

## 2009 Pacific Swimming Time Standards – 11-12 Boys

### SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:35.99	:32.69	:28.69	:26.99	:25.79
100 Free	1:17.99	1:10.79	1:03.19	:58.49	:56.39
200 Free	2:53.59	2:37.49	2:16.69	2:10.19	2:03.49
500 Free	7:41.99	6:59.39	6:05.39	5:46.59	5:31.89
1000 Free	15:39.79	14:12.99	12:20.49	11:44.99	11:33.49
1650 Free	27:10.99	24:40.39	21:34.39	20:23.49	19:58.89
50 Back	:42.69	:38.69	:34.19	:31.99	:30.59
100 Back	1:31.99	1:23.49	1:13.49	1:08.99	1:05.29
200 Back	3:11.99	2:54.19	2:31.59	2:23.99	2:22.59
50 Breast	:46.69	:42.29	:37.79	:34.99	:33.59
100 Breast	1:42.59	1:33.19	1:20.89	1:16.99	1:13.39
200 Breast	3:35.59	3:15.69	2:55.19	2:41.69	2:39.89
50 Fly	:39.99	:36.29	:32.19	:29.99	:28.79
100 Fly	1:31.29	1:22.89	1:12.99	1:08.49	1:04.89
200 Fly	3:19.99	3:01.49	2:36.49	2:29.99	2:29.49
100 IM	1:29.49	1:21.19	1:13.49	1:07.09	1:04.99
200 IM	3:17.29	2:59.09	2:36.59	2:27.99	2:20.99
400 IM	7:01.09	6:22.19	5:30.29	5:15.89	5:00.99
200 FR				1:54.99	
400 FR				4:11.99	
200 MR				2:07.99	
400 MR				4:45.99	

### LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:40.99	:37.09	:32.59	:30.69	:29.79
100 Free	1:29.29	1:21.09	1:11.59	1:06.99	1:05.09
200 Free	3:16.29	2:58.19	2:34.39	2:27.29	2:21.79
400 Free	6:57.19	6:18.69	5:29.59	5:12.99	5:01.69
800 Free	13:52.99	12:36.09	10:58.49	10:24.89	10:25.99
1500 Free	26:55.59	24:26.49	21:15.99	20:11.99	19:54.59
50 Back	:49.09	:44.49	:38.69	:36.79	:35.39
100 Back	1:45.99	1:36.19	1:23.39	1:19.49	1:15.99
200 Back	3:43.79	3:23.19	2:57.09	2:47.89	2:42.69
50 Breast	:54.09	:49.09	:43.09	:40.59	:39.19
100 Breast	1:56.39	1:45.59	1:31.29	1:27.29	1:25.99
200 Breast	4:08.49	3:45.49	3:17.49	3:06.39	3:02.69
50 Fly	:45.49	:41.29	:36.49	:34.09	:32.99
100 Fly	1:43.99	1:34.39	1:22.79	1:17.99	1:15.09
200 Fly	3:47.49	3:26.49	2:59.99	2:50.69	2:45.99
200 IM	3:44.29	3:23.59	2:56.59	2:48.29	2:41.99
400 IM	7:55.59	7:11.69	6:10.89	5:56.79	5:50.09
200 FR				2:10.89	
400 FR				4:45.19	
200 MR				2:25.89	
400 MR				5:25.39	