

PNS DISABILITY TIME STANDARDS - Women Short Course Yards

	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
50 Free	03:20.41	02:10.48	01:51.18	01:20.86	01:09.36	00:54.50	00:43.70	00:39.81	00:34.96	00:33.99	00:43.70	00:42.82	00:34.96
ELITE	03:30.43	02:17.00	01:56.74	01:24.90	01:12.83	00:57.22	00:45.89	00:41.80	00:36.71	00:35.69	00:45.89	00:44.96	00:36.71
GOLD	03:40.45	02:23.53	02:02.30	01:28.95	01:16.30	00:59.95	00:48.07	00:43.79	00:38.46	00:37.39	00:48.07	00:47.10	00:38.46
SILVER	03:50.47	02:30.05	02:07.86	01:32.99	01:19.76	01:02.68	00:50.26	00:45.78	00:40.20	00:39.09	00:50.26	00:49.24	00:40.20
100 Free	06:03.89	04:22.81	03:42.37	02:51.83	02:28.64	01:49.00	01:32.26	01:27.40	01:17.69	01:12.83	01:37.11	01:35.17	01:22.54
ELITE	06:22.08	04:35.95	03:53.49	03:00.42	02:36.07	01:54.45	01:36.87	01:31.77	01:21.57	01:16.47	01:41.97	01:39.93	01:26.67
GOLD	06:40.28	04:49.09	04:04.61	03:09.01	02:43.50	01:59.90	01:41.49	01:36.14	01:25.46	01:20.11	01:46.82	01:44.69	01:30.79
SILVER	06:58.47	05:02.23	04:15.73	03:17.60	02:50.94	02:05.35	01:46.10	01:40.51	01:29.34	01:23.75	01:51.68	01:49.45	01:34.92
200 Free	11:49.40	07:53.24	07:02.70	06:06.64	04:57.29	03:47.02	03:04.52	03:03.63	02:44.21	02:34.50	03:23.06	03:19.00	02:49.51
ELITE	12:24.87	08:16.90	07:23.84	06:24.97	05:12.15	03:58.37	03:13.75	03:12.81	02:52.42	02:42.23	03:33.21	03:28.95	02:57.99
GOLD	13:00.34	08:40.56	07:44.97	06:43.30	05:27.02	04:09.72	03:22.97	03:21.99	03:00.63	02:49.95	03:43.37	03:38.90	03:06.46
SILVER	13:35.81	09:04.23	08:06.11	07:01.64	05:41.88	04:21.07	03:32.20	03:31.17	03:08.84	02:57.67	03:53.52	03:48.85	03:14.94
500 Free	29:59.86	20:24.00	18:15.77	15:53.55	12:57.14	10:01.14	09:14.40	08:38.67	08:00.48	07:35.84	09:14.40	09:03.31	08:12.80
ELITE	31:29.85	21:25.20	19:10.56	16:41.23	13:36.00	10:31.20	09:42.12	09:04.60	08:24.50	07:58.63	09:42.12	09:30.48	08:37.44
GOLD	32:59.85	22:26.40	20:05.35	17:28.91	14:14.85	11:01.25	10:09.84	09:30.54	08:48.53	08:21.42	10:09.84	09:57.64	09:02.08
SILVER	34:29.84	23:27.60	21:00.14	18:16.58	14:53.71	11:31.31	10:37.56	09:56.47	09:12.55	08:44.22	10:37.56	10:24.81	09:26.72
1000 Free								19:39.42	18:28.80	18:04.16	16:00.96	14:49.28	18:28.80
ELITE								20:38.39	19:24.24	18:58.37	16:49.01	15:33.74	19:24.24
GOLD								21:37.36	20:19.68	19:52.58	17:37.06	16:18.21	20:19.68
SILVER								22:36.33	21:15.12	20:46.78	18:25.10	17:02.67	21:15.12
1650 Free								33:12.40	31:10.37	30:27.51	26:53.20	24:48.50	31:10.37
ELITE								34:52.02	32:43.89	31:58.89	28:13.86	26:02.92	32:43.89
GOLD								36:31.64	34:17.41	33:30.26	29:34.52	27:17.35	34:17.41
SILVER								38:11.26	35:50.93	35:01.64	30:55.18	28:31.78	35:50.93
50 Back	03:01.94	02:11.40	02:01.29	01:30.97	01:19.27	00:36.00	00:53.85	00:49.88	00:44.14	00:39.28	00:53.85	00:52.77	00:44.14
ELITE	03:11.04	02:17.97	02:07.35	01:35.52	01:23.23	01:31.65	00:56.54	00:52.37	00:46.35	00:41.24	00:56.54	00:55.41	00:46.35
GOLD	03:20.13	02:24.54	02:13.42	01:40.07	01:27.20	00:39.60	00:59.24	00:54.87	00:48.55	00:43.21	00:59.24	00:58.05	00:48.55
SILVER	03:29.23	02:31.11	02:19.48	01:44.62	01:31.16	00:41.40	01:01.93	00:57.36	00:50.76	00:45.17	01:01.93	01:00.69	00:50.76
100 Back	06:13.08	04:32.00	04:11.78	03:11.13	02:47.56	02:08.82	01:56.54	01:46.82	01:37.11	01:27.40	01:56.54	01:54.20	01:37.11
ELITE	06:31.73	04:45.60	04:24.37	03:20.69	02:55.94	02:15.26	02:02.37	01:52.16	01:41.97	01:31.77	02:02.37	01:59.91	01:41.97
GOLD	06:50.39	04:59.20	04:36.96	03:30.24	03:04.32	02:21.70	02:08.19	01:57.50	01:46.82	01:36.14	02:08.19	02:05.62	01:46.82
SILVER	07:09.04	05:12.80	04:49.55	03:39.80	03:12.69	02:28.14	02:14.02	02:02.84	01:51.68	01:40.51	02:14.02	02:11.33	01:51.68
200 Back	12:35.35	09:13.18	08:32.75	06:31.45	05:44.14	04:24.86	03:53.08	03:43.81	03:04.52	03:03.19	03:42.48	03:38.03	03:05.40
ELITE	13:13.12	09:40.84	08:58.39	06:51.02	06:01.35	04:38.10	04:04.73	03:55.00	03:13.75	03:12.35	03:53.60	03:48.93	03:14.67
GOLD	13:50.88	10:08.50	09:24.02	07:10.60	06:18.55	04:51.35	04:16.39	04:06.19	03:22.97	03:21.51	04:04.73	03:59.83	03:23.94
SILVER	14:28.65	10:36.16	09:49.66	07:30.17	06:35.76	05:04.59	04:28.04	04:17.38	03:32.20	03:30.67	04:15.85	04:10.73	03:33.21
50 Breast	03:32.27	02:41.72	02:01.29	01:26.37	01:19.72	01:14.77	01:03.56	00:53.85	00:49.00		01:03.56	01:02.29	00:49.00
ELITE	03:42.88	02:49.81	02:07.35	01:30.69	01:23.71	01:18.51	01:06.74	00:56.54	00:51.45		01:06.74	01:05.40	00:51.45
GOLD	03:53.50	02:57.89	02:13.42	01:35.01	01:27.69	01:22.25	01:09.92	00:59.24	00:53.90		01:09.92	01:08.52	00:53.90
SILVER	04:04.11	03:05.98	02:19.48	01:39.33	01:31.68	01:25.99	01:13.09	01:01.93	00:56.35		01:13.09	01:11.63	00:56.35
100 Breast	07:13.72	05:32.64	04:11.78	03:01.94	02:48.46	02:38.55	02:15.96	01:56.54	01:46.82		02:15.96	02:13.24	01:46.82
ELITE	07:35.41	05:49.27	04:24.37	03:11.04	02:56.88	02:46.48	02:22.76	02:02.37	01:52.16		02:22.76	02:19.90	01:52.16
GOLD	07:57.09	06:05.90	04:36.96	03:20.13	03:05.31	02:54.41	02:29.56	02:08.19	01:57.50		02:29.56	02:26.56	01:57.50
SILVER	08:18.78	06:22.54	04:49.55	03:29.23	03:13.73	03:02.33	02:36.35	02:14.02	02:02.84		02:36.35	02:33.23	02:02.84
200 Breast	14:27.45	11:05.29	08:23.56	06:39.72	05:28.82	05:00.90	04:31.04	03:34.41	03:34.54		03:56.61	03:51.88	03:34.54
ELITE	15:10.82	11:38.55	08:48.74	06:59.71	05:45.26	05:15.94	04:44.59	03:45.13	03:45.27		04:08.44	04:03.47	03:45.27
GOLD	15:54.19	12:11.82	09:13.92	07:19.69	06:01.70	05:30.99	04:58.14	03:55.85	03:55.99		04:20.27	04:15.07	03:55.99
SILVER	16:37.57	12:45.08	09:39.09	07:39.68	06:18.14	05:46.04	05:11.70	04:06.57	04:06.72		04:32.10	04:26.66	04:06.72

PNS DISABILITY TIME STANDARDS - Women Short Course Yards

50 Fly	02:31.62	02:21.51	02:01.29	01:51.18	01:39.09	01:14.32	00:58.27	00:53.85	00:49.00	00:44.14	00:53.85	00:52.77	00:44.14
ELITE	02:39.20	02:28.59	02:07.35	01:56.74	01:44.04	01:18.04	01:01.18	00:56.54	00:51.45	00:46.35	00:56.54	00:55.41	00:46.35
GOLD	02:46.78	02:35.66	02:13.42	02:02.30	01:49.00	01:21.75	01:04.10	00:59.24	00:53.90	00:48.55	00:59.24	00:58.05	00:48.55
SILVER	02:54.36	02:42.74	02:19.48	02:07.86	01:53.95	01:25.47	01:07.01	01:01.93	00:56.35	00:50.76	01:01.93	01:00.69	00:50.76
100 Fly	05:12.43	04:47.62	04:07.18	03:46.05	03:22.70	02:37.65	02:00.95	01:56.54	01:46.82	01:37.11	01:56.54	01:54.20	01:37.11
ELITE	05:28.05	05:02.00	04:19.54	03:57.35	03:32.84	02:45.53	02:07.00	02:02.37	01:52.16	01:41.97	02:02.37	01:59.91	01:41.97
GOLD	05:43.67	05:16.38	04:31.90	04:08.65	03:42.97	02:53.41	02:13.04	02:08.19	01:57.50	01:46.82	02:08.19	02:05.62	01:46.82
SILVER	05:59.29	05:30.76	04:44.26	04:19.96	03:53.11	03:01.30	02:19.09	02:14.02	02:02.84	01:51.68	02:14.02	02:11.33	01:51.68
200 Fly	10:24.86	09:35.24	08:14.37	07:32.10	06:45.40	05:15.31	04:01.90	03:32.89	03:09.81	03:08.93	03:43.81	03:39.33	03:37.18
ELITE	10:56.10	10:04.00	08:39.09	07:54.71	07:05.67	05:31.08	04:13.99	03:43.53	03:19.30	03:18.38	03:55.00	03:50.30	03:48.04
GOLD	11:27.35	10:32.76	09:03.81	08:17.31	07:25.94	05:46.84	04:26.09	03:54.18	03:28.79	03:27.82	04:06.19	04:01.26	03:58.90
SILVER	11:58.59	11:01.53	09:28.53	08:39.91	07:46.21	06:02.61	04:38.18	04:04.82	03:38.28	03:37.27	04:17.38	04:12.23	04:09.76
150 IM	06:34.21	06:19.05	06:03.89	05:03.24									
ELITE	06:53.92	06:38.00	06:22.08	05:18.40									
GOLD	07:13.63	06:56.95	06:40.28	05:33.56									
SILVER	07:33.34	07:15.91	06:58.47	05:48.73									
200 IM	09:10.43	07:50.02	08:09.78	06:59.02	05:56.75	04:57.29	04:12.50	03:53.08	03:14.23	03:04.52	03:53.08	03:48.42	03:23.94
ELITE	09:37.95	08:13.52	08:34.27	07:19.97	06:14.59	05:12.15	04:25.13	04:04.73	03:23.94	03:13.75	04:04.73	03:59.84	03:34.14
GOLD	10:05.47	08:37.02	08:58.76	07:40.92	06:32.42	05:27.02	04:37.75	04:16.39	03:33.65	03:22.97	04:16.39	04:11.26	03:44.33
SILVER	10:32.99	09:00.52	09:23.25	08:01.87	06:50.26	05:41.88	04:50.37	04:28.04	03:43.36	03:32.20	04:28.04	04:22.68	03:54.53
400 IM	18:20.86	15:40.05	16:19.56	13:58.05	12:02.52	10:03.60	08:33.83	07:09.96	06:15.22	06:00.21	06:43.47	06:35.40	05:44.32
ELITE	19:15.90	16:27.05	17:08.54	14:39.95	12:38.65	10:33.78	08:59.52	07:31.46	06:33.98	06:18.22	07:03.64	06:55.17	06:01.54
GOLD	20:10.95	17:14.06	17:57.52	15:21.86	13:14.77	11:03.96	09:25.21	07:52.96	06:52.74	06:36.23	07:23.82	07:14.94	06:18.75
SILVER	21:05.99	18:01.06	18:46.49	16:03.76	13:50.90	11:34.14	09:50.90	08:14.45	07:11.50	06:54.24	07:43.99	07:34.71	06:35.97

Blue Highlighted Times are PNS Championship Times

PNS DISABILITY TIME STANDARDS - Men Short Course Yards

	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
50 Free	02:41.72	01:41.08	01:20.86	01:10.75	00:54.50	00:44.59	00:34.96	00:33.99	00:31.08	00:30.10	00:38.84	00:33.99	00:31.08
ELITE	02:49.81	01:46.13	01:24.90	01:14.29	00:57.22	00:46.82	00:36.71	00:35.69	00:32.63	00:31.61	00:40.78	00:35.69	00:32.63
GOLD	02:57.89	01:51.19	01:28.95	01:17.83	00:59.95	00:49.05	00:38.46	00:37.39	00:34.19	00:33.11	00:42.72	00:37.39	00:34.19
SILVER	03:05.98	01:56.24	01:32.99	01:21.36	01:02.68	00:51.28	00:40.20	00:39.09	00:35.74	00:34.62	00:44.67	00:39.09	00:35.74
100 Free	04:57.29	03:32.27	03:01.94	02:31.62	01:58.91	01:34.14	01:25.91	01:20.86	01:10.75	01:06.71	01:17.69	01:12.83	01:07.98
ELITE	05:12.15	03:42.88	03:11.04	02:39.20	02:04.86	01:38.85	01:30.21	01:24.90	01:14.29	01:10.05	01:21.57	01:16.47	01:11.38
GOLD	05:27.02	03:53.50	03:20.13	02:46.78	02:10.80	01:43.55	01:34.50	01:28.95	01:17.83	01:13.38	01:25.46	01:20.11	01:14.78
SILVER	05:41.88	04:04.11	03:29.23	02:54.36	02:16.75	01:48.26	01:38.80	01:32.99	01:21.36	01:16.72	01:29.34	01:23.75	01:18.18
200 Free	09:54.59	07:02.70	05:25.29	05:03.24	04:37.47	03:16.39	03:01.02	02:50.91	02:30.70	02:21.51	02:44.21	02:34.50	02:24.79
ELITE	10:24.32	07:23.84	05:41.55	05:18.40	04:51.34	03:26.21	03:10.07	02:59.46	02:38.23	02:28.59	02:52.42	02:42.23	02:32.03
GOLD	10:54.05	07:44.97	05:57.82	05:33.56	05:05.22	03:36.03	03:19.12	03:08.00	02:45.77	02:35.66	03:00.63	02:49.95	02:39.27
SILVER	11:23.78	08:06.11	06:14.08	05:48.73	05:19.09	03:45.85	03:28.17	03:16.55	02:53.31	02:42.74	03:08.84	02:57.67	02:46.51
500 Free	25:31.42	17:40.80	13:45.32	13:12.68	12:06.85	08:48.00	08:32.91	08:20.09	07:41.62	07:28.80	08:37.44	07:48.16	07:26.88
ELITE	26:47.99	18:33.84	14:26.59	13:52.31	12:43.19	09:14.40	08:58.56	08:45.09	08:04.70	07:51.24	09:03.31	08:11.57	07:49.22
GOLD	28:04.56	19:26.88	15:07.85	14:31.95	13:19.53	09:40.80	09:24.20	09:10.10	08:27.78	08:13.68	09:29.18	08:34.98	08:11.57
SILVER	29:21.13	20:19.92	15:49.12	15:11.58	13:55.88	10:07.20	09:49.85	09:35.10	08:50.86	08:36.12	09:55.06	08:58.38	08:33.91
1000 Free						17:36.00	17:05.82	16:40.80	15:23.24	14:57.60	17:14.88	15:36.32	14:53.76
ELITE						18:28.80	17:57.11	17:30.84	16:09.40	15:42.48	18:06.62	16:23.14	15:38.45
GOLD						19:21.60	18:48.40	18:20.88	16:55.56	16:27.36	18:58.37	17:09.95	16:23.14
SILVER						20:14.40	19:39.69	19:10.92	17:41.73	17:12.24	19:50.11	17:56.77	17:07.82
1650 Free						30:36.97	26:18.66	24:58.06	22:18.87	21:10.43	27:58.95	24:11.49	21:52.67
ELITE						32:08.82	27:37.59	26:12.96	23:25.81	22:13.95	29:22.90	25:24.06	22:58.30
GOLD						33:40.67	28:56.53	27:27.87	24:32.76	23:17.47	30:46.85	26:36.64	24:03.94
SILVER						35:12.52	30:15.46	28:42.77	25:39.70	24:20.99	32:10.79	27:49.21	25:09.57
50 Back	02:38.55	02:01.29	01:41.08	01:20.86	00:59.45	00:50.00	00:46.34	00:43.41	00:35.83	00:35.22	00:49.00	00:44.14	00:39.28
ELITE	02:46.48	02:07.35	01:46.13	01:24.90	01:02.42	00:52.50	00:48.66	00:45.58	00:37.62	00:36.98	00:51.45	00:46.35	00:41.24
GOLD	02:54.41	02:13.42	01:51.19	01:28.95	01:05.40	00:55.00	00:50.97	00:47.75	00:39.41	00:38.74	00:53.90	00:48.55	00:43.21
SILVER	03:02.33	02:19.48	01:56.24	01:32.99	01:08.37	00:57.50	00:53.29	00:49.92	00:41.20	00:40.50	00:56.35	00:50.76	00:45.17
100 Back	05:21.62	04:11.78	03:26.75	02:46.32	02:03.42	01:49.00	01:41.08	01:46.02	01:20.86	01:18.10	01:46.82	01:37.11	01:27.40
ELITE	05:37.70	04:24.37	03:37.09	02:54.64	02:09.59	01:54.45	01:46.13	01:51.32	01:24.90	01:22.01	01:52.16	01:41.97	01:31.77
GOLD	05:53.78	04:36.96	03:47.42	03:02.95	02:15.76	01:59.90	01:51.19	01:56.62	01:28.95	01:25.91	01:57.50	01:46.82	01:36.14
SILVER	06:09.86	04:49.55	03:57.76	03:11.27	02:21.93	02:05.35	01:56.24	02:01.92	01:32.99	01:29.81	02:02.84	01:51.68	01:40.51
200 Back	10:52.25	08:23.47	07:02.70	05:41.83	05:09.90	03:36.21	03:31.35	03:12.05	02:50.91	02:45.40	04:17.11	03:23.06	03:03.63
ELITE	11:24.86	08:48.64	07:23.84	05:58.92	05:25.39	03:47.02	03:41.92	03:21.65	02:59.46	02:53.67	04:29.97	03:33.21	03:12.81
GOLD	11:57.48	09:13.82	07:44.97	06:16.01	05:40.89	03:57.83	03:52.49	03:31.25	03:08.00	03:01.94	04:42.82	03:43.37	03:21.99
SILVER	12:30.09	09:38.99	08:06.11	06:33.10	05:56.39	04:08.64	04:03.05	03:40.86	03:16.55	03:10.21	04:55.68	03:53.52	03:31.17
50 Breast	03:16.39	02:01.29	01:41.08	01:06.16	01:02.38	00:59.90	00:56.05	00:45.94	00:38.87		00:53.85	00:44.14	00:39.28
ELITE	03:26.21	02:07.35	01:46.13	01:09.47	01:05.50	01:02.90	00:58.85	00:48.24	00:40.81		00:56.54	00:46.35	00:41.24
GOLD	03:36.03	02:13.42	01:51.19	01:12.78	01:08.62	01:05.89	01:01.65	00:50.53	00:42.76		00:59.24	00:48.55	00:43.21
SILVER	03:45.85	02:19.48	01:56.24	01:16.08	01:11.74	01:08.88	01:04.46	00:52.83	00:44.70		01:01.93	00:50.76	00:45.17
100 Breast	06:41.80	04:07.18	03:31.35	02:21.51	02:13.78	02:08.82	02:01.29	01:41.08	01:26.92		01:56.54	01:37.11	01:27.40
ELITE	07:01.89	04:19.54	03:41.92	02:28.59	02:20.47	02:15.26	02:07.35	01:46.13	01:31.27		02:02.37	01:41.97	01:31.77
GOLD	07:21.98	04:31.90	03:52.49	02:35.66	02:27.16	02:21.70	02:13.42	01:51.19	01:35.61		02:08.19	01:46.82	01:36.14
SILVER	07:42.07	04:44.26	04:03.05	02:42.74	02:33.85	02:28.14	02:19.48	01:56.24	01:39.96		02:14.02	01:51.68	01:40.51
200 Breast	13:38.01	08:32.75	07:11.89	04:49.45	04:23.06	04:21.26	04:00.75	03:39.16	03:33.18		03:41.60	02:03.06	03:12.46
ELITE	14:18.91	08:58.39	07:33.48	05:03.92	04:36.21	04:34.32	04:12.79	03:50.12	03:43.84		03:52.68	02:09.21	03:22.08
GOLD	14:59.81	09:24.02	07:55.08	05:18.39	04:49.37	04:47.39	04:24.83	04:01.08	03:54.50		04:03.76	02:15.37	03:31.71
SILVER	15:40.71	09:49.66	08:16.67	05:32.87	05:02.52	05:00.45	04:36.86	04:12.03	04:05.16		04:14.84	02:21.52	03:41.33

PNS DISABILITY TIME STANDARDS - Men Short Course Yards

50 Fly	01:58.91	01:51.18	01:30.95	01:20.86	01:09.36	00:54.50	00:45.48	00:43.41	00:35.83	00:33.08	00:44.14	00:36.86	00:34.43
ELITE	02:04.86	01:56.74	01:35.50	01:24.90	01:12.83	00:57.22	00:47.75	00:45.58	00:37.62	00:34.73	00:46.35	00:38.70	00:36.15
GOLD	02:10.80	02:02.30	01:40.04	01:28.95	01:16.30	00:59.95	00:50.03	00:47.75	00:39.41	00:36.39	00:48.55	00:40.55	00:37.87
SILVER	02:16.75	02:07.86	01:44.59	01:32.99	01:19.76	01:02.68	00:52.30	00:49.92	00:41.20	00:38.04	00:50.76	00:42.39	00:39.59
100 Fly	04:06.84	03:51.56	02:11.13	02:59.91	02:27.74	01:58.01	01:40.16	01:36.02	01:20.86	01:15.35	01:37.11	01:22.54	01:17.69
ELITE	04:19.18	04:03.14	02:17.69	03:08.91	02:35.13	02:03.91	01:45.17	01:40.82	01:24.90	01:19.12	01:41.97	01:26.67	01:21.57
GOLD	04:31.52	04:14.72	02:24.24	03:17.90	02:42.51	02:09.81	01:50.18	01:45.62	01:28.95	01:22.88	01:46.82	01:30.79	01:25.46
SILVER	04:43.87	04:26.29	02:30.80	03:26.90	02:49.90	02:15.71	01:55.18	01:50.42	01:32.99	01:26.65	01:51.68	01:34.92	01:29.34
200 Fly	08:22.70	07:52.32	06:31.45	05:51.02	05:09.00	04:05.04	03:29.51	03:17.56	03:06.54	02:54.59	03:14.23	03:11.58	02:52.16
ELITE	08:47.84	08:15.94	06:51.02	06:08.57	05:24.45	04:17.29	03:39.99	03:27.44	03:15.87	03:03.32	03:23.94	03:21.16	03:00.77
GOLD	09:12.97	08:39.55	07:10.60	06:26.12	05:39.90	04:29.54	03:50.46	03:37.32	03:25.19	03:12.05	03:33.65	03:30.74	03:09.38
SILVER	09:38.10	09:03.17	07:30.17	06:43.67	05:55.35	04:41.80	04:00.94	03:47.19	03:34.52	03:20.78	03:43.36	03:40.32	03:17.98
150 IM	05:56.75	05:33.56	05:03.24	04:02.52									
ELITE	06:14.59	05:50.24	05:18.40	04:14.65									
GOLD	06:32.42	06:06.92	05:33.56	04:26.77									
SILVER	06:50.26	06:23.59	05:48.73	04:38.90									
200 IM	08:00.18	07:29.35	06:40.61	05:28.05	02:27.74	03:57.83	03:32.27	03:22.16	03:01.94	02:51.83	03:33.65	03:14.23	02:54.81
ELITE	08:24.19	07:51.82	07:00.64	05:44.45	02:35.13	04:09.72	03:42.88	03:32.27	03:11.04	03:00.42	03:44.33	03:23.94	03:03.55
GOLD	08:48.20	08:14.28	07:20.67	06:00.85	02:42.51	04:21.61	03:53.50	03:42.38	03:20.13	03:09.01	03:55.01	03:33.65	03:12.29
SILVER	09:12.21	08:36.75	07:40.70	06:17.26	02:49.90	04:33.50	04:04.11	03:52.48	03:29.23	03:17.60	04:05.70	03:43.36	03:21.03
400 IM	16:07.56	15:03.29	13:22.21	11:00.70	09:59.09	08:00.18	07:13.72	06:53.51	06:13.08	05:52.86	07:16.14	06:37.29	05:58.45
ELITE	16:55.94	15:48.45	14:02.32	11:33.74	10:29.04	08:24.19	07:35.41	07:14.19	06:31.73	06:10.50	07:37.95	06:57.15	06:16.37
GOLD	17:44.32	16:33.62	14:42.43	12:06.77	10:59.00	08:48.20	07:57.09	07:34.86	06:50.39	06:28.15	07:59.75	07:17.02	06:34.30
SILVER	18:32.69	17:18.78	15:22.54	12:39.81	11:28.95	09:12.21	08:18.78	07:55.54	07:09.04	06:45.79	08:21.56	07:36.88	06:52.22

Blue Highlighted Times are PNS Championship Times