45.00	02:55.00	02:17.00	02:12.00	02:01.00	01:50.00	02:12.00	02:01.00	01:50.00
ELITE	05:57.00	05:28.65	04:42.45	04:18.30	03:56.25	03:03.75	02:23.85	02:18.60	02:07.05	01:55.50	02:18.60	02:07.05	01:55.50
GOLD	06:14.00	05:44.30	04:55.90	04:30.60	04:07.50	03:12.50	02:30.70	02:25.20	02:13.10	02:01.00	02:25.20	02:13.10	02:01.00
SILVER	06:31.00	05:59.95	05:09.35	04:42.90	04:18.75	03:21.25	02:37.55	02:31.80	02:19.15	02:06.50	02:31.80	02:19.15	02:06.50
<b>200 Fly</b>	11:20.00	10:26.00	08:58.00	08:12.00	07:30.00	05:50.00	04:34.00	04:00.00	03:35.00	03:34.00	04:13.50	04:07.50	04:06.00
ELITE	11:54.00	10:57.30	09:24.90	08:36.60	07:52.50	06:07.50	04:47.70	04:12.00	03:45.75	03:44.70	04:26.17	04:19.87	04:18.30
GOLD	12:28.00	11:28.60	09:51.80	09:01.20	08:15.00	06:25.00	05:01.40	04:24.00	03:56.50	03:55.40	04:38.85	04:32.25	04:30.60
SILVER	13:02.00	11:59.90	10:18.70	09:25.80	08:37.50	06:42.50	05:15.10	04:36.00	04:07.25	04:06.10	04:51.52	04:44.63	04:42.90
<b>150 IM</b>	07:09.00	06:52.50	06:36.00	05:30.00									
ELITE	07:30.45	07:13.13	06:55.80	05:46.50									
GOLD	07:51.90	07:33.75	07:15.60	06:03.00									
SILVER	08:13.35	07:54.38	07:35.40	06:19.50									
<b>200 IM</b>	09:59.00	08:31.50	08:53.00	07:36.00	06:36.00	05:30.00	04:46.00	04:24.00	03:40.00	03:29.00	04:24.00	04:13.00	03:51.00
ELITE	10:28.95	08:57.08	09:19.65	07:58.80	06:55.80	05:46.50	05:00.30	04:37.20	03:51.00	03:39.45	04:37.20	04:25.65	04:02.55
GOLD	10:58.90	09:22.65	09:46.30	08:21.60	07:15.60	06:03.00	05:14.60	04:50.40	04:02.00	03:49.90	04:50.40	04:38.30	04:14.10
SILVER	11:28.85	09:48.23	10:12.95	08:44.40	07:35.40	06:19.50	05:28.90	05:03.60	04:13.00	04:00.35	05:03.60	04:50.95	04:25.65
<b>400 IM</b>	19:58.00	17:03.00	17:46.00	15:12.00	13:22.00	11:10.00	09:42.00	08:07.00	07:05.00	06:48.00	07:37.00	06:35.50	06:30.00
ELITE	20:57.90	17:54.15	18:39.30	15:57.60	14:02.10	11:43.50	10:11.10	08:31.35	07:26.25	07:08.40	07:59.85	06:55.28	06:49.50
GOLD	21:57.80	18:45.30	19:32.60	16:43.20	14:42.20	12:17.00	10:40.20	08:55.70	07:47.50	07:28.80	08:22.70	07:15.05	07:09.00
SILVER	22:57.70	19:36.45	20:25.90	17:28.80	15:22.30	12:50.50	11:09.30	09:20.05	08:08.75	07:49.20	08:45.55	07:34.83	07:28.50

Blue Highlighted Times are PNS Championship Times

## PNS DISABILITY TIME STANDARDS - Men Long Course Meters

	S1 SB1 SM1	S2 SB3 SM2	S3 SB3 SM3	S4 SB4 SM4	S5 SB5 SM5	S6 SB6 SM6	S7 SB7 SM7	S8 SB8 SM8	S9 SB9 SM9	S10 SM10	S11	S12	S13
<b>50 Free</b>	02:56.00	01:50.00	01:28.00	01:17.00	01:00.50	00:49.50	00:39.60	00:38.50	00:35.20	00:34.10	00:44.00	00:38.50	00:35.20
ELITE	03:04.80	01:55.50	01:32.40	01:20.85	01:03.53	00:51.98	00:41.58	00:40.43	00:36.96	00:35.81	00:46.20	00:40.43	00:36.96
GOLD	03:13.60	02:01.00	01:36.80	01:24.70	01:06.55	00:54.45	00:43.56	00:42.35	00:38.72	00:37.51	00:48.40	00:42.35	00:38.72
SILVER	03:22.40	02:06.50	01:41.20	01:28.55	01:09.57	00:56.93	00:45.54	00:44.28	00:40.48	00:39.21	00:50.60	00:44.28	00:40.48
<b>100 Free</b>	05:30.00	03:51.00	03:18.00	02:45.00	02:12.00	01:44.50	01:33.50	01:28.00	01:17.00	01:12.60	01:28.00	01:22.50	01:17.00
ELITE	05:46.50	04:02.55	03:27.90	02:53.25	02:18.60	01:49.72	01:38.17	01:32.40	01:20.85	01:16.23	01:32.40	01:26.62	01:20.85
GOLD	06:03.00	04:14.10	03:37.80	03:01.50	02:25.20	01:54.95	01:42.85	01:36.80	01:24.70	01:19.86	01:36.80	01:30.75	01:24.70
SILVER	06:19.50	04:25.65	03:47.70	03:09.75	02:31.80	02:00.18	01:47.52	01:41.20	01:28.55	01:23.49	01:41.20	01:34.87	01:28.55
<b>200 Free</b>	11:00.00	07:40.00	05:54.00	05:30.00	05:08.00	03:38.00	03:17.00	03:06.00	02:44.00	02:34.00	03:06.00	02:55.00	02:44.00
ELITE	11:33.00	08:03.00	06:11.70	05:46.50	05:23.40	03:48.90	03:26.85	03:15.30	02:52.20	02:41.70	03:15.30	03:03.75	02:52.20
GOLD	12:06.00	08:26.00	06:29.40	06:03.00	05:38.80	03:59.80	03:36.70	03:24.60	03:00.40	02:49.40	03:24.60	03:12.50	03:00.40
SILVER	12:39.00	08:49.00	06:47.10	06:19.50	05:54.20	04:10.70	03:46.55	03:33.90	03:08.60	02:57.10	03:33.90	03:21.25	03:08.60
<b>400 Free</b>	22:20.00	15:10.00	11:48.00	11:20.00	10:36.00	07:42.00	07:20.00	07:09.00	06:36.00	06:25.00	07:42.00	06:58.00	06:39.00
ELITE	23:27.00	15:55.50	12:23.40	11:54.00	11:07.80	08:05.10	07:42.00	07:30.45	06:55.80	06:44.25	08:05.10	07:18.90	06:58.95
GOLD	24:34.00	16:41.00	12:58.80	12:28.00	11:39.60	08:28.20	08:04.00	07:51.90	07:15.60	07:03.50	08:28.20	07:39.80	07:18.90
SILVER	25:41.00	17:26.50	13:34.20	13:02.00	12:11.40	08:51.30	08:26.00	08:13.35	07:35.40	07:22.75	08:51.30	08:00.70	07:38.85
<b>800 Free</b>						15:24.00	14:40.00	14:18.00	13:12.00	12:50.00	15:24.00	13:56.00	13:18.00
ELITE						16:10.20	15:24.00	15:00.90	13:51.60	13:28.50	16:10.20	14:37.80	13:57.90
GOLD						16:56.40	16:08.00	15:43.80	14:31.20	14:07.00	16:56.40	15:19.60	14:37.80
SILVER						17:42.60	16:52.00	16:26.70	15:10.80	14:45.50	17:42.60	16:01.40	15:17.70
<b>1500 Free</b>						30:48.00	25:57.00	24:37.50	22:00.50	20:53.00	28:43.50	24:50.00	22:27.50
ELITE						32:20.40	27:14.85	25:51.37	23:06.53	21:55.65	30:09.68	26:04.50	23:34.87
GOLD						33:52.80	28:32.70	27:05.25	24:12.55	22:58.30	31:35.85	27:19.00	24:42.25
SILVER						35:25.20	29:50.55	28:19.12	25:18.58	24:00.95	33:02.03	28:33.50	25:49.63
<b>50 Back</b>	02:56.00	02:12.00	01:50.00	01:28.00	01:06.00	00:55.50	00:50.00	00:47.25	00:39.00	00:37.90	00:55.50	00:50.00	00:44.50
ELITE	03:04.80	02:18.60	01:55.50	01:32.40	01:09.30	00:58.28	00:52.50	00:49.61	00:40.95	00:39.79	00:58.28	00:52.50	00:46.73
GOLD	03:13.60	02:25.20	02:01.00	01:36.80	01:12.60	01:01.05	00:55.00	00:51.97	00:42.90	00:41.69	01:01.05	00:55.00	00:48.95
SILVER	03:22.40	02:31.80	02:06.50	01:41.20	01:15.90	01:03.83	00:57.50	00:54.34	00:44.85	00:43.58	01:03.83	00:57.50	00:51.18
<b>100 Back</b>	05:57.00	04:29.00	03:45.00	03:01.00	02:17.00	02:01.00	01:50.00	01:44.50	01:28.00	01:25.00	02:01.00	01:50.00	01:39.00
ELITE	06:14.85	04:42.45	03:56.25	03:10.05	02:23.85	02:07.05	01:55.50	01:49.72	01:32.40	01:29.25	02:07.05	01:55.50	01:43.95
GOLD	06:32.70	04:55.90	04:07.50	03:19.10	02:30.70	02:13.10	02:01.00	01:54.95	01:36.80	01:33.50	02:13.10	02:01.00	01:48.90
SILVER	06:50.55	05:09.35	04:18.75	03:28.15	02:37.55	02:19.15	02:06.50	02:00.18	01:41.20	01:37.75	02:19.15	02:06.50	01:53.85
<b>200 Back</b>	12:04.00	09:08.00	07:40.00	06:12.00	05:44.00	04:00.00	03:50.00	03:29.00	03:06.00	03:00.00	04:11.00	03:50.00	03:28.00
ELITE	12:40.20	09:35.40	08:03.00	06:30.60	06:01.20	04:12.00	04:01.50	03:39.45	03:15.30	03:09.00	04:23.55	04:01.50	03:38.40
GOLD	13:16.40	10:02.80	08:26.00	06:49.20	06:18.40	04:24.00	04:13.00	03:49.90	03:24.60	03:18.00	04:36.10	04:13.00	03:48.80
SILVER	13:52.60	10:30.20	08:49.00	07:07.80	06:35.60	04:36.00	04:24.50	04:00.35	03:33.90	03:27.00	04:48.65	04:24.50	03:59.20
<b>50 Breast</b>	03:38.00	02:12.00	01:50.00	01:12.00	01:09.25	01:06.50	01:01.00	00:50.00	00:42.30		01:01.00	00:50.00	00:44.50
ELITE	03:48.90	02:18.60	01:55.50	01:15.60	01:12.71	01:09.83	01:04.05	00:52.50	00:44.41		01:04.05	00:52.50	00:46.73
GOLD	03:59.80	02:25.20	02:01.00	01:19.20	01:16.18	01:13.15	01:07.10	00:55.00	00:46.53		01:07.10	00:55.00	00:48.95
SILVER	04:10.70	02:31.80	02:06.50	01:22.80	01:19.64	01:16.48	01:10.15	00:57.50	00:48.65		01:10.15	00:57.50	00:51.18
<b>100 Breast</b>	07:26.00	04:34.00	03:50.00	02:34.00	02:28.50	02:23.00	02:12.00	01:50.00	01:34.60		02:12.00	01:50.00	01:39.00
ELITE	07:48.30	04:47.70	04:01.50	02:41.70	02:35.93	02:30.15	02:18.60	01:55.50	01:39.33		02:18.60	01:55.50	01:43.95
GOLD	08:10.60	05:01.40	04:13.00	02:49.40	02:43.35	02:37.30	02:25.20	02:01.00	01:44.06		02:25.20	02:01.00	01:48.90
SILVER	08:32.90	05:15.10	04:24.50	02:57.10	02:50.78	02:44.45	02:31.80	02:06.50	01:48.79		02:31.80	02:06.50	01:53.85
<b>200 Breast</b>	15:08.00	09:18.00	07:50.00	05:15.00	04:52.00	04:50.00	04:22.00	03:58.50	03:52.00		04:34.00	03:50.00	03:38.00
ELITE	15:53.40	09:45.90	08:13.50	05:30.75	05:06.60	05:04.50	04:35.10	04:10.42	04:03.60		04:47.70	04:01.50	03:48.90
GOLD	16:38.80	10:13.80	08:37.00	05:46.50	05:21.20	05:19.00	04:48.20	04:22.35	04:15.20		05:01.40	04:13.00	03:59.80
SILVER	17:24.20	10:41.70	09:00.50	06:02.25	05:35.80	05:33.50	05:01.30	04:34.28	04:26.80		05:15.10	04:24.50	04:10.70

## PNS DISABILITY TIME STANDARDS - Men Long Course Meters

<b>50 Fly</b>	02:12.00	02:01.00	01:39.00	01:28.00	01:17.00	01:00.50	00:49.50	00:47.25	00:39.00	00:36.00	00:50.00	00:41.75	00:39.00
ELITE	02:18.60	02:07.05	01:43.95	01:32.40	01:20.85	01:03.53	00:51.98	00:49.61	00:40.95	00:37.80	00:52.50	00:43.84	00:40.95
GOLD	02:25.20	02:13.10	01:48.90	01:36.80	01:24.70	01:06.55	00:54.45	00:51.97	00:42.90	00:39.60	00:55.00	00:45.93	00:42.90
SILVER	02:31.80	02:19.15	01:53.85	01:41.20	01:28.55	01:09.57	00:56.93	00:54.34	00:44.85	00:41.40	00:57.50	00:48.01	00:44.85
<b>100 Fly</b>	04:34.00	04:12.00	03:28.00	03:06.00	02:44.00	02:11.00	01:49.00	01:44.50	01:28.00	01:22.00	01:50.00	01:33.50	01:28.00
ELITE	04:47.70	04:24.60	03:38.40	03:15.30	02:52.20	02:17.55	01:54.45	01:49.72	01:32.40	01:26.10	01:55.50	01:38.17	01:32.40
GOLD	05:01.40	04:37.20	03:48.80	03:24.60	03:00.40	02:24.10	01:59.90	01:54.95	01:36.80	01:30.20	02:01.00	01:42.85	01:36.80
SILVER	05:15.10	04:49.80	03:59.20	03:33.90	03:08.60	02:30.65	02:05.35	02:00.18	01:41.20	01:34.30	02:06.50	01:47.52	01:41.20
<b>200 Fly</b>	09:18.00	08:34.00	07:06.00	06:22.00	05:43.00	04:32.00	03:48.00	03:35.00	03:23.00	03:10.00	03:40.00	03:37.00	03:15.00
ELITE	09:45.90	08:59.70	07:27.30	06:41.10	06:00.15	04:45.60	03:59.40	03:45.75	03:33.15	03:19.50	03:51.00	03:47.85	03:24.75
GOLD	10:13.80	09:25.40	07:48.60	07:00.20	06:17.30	04:59.20	04:10.80	03:56.50	03:43.30	03:29.00	04:02.00	03:58.70	03:34.50
SILVER	10:41.70	09:51.10	08:09.90	07:19.30	06:34.45	05:12.80	04:22.20	04:07.25	03:53.45	03:38.50	04:13.00	04:09.55	03:44.25
<b>150 IM</b>	06:36.00	06:03.00	05:30.00	04:24.00									
ELITE	06:55.80	06:21.15	05:46.50	04:37.20									
GOLD	07:15.60	06:39.30	06:03.00	04:50.40									
SILVER	07:35.40	06:57.45	06:19.50	05:03.60									
<b>200 IM</b>	08:53.00	08:09.00	07:14.00	05:57.00	05:30.00	04:24.00	03:51.00	03:40.00	03:18.00	03:07.00	04:02.00	03:40.00	03:18.00
ELITE	09:19.65	08:33.45	07:35.70	06:14.85	05:46.50	04:37.20	04:02.55	03:51.00	03:27.90	03:16.35	04:14.10	03:51.00	03:27.90
GOLD	09:46.30	08:57.90	07:57.40	06:32.70	06:03.00	04:50.40	04:14.10	04:02.00	03:37.80	03:25.70	04:26.2	04:02.0	03:37.8
SILVER	10:12.95	09:22.35	08:19.10	06:50.55	06:19.50	05:03.60	04:25.65	04:13.00	03:47.70	03:35.05	04:38.30	04:13.00	03:47.70
<b>400 IM</b>	17:54.00	16:23.00	14:33.00	11:59.00	11:05.00	08:53.00	07:52.00	07:30.00	06:46.00	06:24.00	08:14.0	07:30.0	06:46.0
ELITE	18:47.70	17:12.15	15:16.65	12:34.95	11:38.25	09:19.65	08:15.60	07:52.50	07:06.30	06:43.20	08:38.7	07:52.5	07:06.3
GOLD	19:41.40	18:01.30	16:00.30	13:10.90	12:11.50	09:46.30	08:39.20	08:15.00	07:26.60	07:02.40	09:03.4	08:15.0	07:26.6
SILVER	20:35.10	18:50.45	16:43.95	13:46.85	12:44.75	10:12.95	09:02.80	08:37.50	07:46.90	07:21.60	09:28.10	08:37.50	07:46.90

Blue Highlighted Times are PNS Championship Times