

## 2008 PACIFIC SWIMMING TIME STANDARDS

### 8-UNDER GIRLS

DISTANCE & STROKE	SHORT COURSE YARDS			LONG COURSE METERS		
	B	A	PRT	B	A	PRT
25 Free	23.49	19.49	15.79			
50 Free	51.99	42.99	34.69	58.19	48.19	39.39
100 Free	1:54.59	1:35.29	1:18.59	2:07.79	1:46.59	1:28.19
25 Back	27.99	23.19	19.19			
50 Back	59.99	51.59	41.49	1:06.99	57.89	48.09
25 Breast	29.99	24.79	20.99			
50 Breast	1:04.99	55.29	46.39	1:12.49	1:01.89	53.39
25 Fly	26.99	21.59	17.19			
50 Fly	59.99	52.59	40.49	1:06.99	58.99	47.29
100 IM	2:09.99	1:49.29	1:25.59			

### 10-UNDER GIRLS

DISTANCE & STROKE	SHORT COURSE YARDS						
	B	BB	A	AA	AAA	PRT	AAAA
50 Free	40.09	36.19	32.39	31.09	29.79	29.19	28.49
100 Free	1:31.89	1:22.09	1:12.29	1:09.09	1:05.79	1:04.39	1:02.59
200 Free	3:20.19	2:58.29	2:36.39	2:29.09	2:21.79	2:20.09	2:14.39
500 Free	8:30.49	7:39.49	6:48.39	6:31.39	6:14.39	6:15.79	5:57.39
50 Back	48.89	43.49	38.19	36.39	34.59	34.29	32.79
100 Back	1:45.69	1:33.99	1:22.19	1:18.29	1:14.39	1:14.09	1:10.49
50 Breast	53.59	47.79	41.99	40.09	38.19	38.39	36.29
100 Breast	1:59.99	1:46.69	1:33.39	1:28.89	1:24.49	1:23.49	1:19.99
50 Fly	48.79	42.99	37.29	35.29	33.39	32.39	31.49
100 Fly	1:57.49	1:42.09	1:26.69	1:21.59	1:16.49	1:14.99	1:11.29
100 IM	1:45.69	1:34.39	1:23.19	1:19.39	1:15.69	1:13.59	1:11.89
200 IM	3:42.69	3:19.39	2:55.99	2:48.19	2:40.39	2:38.09	2:32.69

### 10-UNDER GIRLS

DISTANCE & STROKE	LONG COURSE METERS						
	B	BB	A	AA	AAA	PRT	AAAA
50 Free	45.29	40.89	36.49	35.09	33.59	33.19	32.19
100 Free	1:43.99	1:32.99	1:21.89	1:18.19	1:14.49	1:13.69	1:10.79
200 Free	3:48.89	3:23.79	2:58.69	2:50.39	2:41.99	2:41.59	2:33.69
400 Free	7:42.09	6:55.79	6:09.69	5:54.29	5:38.79	5:33.69	5:23.39
50 Back	55.99	49.89	43.69	41.69	39.59	39.69	37.59
100 Back	2:02.49	1:48.89	1:35.29	1:30.79	1:26.29	1:26.49	1:21.69
50 Breast	1:01.59	54.89	48.29	46.09	43.89	44.49	41.59
100 Breast	2:17.69	2:02.39	1:47.09	1:41.99	1:36.89	1:36.69	1:31.79
50 Fly	55.09	48.59	42.09	39.89	37.79	36.79	35.59
100 Fly	2:13.69	1:56.19	1:38.69	1:32.89	1:26.99	1:26.69	1:21.19
200 IM	4:13.89	3:47.29	3:20.59	3:11.79	3:02.89	3:02.69	2:53.99

## 2008 PACIFIC SWIMMING TIME STANDARDS

### 8-UNDER BOYS

DISTANCE & STROKE	SHORT COURSE YARDS			LONG COURSE METERS		
	B	A	PRT	B	A	PRT
25 Free	23.49	18.39	15.39			
50 Free	51.99	40.89	33.79	58.19	46.09	39.29
100 Free	1:51.59	1:28.99	1:15.89	2:04.79	1:40.09	1:25.69
25 Back	27.99	22.69	18.89			
50 Back	59.99	50.49	40.59	1:06.99	56.69	47.49
25 Breast	29.99	24.29	21.19			
50 Breast	1:04.99	54.79	45.09	1:12.49	1:01.39	53.69
25 Fly	26.99	20.49	17.29			
50 Fly	59.99	52.09	40.29	1:06.99	58.39	46.99
100 IM	2:09.99	1:45.09	1:26.29			

### 10-UNDER BOYS

DISTANCE & STROKE	SHORT COURSE YARDS						
	B	BB	A	AA	AAA	PRT	AAAA
50 Free	39.19	35.59	31.89	30.69	29.49	29.09	28.29
100 Free	1:29.19	1:19.99	1:10.79	1:07.69	1:04.59	1:03.89	1:01.49
200 Free	3:09.89	2:50.89	2:31.89	2:25.59	2:19.29	2:19.49	2:12.89
500 Free	8:25.79	7:35.19	6:44.59	6:27.79	6:10.89	6:04.09	5:54.09
50 Back	49.29	43.89	38.39	36.59	34.69	34.19	32.89
100 Back	1:43.29	1:32.49	1:21.69	1:18.09	1:14.39	1:13.59	1:10.79
50 Breast	53.89	48.19	42.49	40.59	38.59	38.89	36.69
100 Breast	1:56.79	1:44.79	1:32.69	1:28.69	1:24.69	1:24.59	1:20.59
50 Fly	47.29	41.99	36.69	34.89	33.09	32.49	31.29
100 Fly	1:55.39	1:40.59	1:25.69	1:20.79	1:15.89	1:15.09	1:10.89
100 IM	1:41.59	1:31.39	1:21.29	1:17.89	1:14.49	1:13.49	1:11.09
200 IM	3:40.89	3:18.09	2:55.29	2:47.69	2:40.09	2:38.99	2:32.49

### 10-UNDER BOYS

DISTANCE & STROKE	LONG COURSE METERS						
	B	BB	A	AA	AAA	PRT	AAAA
50 Free	44.49	40.39	36.19	34.79	33.49	33.19	32.09
100 Free	1:41.59	1:31.09	1:20.59	1:17.19	1:13.69	1:12.99	1:10.19
200 Free	3:35.49	3:13.99	2:52.39	2:45.29	2:38.09	2:39.69	2:30.89
400 Free	7:38.49	6:52.69	6:06.79	5:51.49	5:36.29	5:28.59	5:20.99
50 Back	56.79	50.49	44.19	42.09	39.99	39.59	37.89
100 Back	1:58.49	1:46.09	1:33.69	1:29.49	1:25.39	1:25.69	1:21.29
50 Breast	1:01.59	55.09	48.49	46.29	44.09	44.89	41.99
100 Breast	2:13.59	1:59.79	1:45.99	1:41.39	1:36.79	1:37.79	1:32.19
50 Fly	52.89	46.89	40.99	38.99	36.99	36.99	35.09
100 Fly	2:10.79	1:53.99	1:37.19	1:31.59	1:25.99	1:26.99	1:20.39
200 IM	4:10.69	3:44.79	3:18.89	3:10.29	3:01.69	3:00.79	2:52.99

## 2008 PACIFIC SWIMMING TIME STANDARDS

### 11-12 GIRLS SHORT COURSE YARDS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	34.59	32.19	29.79	28.59	27.39	26.59	26.19
100 Free	1:13.59	1:08.29	1:03.09	1:00.49	57.79	57.69	55.19
200 Free	2:43.49	2:31.79	2:20.19	2:14.29	2:08.49	2:04.69	2:02.59
500 Free	7:10.79	6:40.09	6:09.29	5:53.89	5:38.49	5:34.99	5:23.09
1000 Free	15:01.79	13:57.39	12:52.99	12:20.79	11:48.49	11:41.59	11:16.29
1650 Free	25:18.59	23:30.19	21:41.69	20:47.49	19:53.19	19:24.29	18:58.99
50 Back	39.99	37.09	34.29	32.79	31.39	30.89	29.99
100 Back	1:28.89	1:21.89	1:14.89	1:11.39	1:07.89	1:06.19	1:04.39
200 Back	3:03.29	2:50.19	2:37.09	2:30.59	2:23.99	2:22.99	2:17.49
50 Breast	44.29	41.09	37.99	36.39	34.79	34.19	33.19
100 Breast	1:36.39	1:29.29	1:22.19	1:18.59	1:15.09	1:13.99	1:11.49
200 Breast	3:27.29	3:12.49	2:57.69	2:50.29	2:42.89	2:41.49	2:35.49
50 Fly	38.09	35.39	32.69	31.29	29.89	29.19	28.59
100 Fly	1:27.59	1:20.59	1:13.59	1:10.09	1:06.59	1:05.09	1:03.09
200 Fly	3:06.29	2:52.99	2:39.69	2:33.09	2:26.39	2:28.49	2:19.79
100 IM	1:26.49	1:20.29	1:14.09	1:11.09	1:07.99	1:05.99	1:04.89
200 IM	3:04.99	2:51.79	2:38.59	2:31.99	2:25.39	2:21.89	2:18.79
400 IM	6:34.39	6:06.19	5:38.09	5:23.99	5:09.89	5:02.09	4:55.79

### 11-12 GIRLS LONG COURSE METERS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	39.19	36.39	33.69	32.39	30.99	30.19	29.69
100 Free	1:26.39	1:20.19	1:14.09	1:10.99	1:07.89	1:05.89	1:04.79
200 Free	3:05.69	2:52.39	2:39.19	2:32.49	2:25.89	2:23.69	2:19.29
400 Free	6:27.79	6:00.09	5:32.39	5:18.49	5:04.69	5:03.19	4:50.79
800 Free	13:32.49	12:34.49	11:36.49	11:07.49	10:38.39	10:26.49	10:09.39
1500 Free	26:07.79	24:15.79	22:23.79	21:27.79	20:31.79	20:02.39	19:35.89
50 Back	45.69	42.49	39.19	37.59	35.89	35.99	34.29
100 Back	1:42.39	1:34.39	1:26.29	1:22.29	1:18.19	1:17.39	1:14.19
200 Back	3:30.79	3:15.79	3:00.69	2:53.19	2:45.69	2:43.69	2:38.09
50 Breast	49.09	45.59	42.09	40.39	38.59	39.39	36.89
100 Breast	1:49.99	1:41.89	1:33.79	1:29.69	1:25.59	1:26.29	1:21.59
200 Breast	3:57.59	3:40.59	3:23.69	3:15.19	3:06.69	3:03.59	2:58.19
50 Fly	42.69	39.69	36.59	35.09	33.59	32.99	32.09
100 Fly	1:38.69	1:30.79	1:22.89	1:18.99	1:14.99	1:14.49	1:11.09
200 Fly	3:33.09	3:17.79	3:02.59	2:54.99	2:47.39	2:48.39	2:39.79
200 IM	3:30.19	3:15.19	3:00.19	2:52.69	2:45.19	2:42.69	2:37.69
400 IM	7:32.09	6:59.79	6:27.59	6:11.39	5:55.29	5:50.79	5:39.09

## 2008 PACIFIC SWIMMING TIME STANDARDS

### 11-12 BOYS SHORT COURSE YARDS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	33.39	30.99	28.59	27.39	26.19	25.79	25.09
100 Free	1:13.29	1:08.09	1:02.89	1:00.19	57.59	56.39	54.99
200 Free	2:39.39	2:27.99	2:16.59	2:10.89	2:05.19	2:03.49	1:59.49
500 Free	7:05.49	6:35.09	6:04.69	5:49.49	5:34.29	5:31.89	5:19.09
1000 Free	14:57.09	13:52.99	12:48.89	12:16.89	11:44.89	11:33.49	11:12.79
1650 Free	25:11.89	23:23.89	21:35.89	20:41.89	19:47.89	19:58.89	18:53.89
50 Back	39.79	36.79	33.69	32.19	30.69	30.59	29.19
100 Back	1:25.79	1:19.09	1:12.29	1:08.89	1:05.59	1:05.29	1:02.19
200 Back	2:59.39	2:46.59	2:33.79	2:27.39	2:20.99	2:22.59	2:14.59
50 Breast	44.59	41.09	37.59	35.79	34.09	33.59	32.29
100 Breast	1:35.69	1:28.39	1:21.09	1:17.39	1:13.79	1:13.39	1:10.09
200 Breast	3:21.79	3:07.39	2:52.99	2:45.79	2:38.59	2:39.89	2:31.39
50 Fly	38.59	35.49	32.39	30.89	29.39	28.79	27.79
100 Fly	1:26.39	1:19.29	1:12.19	1:08.59	1:05.09	1:04.89	1:01.49
200 Fly	3:04.69	2:51.49	2:38.29	2:31.69	2:25.09	2:29.49	2:18.49
100 IM	1:24.39	1:18.29	1:12.19	1:09.09	1:05.99	1:04.99	1:02.99
200 IM	3:03.49	2:49.69	2:35.89	2:28.99	2:22.09	2:20.99	2:15.19
400 IM	6:27.29	5:59.59	5:31.99	5:18.09	5:04.29	5:00.99	4:50.49

### 11-12 BOYS LONG COURSE METERS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	38.39	35.69	32.99	31.59	30.19	29.79	28.79
100 Free	1:23.49	1:17.49	1:11.59	1:08.59	1:05.59	1:05.09	1:02.59
200 Free	3:01.69	2:48.69	2:35.69	2:29.19	2:22.69	2:21.79	2:16.29
400 Free	6:24.09	5:56.59	5:29.19	5:15.49	5:01.79	5:01.69	4:48.09
800 Free	13:35.89	12:37.59	11:39.29	11:10.19	10:41.09	10:25.99	10:11.89
1500 Free	26:12.49	24:20.19	22:27.89	21:31.69	20:35.59	19:54.59	19:39.39
50 Back	45.79	42.29	38.79	36.99	35.29	35.39	33.49
100 Back	1:39.29	1:31.39	1:23.59	1:19.69	1:15.79	1:15.99	1:11.89
200 Back	3:30.29	3:15.29	3:00.29	2:52.79	2:45.29	2:42.69	2:37.79
50 Breast	51.09	47.09	43.09	41.09	38.99	39.19	36.99
100 Breast	1:50.49	1:41.99	1:33.59	1:29.39	1:25.19	1:25.99	1:20.99
200 Breast	3:54.69	3:37.99	3:21.19	3:12.79	3:04.49	3:02.69	2:56.09
50 Fly	43.49	39.99	36.59	34.79	33.09	32.99	31.39
100 Fly	1:38.19	1:30.19	1:22.09	1:18.09	1:13.99	1:15.09	1:09.99
200 Fly	3:30.99	3:15.89	3:00.89	2:53.29	2:45.79	2:45.99	2:38.29
200 IM	3:29.59	3:13.89	2:58.09	2:50.19	2:42.39	2:41.99	2:34.49
400 IM	7:28.29	6:56.29	6:24.29	6:08.29	5:52.29	5:50.09	5:36.29

## 2008 PACIFIC SWIMMING TIME STANDARDS

### 13-14 GIRLS SHORT COURSE YARDS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	33.39	30.99	28.69	27.49	26.29	25.29	25.09
100 Free	1:12.59	1:07.39	1:02.19	59.59	57.09	54.69	54.49
200 Free	2:36.59	2:25.39	2:14.19	2:08.59	2:02.99	1:59.19	1:57.49
500 Free	6:51.79	6:22.39	5:52.99	5:38.29	5:23.49	5:15.79	5:08.79
1000 Free	14:08.89	13:08.29	12:07.59	11:37.29	11:06.99	11:02.69	10:36.69
1650 Free	23:34.19	21:53.19	20:12.19	19:21.69	18:31.19	18:41.89	17:40.69
100 Back	1:20.19	1:14.39	1:08.69	1:05.89	1:02.99	1:01.79	1:00.09
200 Back	2:51.79	2:39.59	2:27.29	2:21.19	2:14.99	2:13.19	2:08.89
100 Breast	1:30.99	1:24.49	1:17.99	1:14.79	1:11.49	1:09.69	1:08.29
200 Breast	3:15.99	3:01.99	2:47.99	2:40.99	2:33.99	2:30.39	2:26.99
100 Fly	1:19.39	1:13.79	1:08.09	1:05.29	1:02.39	1:00.89	59.59
200 Fly	2:53.39	2:40.99	2:28.59	2:22.39	2:16.29	2:15.99	2:10.09
200 IM	2:56.49	2:43.89	2:31.29	2:24.99	2:18.69	2:14.19	2:12.39
400 IM	6:12.89	5:46.19	5:19.59	5:06.29	4:52.99	4:44.29	4:39.69

### 13-14 GIRLS LONG COURSE METERS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	38.19	35.49	32.79	31.39	30.09	28.99	28.69
100 Free	1:22.89	1:16.99	1:11.09	1:08.09	1:05.09	1:02.39	1:02.19
200 Free	2:57.99	2:45.29	2:32.59	2:26.19	2:19.89	2:15.29	2:13.49
400 Free	6:09.39	5:42.99	5:16.59	5:03.49	4:50.29	4:45.69	4:37.09
800 Free	12:35.99	11:41.99	10:47.99	10:20.99	9:53.99	9:59.39	9:26.99
1500 Free	24:06.39	22:23.09	20:39.79	19:48.09	18:56.49	19:06.29	18:04.79
100 Back	1:33.49	1:26.79	1:20.09	1:16.79	1:13.49	1:12.79	1:10.09
200 Back	3:19.99	3:05.69	2:51.39	2:44.29	2:37.19	2:35.89	2:29.99
100 Breast	1:43.99	1:36.59	1:29.09	1:25.39	1:21.69	1:21.69	1:17.99
200 Breast	3:43.99	3:27.99	3:11.99	3:03.99	2:55.99	2:54.79	2:47.99
100 Fly	1:30.19	1:23.69	1:17.29	1:14.09	1:10.79	1:09.79	1:07.59
200 Fly	3:17.69	3:03.59	2:49.49	2:42.39	2:35.39	2:39.19	2:28.29
200 IM	3:21.09	3:06.79	2:52.39	2:45.19	2:37.99	2:34.49	2:30.89
400 IM	7:02.69	6:32.49	6:02.29	5:47.19	5:32.09	5:28.59	5:16.99

## 2008 PACIFIC SWIMMING TIME STANDARDS

### 13-14 BOYS SHORT COURSE YARDS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	31.09	28.79	26.59	25.49	24.39	23.79	23.29
100 Free	1:07.69	1:02.89	57.99	55.59	53.19	51.69	50.79
200 Free	2:26.79	2:16.29	2:05.79	2:00.59	1:55.39	1:51.89	1:50.09
500 Free	6:35.99	6:07.69	5:39.39	5:25.29	5:11.09	5:04.09	4:56.99
1000 Free	13:38.39	12:39.99	11:41.49	11:12.29	10:43.09	10:40.19	10:13.79
1650 Free	22:44.39	21:06.99	19:29.49	18:40.79	17:51.99	17:59.99	17:03.29
100 Back	1:15.69	1:10.29	1:04.89	1:02.19	59.49	58.59	56.79
200 Back	2:42.79	2:31.09	2:19.49	2:13.69	2:07.89	2:07.59	2:02.09
100 Breast	1:24.39	1:18.39	1:12.29	1:09.29	1:06.29	1:05.39	1:03.29
200 Breast	3:02.39	2:49.39	2:36.29	2:29.79	2:23.29	2:23.19	2:16.79
100 Fly	1:13.99	1:08.69	1:03.39	1:00.79	58.09	57.29	55.49
200 Fly	2:44.29	2:32.59	2:20.79	2:14.99	2:09.09	2:11.19	2:03.19
200 IM	2:45.49	2:33.69	2:21.89	2:15.89	2:09.99	2:06.39	2:04.09
400 IM	5:52.79	5:27.59	5:02.39	4:49.79	4:37.19	4:32.89	4:24.59

### 13-14 BOYS LONG COURSE METERS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	35.69	33.19	30.59	29.39	28.09	27.19	26.79
100 Free	1:17.69	1:12.19	1:06.59	1:03.89	1:01.09	59.39	58.29
200 Free	2:49.19	2:37.09	2:24.99	2:18.99	2:12.89	2:09.79	2:06.89
400 Free	5:56.49	5:31.09	5:05.59	4:52.89	4:40.19	4:37.49	4:27.39
800 Free	12:16.59	11:23.99	10:31.29	10:04.99	9:38.69	9:37.59	9:12.39
1500 Free	23:35.29	21:54.19	20:13.09	19:22.59	18:32.09	18:10.09	17:41.49
100 Back	1:27.59	1:21.29	1:15.09	1:11.89	1:08.79	1:08.89	1:05.69
200 Back	3:08.59	2:55.09	2:41.59	2:34.89	2:28.19	2:29.69	2:21.39
100 Breast	1:37.49	1:30.49	1:23.59	1:20.09	1:16.59	1:16.99	1:13.09
200 Breast	3:32.79	3:17.59	3:02.39	2:54.79	2:47.19	2:47.39	2:39.59
100 Fly	1:23.99	1:17.99	1:11.99	1:08.99	1:05.99	1:06.59	1:02.99
200 Fly	3:06.59	2:53.29	2:39.89	2:33.29	2:26.59	2:33.09	2:19.99
200 IM	3:09.89	2:56.39	2:42.79	2:35.99	2:29.19	2:27.49	2:22.49
400 IM	6:43.89	6:15.09	5:46.19	5:31.79	5:17.39	5:16.99	5:02.89

## 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

## 2008 PACIFIC SWIMMING TIME STANDARDS

### 15-16 BOYS

#### SHORT COURSE YARDS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	29.59	27.49	25.39	24.29	23.29	22.69	22.19
100 Free	1:04.59	59.99	55.39	53.09	50.79	49.19	48.49
200 Free	2:20.89	2:10.89	2:00.79	1:55.79	1:50.69	1:46.89	1:45.69
500 Free	6:19.39	5:52.29	5:25.29	5:11.69	4:58.19	4:49.19	4:44.59
1000 Free	13:04.19	12:08.19	11:12.19	10:44.19	10:16.19	10:37.19	9:48.19
1650 Free	21:55.89	20:21.89	18:47.99	18:00.99	17:13.99	17:22.89	16:26.99
100 Back	1:11.49	1:06.39	1:01.29	58.79	56.19	55.49	53.69
200 Back	2:34.79	2:23.69	2:12.69	2:07.09	2:01.59	2:01.49	1:56.09
100 Breast	1:20.69	1:14.99	1:09.19	1:06.29	1:03.39	1:01.69	1:00.59
200 Breast	2:55.09	2:42.59	2:30.09	2:23.89	2:17.59	2:16.69	2:11.39
100 Fly	1:10.59	1:05.59	1:00.49	57.99	55.49	53.79	52.99
200 Fly	2:36.79	2:25.59	2:14.39	2:08.79	2:03.19	2:01.99	1:57.59
200 IM	2:38.29	2:26.99	2:15.69	2:09.99	2:04.39	2:00.29	1:58.69
400 IM	5:37.29	5:13.19	4:49.09	4:37.09	4:24.99	4:20.29	4:12.99

### 15-16 BOYS

#### LONG COURSE METERS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	34.19	31.79	29.39	28.09	26.89	26.09	25.69
100 Free	1:14.79	1:09.39	1:04.09	1:01.39	58.79	56.79	56.09
200 Free	2:42.09	2:30.49	2:18.99	2:13.19	2:07.39	2:03.79	2:01.59
400 Free	5:42.19	5:17.79	4:53.29	4:41.09	4:28.89	4:23.39	4:16.69
800 Free	11:45.39	10:54.99	10:04.59	9:39.39	9:14.29	9:15.79	8:49.09
1500 Free	22:36.79	20:59.89	19:22.99	18:34.49	17:46.09	17:58.59	16:57.59
100 Back	1:23.59	1:17.59	1:11.69	1:08.69	1:05.69	1:05.49	1:02.69
200 Back	2:59.99	2:47.19	2:34.29	2:27.89	2:21.49	2:22.09	2:14.99
100 Breast	1:33.99	1:27.29	1:20.59	1:17.19	1:13.89	1:12.79	1:10.49
200 Breast	3:23.29	3:08.79	2:54.29	2:46.99	2:39.69	2:39.89	2:32.49
100 Fly	1:20.59	1:14.79	1:09.09	1:06.19	1:03.29	1:02.19	1:00.39
200 Fly	2:57.59	2:44.89	2:32.19	2:25.89	2:19.49	2:21.99	2:13.19
200 IM	3:03.29	2:50.19	2:37.09	2:30.59	2:23.99	2:20.29	2:17.49
400 IM	6:24.99	5:57.49	5:29.99	5:16.19	5:02.49	5:01.59	4:48.69

## 2008 PACIFIC SWIMMING TIME STANDARDS

### 17-18 GIRLS SHORT COURSE YARDS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	32.79	30.49	28.19	26.99	25.79	24.99	24.59
100 Free	1:10.89	1:05.79	1:00.79	58.19	55.69	53.89	53.19
200 Free	2:32.29	2:21.49	2:10.59	2:05.09	1:59.69	1:55.59	1:54.29
500 Free	6:43.89	6:14.99	5:46.19	5:31.79	5:17.29	5:11.39	5:02.89
1000 Free	13:52.59	12:53.09	11:53.59	11:23.89	10:54.19	11:03.69	10:24.39
1650 Free	23:06.19	21:27.19	19:48.19	18:58.69	18:09.19	18:56.99	17:19.69
100 Back	1:18.19	1:12.59	1:06.99	1:04.19	1:01.39	1:00.49	58.59
200 Back	2:47.89	2:35.89	2:23.89	2:17.89	2:11.89	2:12.79	2:05.89
100 Breast	1:29.09	1:22.69	1:16.39	1:13.19	1:09.99	1:08.49	1:06.79
200 Breast	3:12.29	2:58.59	2:44.79	2:37.99	2:31.09	2:30.79	2:24.19
100 Fly	1:16.99	1:11.49	1:05.99	1:03.29	1:00.49	59.29	57.79
200 Fly	2:48.19	2:36.19	2:24.19	2:18.19	2:12.19	2:13.59	2:06.19
200 IM	2:51.49	2:39.19	2:26.99	2:20.89	2:14.69	2:11.79	2:08.59
400 IM	6:04.39	5:38.29	5:12.29	4:59.29	4:46.29	4:44.89	4:33.29

### 17-18 GIRLS LONG COURSE METERS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	37.49	34.89	32.19	30.79	29.49	28.39	28.19
100 Free	1:20.69	1:14.99	1:09.19	1:06.29	1:03.39	1:01.19	1:00.59
200 Free	2:52.79	2:40.49	2:28.09	2:21.99	2:15.79	2:11.89	2:09.59
400 Free	6:00.99	5:35.19	5:09.39	4:56.49	4:43.59	4:40.89	4:30.69
800 Free	12:19.59	11:26.79	10:33.99	10:07.59	9:41.09	9:51.79	9:14.69
1500 Free	23:39.89	21:58.49	20:17.09	19:26.39	18:35.59	19:11.59	17:44.89
100 Back	1:30.79	1:24.29	1:17.79	1:14.59	1:11.29	1:10.79	1:08.09
200 Back	3:13.99	3:00.09	2:46.29	2:39.39	2:32.39	2:32.09	2:25.49
100 Breast	1:42.19	1:34.89	1:27.59	1:23.89	1:20.29	1:20.09	1:16.59
200 Breast	3:39.99	3:24.29	3:08.59	3:00.79	2:52.89	2:53.89	2:44.99
100 Fly	1:27.79	1:21.49	1:15.19	1:12.09	1:08.99	1:07.79	1:05.79
200 Fly	3:09.49	2:55.89	2:42.39	2:35.59	2:28.89	2:34.29	2:22.09
200 IM	3:16.29	3:02.29	2:48.29	2:41.19	2:34.19	2:30.59	2:27.19
400 IM	6:54.39	6:24.79	5:55.19	5:40.39	5:25.59	5:30.19	5:10.79

## 2008 PACIFIC SWIMMING TIME STANDARDS

### 17-18 BOYS

#### SHORT COURSE YARDS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	28.99	26.89	24.89	23.79	22.79	22.19	21.79
100 Free	1:03.39	58.89	54.29	52.09	49.79	48.09	47.59
200 Free	2:17.99	2:08.19	1:58.29	1:53.39	1:48.49	1:44.49	1:43.49
500 Free	6:10.59	5:44.19	5:17.69	5:04.49	4:51.19	4:46.09	4:37.99
1000 Free	12:54.49	11:59.19	11:03.89	10:36.19	10:08.49	10:25.39	9:40.89
1650 Free	21:31.69	19:59.39	18:27.19	17:41.09	16:54.89	17:44.89	16:08.79
100 Back	1:09.99	1:04.99	59.99	57.49	54.99	54.29	52.49
200 Back	2:30.59	2:19.89	2:09.09	2:03.69	1:58.29	2:00.19	1:52.99
100 Breast	1:18.79	1:13.19	1:07.59	1:04.79	1:01.89	1:01.09	59.09
200 Breast	2:52.19	2:39.89	2:27.59	2:21.49	2:15.29	2:17.09	2:09.19
100 Fly	1:08.99	1:04.09	59.09	56.69	54.19	53.29	51.79
200 Fly	2:31.19	2:20.39	2:09.59	2:04.19	1:58.79	2:02.89	1:53.39
200 IM	2:34.59	2:23.59	2:12.49	2:06.99	2:01.49	1:58.79	1:55.99
400 IM	5:30.29	5:06.69	4:43.09	4:31.29	4:19.49	4:19.79	4:07.69

### 17-18 BOYS

#### LONG COURSE METERS

DISTANCE & STROKE	B	BB	A	AA	AAA	PRT	AAAA
50 Free	33.49	31.09	28.69	27.49	26.29	25.49	25.09
100 Free	1:13.19	1:07.99	1:02.69	1:00.09	57.49	55.39	54.89
200 Free	2:38.99	2:27.69	2:16.29	2:10.59	2:04.99	2:01.09	1:59.29
400 Free	5:36.39	5:12.39	4:48.39	4:36.39	4:24.39	4:19.79	4:12.29
800 Free	11:38.89	10:48.99	9:59.09	9:34.09	9:09.19	9:20.49	8:44.19
1500 Free	22:10.89	20:35.79	19:00.79	18:13.29	17:25.69	18:05.89	16:38.19
100 Back	1:21.99	1:16.09	1:10.29	1:07.29	1:04.39	1:04.59	1:01.49
200 Back	2:56.29	2:43.69	2:31.09	2:24.79	2:18.49	2:20.59	2: 12.19
100 Breast	1:31.49	1:24.99	1:18.39	1:15.19	1:11.89	1:12.59	1:08.59
200 Breast	3:18.79	3:04.59	2:50.39	2:43.29	2:36.19	2:42.19	2:29.09
100 Fly	1:18.49	1:12.89	1:07.29	1:04.49	1:01.69	1:00.29	58.89
200 Fly	2:54.49	2:41.99	2:29.49	2:23.29	2:17.09	2:18.89	2:10.89
200 IM	2:58.29	2:45.59	2:32.79	2:26.49	2:20.09	2:18.99	2:13.69
400 IM	6:19.79	5:52.59	5:25.49	5:11.99	4:58.39	5:03.59	4:44.79

## 2008 "JO" TIME STANDARDS

GIRLS			BOYS		
SCY	SCM	LCM	LCM	SCM	SCY
<b>10/Under</b>					
32.19	35.69	36.49	50 Free	37.09	31.89
1:12.49	1:20.39	1:21.99	100 Free	1:20.09	1:10.39
2:36.49	2:52.99	2:56.19	200 Free	2:55.79	2:35.89
6:52.29	5:45.99	5:52.39	400/500 Free	5:59.99	6:29.79
39.49	43.89	44.49	50 Back	44.39	38.89
1:25.09	1:34.79	1:35.99	100 Back	1:32.99	1:22.89
43.09	47.39	48.39	50 Breast	48.69	43.09
1:35.19	1:45.79	1:47.79	100 Breast	1:46.69	1:33.49
36.39	40.39	41.09	50 Fly	41.29	35.79
1:26.09	1:35.89	1:37.29	100 Fly	1:35.89	1:26.29
1:22.99	--	--	100 I.M.	--	1:21.39
2:58.49	3:17.19	3:20.39	200 I.M.	3:21.59	2:57.79
<b>11/12</b>					
28.89	31.99	32.79	50 Free	32.59	28.69
1:02.99	1:10.09	1:11.69	100 Free	1:11.59	1:03.19
2:16.49	2:30.99	2:34.19	200 Free	2:34.39	2:16.69
6:05.39	5:23.19	5:29.59	400/500 Free	5:29.59	6:05.39
12:21.19	10:58.19	11:10.99	800/1000 Free	10:58.49	12:20.49
22:33.39	20:56.99	21:20.99	1500/1650 Free	21:15.99	21:34.39
34.59	38.49	39.09	50 Back	38.69	34.19
1:14.59	1:23.29	1:24.49	100 Back	1:23.39	1:13.49
2:36.09	2:53.49	2:55.89	200 Back	2:57.09	2:31.59
37.79	41.59	42.59	50 Breast	43.09	37.79
1:22.99	1:32.09	1:34.09	100 Breast	1:31.29	1:20.89
2:58.19	3:16.59	3:20.59	200 Breast	3:17.49	2:55.19
32.09	35.59	36.29	50 Fly	36.49	32.19
1:12.49	1:20.39	1:21.79	100 Fly	1:22.79	1:12.99
2:37.79	2:57.19	2:59.99	200 Fly	2:59.99	2:36.49
1:12.49	--	--	100 I.M.	--	1:13.49
2:36.49	2:53.39	2:56.59	200 I.M.	2:56.59	2:36.59
5:30.29	6:03.99	6:10.39	400 I.M.	6:10.89	5:30.29
<b>13/14</b>					
27.69	30.49	31.29	50 Free	29.69	25.89
59.79	1:05.99	1:07.59	100 Free	1:03.69	55.99
2:09.29	2:22.79	2:25.99	200 Free	2:17.99	2:01.09
5:42.29	5:02.89	5:09.29	400/500 Free	4:56.29	5:28.09
11:53.99	10:31.59	10:44.39	800/1000 Free	10:16.59	11:24.49
19:35.99	19:41.99	20:05.99	1500/1650 Free	19:29.99	19:35.99
1:09.29	1:17.09	1:18.29	100 Back	1:16.19	1:07.19
2:28.09	2:44.59	2:46.99	200 Back	2:45.29	2:26.69
1:18.69	1:26.59	1:28.59	100 Breast	1:23.49	1:13.49
2:49.29	3:07.99	3:11.99	200 Breast	3:01.89	2:41.69
1:07.59	1:14.99	1:16.39	100 Fly	1:12.09	1:03.59
2:32.29	2:48.79	2:51.59	200 Fly	2:43.69	2:25.89
2:26.79	2:42.89	2:46.09	200 I.M.	2:38.49	2:20.89
5:14.99	5:48.09	5:54.49	400 I.M.	5:42.99	5:04.49

## 2008 "JO" TIME STANDARDS

GIRLS			BOYS		
SCY	SCM	LCM	LCM	SCM	SCY
			<b>15/16</b>		
27.29	30.29	31.09	50 Free	27.89	27.09 24.49
59.39	1:05.79	1:07.39	100 Free	1:00.79	59.19 53.49
2:08.09	2:21.69	2:24.89	200 Free	2:12.29	2:09.09 1:56.59
5:38.09	4:59.19	5:05.59	400/500 Free	4:45.19	4:38.79 5:14.99
11:43.39	10:22.29	10:35.09	800/1000 Free	10:07.39	9:54.59 11:11.99
19:46.49	19:58.49	20:22.49	1500/1650 Free	19:23.99	18:59.99 18:53.99
1:09.89	1:17.69	1:18.89	100 Back	1:12.09	1:10.89 1:03.69
2:29.09	2:45.69	2:48.09	200 Back	2:36.49	2:34.09 2:18.59
1:18.69	1:26.59	1:28.59	100 Breast	1:18.69	1:16.69 1:09.29
2:51.79	3:08.99	3:12.99	200 Breast	2:53.89	2:49.89 2:34.39
1:06.19	1:13.49	1:14.89	100 Fly	1:07.19	1:05.79 59.29
2:28.59	2:44.69	2:47.49	200 Fly	2:32.59	2:29.79 2:15.09
2:24.89	2:40.19	2:43.39	200 I.M.	2:30.29	2:27.09 2:12.99
5:14.99	5:38.79	5:45.19	400 I.M.	5:30.29	5:23.89 4:52.99

			<b>17/18</b>		
28.09	31.09	31.89	50 Free	27.89	27.09 24.49
1:00.09	1:06.49	1:08.09	100 Free	1:00.19	58.59 52.99
2:12.09	2:26.09	2:29.29	200 Free	2:12.29	2:09.09 1:56.59
5:51.79	5:11.19	5:17.59	400/500 Free	4:50.99	4:44.59 5:21.49
12:14.99	10:50.79	11:03.59	800/1000 Free	10:07.39	9:54.59 11:13.99
20:17.89	20:23.89	20:47.89	1500/1650 Free	19:23.99	18:59.99 18:55.99
1:12.69	1:20.69	1:21.89	100 Back	1:11.89	1:10.69 1:03.49
2:39.59	2:57.19	2:59.59	200 Back	2:42.99	2:40.59 2:24.49
1:21.09	1:29.19	1:31.19	100 Breast	1:19.49	1:17.49 1:10.39
2:55.39	3:12.99	3:16.99	200 Breast	2:57.29	2:53.29 2:37.49
1:07.19	1:14.59	1:15.99	100 Fly	1:07.89	1:06.49 59.89
2:36.49	2:53.39	2:56.19	200 Fly	2:38.79	2:35.99 2:20.69
2:30.89	2:46.69	2:49.89	200 I.M.	2:30.79	2:27.59 2:13.39
5:28.69	6:03.19	6:09.59	400 I.M.	5:36.09	5:29.69 4:58.19

## 2008 FAR WESTERN TIME STANDARDS

SCY	GIRLS SCM	LCM	LCM	BOYS SCM	SCY
<b>10/Under</b>					
30.19	33.59	34.39	<b>50 Free</b>	35.39	34.59
1:06.99	1:14.59	1:16.19	<b>100 Free</b>	1:16.29	1:14.69
2:27.99	2:43.69	2:46.89	<b>200 Free</b>	2:46.29	2:43.09
6:20.99	5:32.49	5:38.89	<b>400/500 Free</b>	5:36.29	5:29.89
35.99	39.99	40.59	<b>50 Back</b>	41.59	40.99
1:16.99	1:27.09	1:28.29	<b>100 Back</b>	1:28.69	1:27.49
40.59	44.69	45.69	<b>50 Breast</b>	46.29	45.29
1:27.99	1:37.99	1:39.99	<b>100 Breast</b>	1:41.79	1:39.79
34.49	38.29	38.99	<b>50 Fly</b>	39.39	38.69
1:18.99	1:29.19	1:30.59	<b>100 Fly</b>	1:30.79	1:29.39
1:16.99	1:25.59	--	<b>100 I.M.</b>	--	1:25.59
2:46.99	3:06.79	3:09.99	<b>200 I.M.</b>	3:12.29	3:09.09
2:06.59	2:20.09	2:23.29	<b>200 FR</b>	2:23.29	2:20.09
2:23.99	2:39.19	2:42.39	<b>200 MR</b>	2:42.39	2:39.19
<b>11/12</b>					
27.19	30.19	30.99	<b>50 Free</b>	30.69	29.89
59.19	1:05.99	1:07.59	<b>100 Free</b>	1:06.99	1:05.39
2:09.29	2:23.79	2:26.99	<b>200 Free</b>	2:27.29	2:24.09
5:47.09	5:03.29	5:09.69	<b>400/500 Free</b>	5:12.99	5:06.59
11:54.99	10:21.19	10:33.99	<b>800/1000 Free</b>	10:24.89	10:12.09
19:45.39	19:55.99	20:19.99	<b>1500/1650 Free</b>	20:11.99	19:47.99
31.99	35.59	36.19	<b>50 Back</b>	36.79	36.19
1:08.99	1:17.19	1:18.39	<b>100 Back</b>	1:19.49	1:18.29
2:28.99	2:45.79	2:48.19	<b>200 Back</b>	2:47.89	2:45.49
35.99	39.59	40.59	<b>50 Breast</b>	40.59	39.59
1:17.59	1:26.19	1:28.19	<b>100 Breast</b>	1:27.29	1:25.29
2:47.89	3:04.89	3:08.89	<b>200 Breast</b>	3:06.39	3:02.39
30.29	33.29	33.99	<b>50 Fly</b>	34.09	33.39
1:08.39	1:16.29	1:17.69	<b>100 Fly</b>	1:17.99	1:16.59
2:30.99	2:49.39	2:52.19	<b>200 Fly</b>	2:50.69	2:47.89
1:08.49	1:16.09	--	<b>100 I.M.</b>	--	1:14.59
2:27.99	2:43.79	2:46.99	<b>200 I.M.</b>	2:48.29	2:45.09
5:15.89	5:47.39	5:53.79	<b>400 I.M.</b>	5:56.79	5:50.39
1:54.79	2:02.79	2:05.99	<b>200 FR</b>	2:10.89	2:07.69
4:04.59	4:30.69	4:37.09	<b>400 FR</b>	4:45.19	4:38.79
2:06.19	2:18.99	2:22.19	<b>200 MR</b>	2:25.89	2:22.69
4:39.49	5:09.09	5:15.49	<b>400 MR</b>	5:25.39	5:18.99
<b>13/14</b>					
26.29	28.69	29.49	<b>50 Free</b>	28.29	27.49
56.89	1:02.99	1:04.59	<b>100 Free</b>	1:00.69	59.09
2:03.09	2:14.49	2:17.69	<b>200 Free</b>	2:11.59	2:08.39
5:25.99	4:44.19	4:50.59	<b>400/500 Free</b>	4:42.59	4:36.19
11:09.99	9:54.39	10:07.19	<b>800/1000 Free</b>	9:47.99	9:35.19
18:31.19	18:44.59	19:08.59	<b>1500/1650 Free</b>	18:15.99	17:51.99
1:04.99	1:12.39	1:13.59	<b>100 Back</b>	1:10.99	1:09.79
2:20.89	2:36.69	2:39.09	<b>200 Back</b>	2:33.29	2:30.89
1:12.89	1:21.29	1:23.29	<b>100 Breast</b>	1:19.59	1:17.59
2:39.99	2:55.99	2:59.99	<b>200 Breast</b>	2:52.79	2:48.79
1:04.29	1:10.19	1:11.59	<b>100 Fly</b>	1:08.79	1:07.39
2:24.99	2:39.19	2:41.99	<b>200 Fly</b>	2:36.09	2:33.29
2:19.49	2:33.29	2:36.49	<b>200 I.M.</b>	2:30.19	2:26.99
4:58.19	5:31.39	5:37.79	<b>400 I.M.</b>	5:25.99	5:19.59
1:48.99	2:00.69	2:03.89	<b>200 FR</b>	1:58.39	1:55.19
3:51.99	4:16.79	4:23.19	<b>400 FR</b>	4:17.49	4:11.09
8:26.99	9:20.89	9:33.69	<b>800 FR</b>	9:14.39	9:01.59
2:01.59	2:18.09	2:21.29	<b>200 MR</b>	2:10.29	2:07.09
4:21.99	4:49.79	4:56.19	<b>400 MR</b>	4:48.69	4:42.29

## 2008 FAR WESTERN TIME STANDARDS

SCY	GIRLS SCM	LCM		LCM	BOYS SCM	SCY
<b>15/16</b>						
25.99	28.49	29.29	<b>50 Free</b>	26.49	25.69	23.19
56.49	1:01.19	1:02.79	<b>100 Free</b>	57.39	55.79	50.89
2:01.99	2:13.49	2:16.69	<b>200 Free</b>	2:05.09	2:01.89	1:50.99
5:21.99	4:44.99	4:51.39	<b>400/500 Free</b>	4:27.79	4:21.39	5:06.19
11:09.99	9:50.79	10:03.59	<b>800/1000 Free</b>	9:39.19	9:26.39	10:39.99
18:39.99	18:50.99	19:14.99	<b>1500/1650 Free</b>	18:15.99	17:51.99	17:59.99
1:05.99	1:11.79	1:12.99	<b>100 Back</b>	1:07.19	1:05.99	59.99
2:20.99	2:35.09	2:37.49	<b>200 Back</b>	2:23.79	2:21.39	2:09.99
1:13.99	1:20.79	1:22.79	<b>100 Breast</b>	1:14.99	1:12.99	1:05.99
2:38.99	2:54.99	2:58.99	<b>200 Breast</b>	2:45.69	2:41.69	2:26.99
1:02.69	1:09.59	1:10.99	<b>100 Fly</b>	1:03.69	1:02.29	56.39
2:21.49	2:35.79	2:38.59	<b>200 Fly</b>	2:26.99	2:24.19	2:10.99
2:17.99	2:32.59	2:35.79	<b>200 I.M.</b>	2:23.29	2:20.09	2:06.59
4:55.99	5:27.59	5:33.99	<b>400 I.M.</b>	5:08.19	5:01.79	4:38.99
<b>15/18 RELAYS</b>						
1:50.99	2:02.89	2:06.09	<b>200 FR</b>	1:50.69	1:47.49	1:36.99
3:59.99	4:25.59	4:31.99	<b>400 FR</b>	4:07.49	4:01.09	3:37.69
8:29.99	9:23.19	9:35.99	<b>800 FR</b>	8:38.49	8:25.69	7:36.89
2:05.99	2:19.39	2:22.59	<b>200 MR</b>	2:04.59	2:01.39	1:49.59
4:29.99	4:58.59	5:04.99	<b>400 MR</b>	4:36.39	4:29.99	4:03.99

<b>17/18</b>						
26.69	28.69	29.49	<b>50 Free</b>	25.99	25.19	23.19
57.19	1:02.09	1:03.69	<b>100 Free</b>	57.29	55.69	50.29
2:05.69	2:16.79	2:19.99	<b>200 Free</b>	2:04.19	2:00.99	1:50.99
5:34.99	4:56.39	5:02.79	<b>400/500 Free</b>	4:28.99	4:22.59	5:06.19
11:39.99	10:13.19	10:25.99	<b>800/1000 Free</b>	9:39.19	9:26.39	10:39.99
19:19.99	18:55.99	19:19.99	<b>1500/1650 Free</b>	18:25.99	18:01.99	17:59.99
1:09.09	1:16.79	1:17.99	<b>100 Back</b>	1:08.49	1:07.29	1:00.39
2:31.99	2:42.49	2:44.89	<b>200 Back</b>	2:35.39	2:32.99	2:17.59
1:17.99	1:23.39	1:25.39	<b>100 Breast</b>	1:15.69	1:13.69	1:06.99
2:46.99	3:03.69	3:07.69	<b>200 Breast</b>	2:48.99	2:44.99	2:29.99
1:03.99	1:10.99	1:12.39	<b>100 Fly</b>	1:04.19	1:02.79	56.99
2:28.99	2:45.09	2:47.89	<b>200 Fly</b>	2:31.39	2:28.59	2:13.99
2:23.49	2:35.59	2:38.79	<b>200 I.M.</b>	2:23.69	2:20.49	2:06.99
5:12.99	5:45.89	5:52.29	<b>400 I.M.</b>	5:20.39	5:13.99	4:43.99