

## 2008 PACIFIC SWIMMING TIME STANDARDS

### 15-16 GIRLS SHORT COURSE YARDS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	32.89	30.49	28.19	26.99	25.89	24.79	24.69
100 Free	1:11.29	1:06.19	1:01.09	58.59	55.99	53.29	53.49
200 Free	2:33.39	2:22.39	2:11.49	2:05.99	2:00.49	1:55.49	1:54.99
500 Free	6:46.39	6:17.39	5:48.39	5:33.79	5:19.29	5:08.29	5:04.79
1000 Free	13:55.19	12:55.49	11:55.89	11:25.99	10:56.19	10:50.89	10:26.39
1650 Free	23:18.79	21:38.89	19:58.89	19:08.99	18:18.99	18:24.39	17:29.09
100 Back	1:18.99	1:13.29	1:07.69	1:04.89	1:02.09	59.79	59.19
200 Back	2:50.19	2:37.99	2:25.89	2:19.79	2:13.69	2:09.79	2:07.59
100 Breast	1:29.09	1:22.69	1:16.39	1:13.19	1:09.99	1:07.89	1:06.79
200 Breast	3:12.09	2:58.39	2:44.69	2:37.79	2:30.89	2:28.39	2:24.09
100 Fly	1:17.99	1:12.39	1:06.89	1:04.09	1:01.29	58.89	58.49
200 Fly	2:50.99	2:38.79	2:26.59	2:20.49	2:14.39	2:12.49	2:08.29
200 IM	2:53.09	2:40.69	2:28.39	2:22.19	2:15.99	2:09.89	2:09.79
400 IM	6:06.49	5:40.29	5:14.09	5:00.99	4:47.89	4:38.49	4:34.89

### 15-16 GIRLS LONG COURSE METERS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	37.69	34.99	32.29	30.89	29.59	28.29	28.29
100 Free	1:21.09	1:15.29	1:09.59	1:06.69	1:03.79	1:00.79	1:00.89
200 Free	2:54.29	2:41.89	2:29.39	2:23.19	2:16.99	2:11.69	2:10.79
400 Free	6:04.19	5:38.19	5:12.19	4:59.19	4:46.19	4:39.19	4:33.19
800 Free	12:28.89	11:35.39	10:41.89	10:15.19	9:48.39	9:53.79	9:21.69
1500 Free	23:53.09	22:10.69	20:28.39	19:37.19	18:45.99	19:03.69	17:54.79
100 Back	1:31.29	1:24.79	1:18.29	1:14.99	1:11.79	1:10.09	1:08.49
200 Back	3:15.19	3:01.29	2:47.29	2:40.29	2:33.39	2:30.79	2:26.39
100 Breast	1:42.29	1:34.99	1:27.69	1:24.09	1:20.39	1:19.19	1:16.79
200 Breast	3:39.89	3:24.19	3:08.49	3:00.59	2:52.79	2:51.29	2:44.89
100 Fly	1:28.49	1:22.19	1:15.89	1:12.69	1:09.49	1:07.29	1:06.39
200 Fly	3:12.09	2:58.39	2:44.69	2:37.79	2:30.99	2:32.69	2:24.09
200 IM	3:16.09	3:02.09	2:48.09	2:41.09	2:34.09	2:29.39	2:27.09
400 IM	6:55.99	6:26.29	5:56.59	5:41.69	5:26.79	5:21.19	5:11.99