

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

### SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:36.29	:32.89	:28.89	:27.19	:26.59
100 Free	1:18.89	1:11.59	1:02.99	:59.19	:57.69
200 Free	2:52.39	2:36.49	2:16.49	2:09.29	2:04.69
500 Free	7:42.69	6:59.99	6:05.39	5:47.09	5:34.99
1000 Free	15:52.99	14:25.09	12:21.19	11:54.99	11:41.59
1650 Free	26:19.99	23:54.29	22:33.39	19:45.39	19:24.29
50 Back	:42.69	:38.69	:34.09	:31.99	:30.89
100 Back	1:31.99	1:23.49	1:13.39	1:08.99	1:06.19
200 Back	3:18.59	3:00.29	2:36.09	2:26.49	2:22.99
50 Breast	:47.99	:43.59	:37.79	:35.99	:34.19
100 Breast	1:43.39	1:33.89	1:22.99	1:17.59	1:13.99
200 Breast	3:43.79	3:23.19	2:58.19	2:47.89	2:41.49
50 Fly	:40.39	:36.69	:32.09	:30.29	:29.19
100 Fly	1:31.19	1:22.69	1:12.49	1:08.39	1:05.09
200 Fly	3:21.29	3:02.69	2:37.79	2:30.99	2:28.49
100 IM	1:31.29	1:22.89	1:12.49	1:08.49	1:05.99
200 IM	3:17.29	2:59.09	2:36.49	2:27.99	2:21.89
400 IM	7:01.09	6:22.19	5:30.29	5:15.89	5:02.09
200 FR				1:54.79	
400 FR				4:04.59	
200 MR				2:06.19	
400 MR				4:39.49	

### LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:41.39	:37.49	:32.79	:30.99	:30.19
100 Free	1:30.09	1:21.79	1:11.69	1:07.59	1:05.89
200 Free	3:15.99	2:57.89	2:34.19	2:26.99	2:23.69
400 Free	6:52.79	6:14.69	5:29.59	5:09.69	5:03.19
800 Free	14:05.09	12:47.09	11:10.99	10:33.99	10:26.49
1500 Free	27:06.29	24:36.19	21:20.99	20:19.99	20:02.39
50 Back	:48.29	:43.79	:39.09	:36.19	:35.99
100 Back	1:44.49	1:34.89	1:24.49	1:18.39	1:17.39
200 Back	3:41.99	3:21.49	2:55.89	2:46.49	2:43.69
50 Breast	:54.09	:49.09	:42.59	:40.59	:39.39
100 Breast	1:57.59	1:46.69	1:34.09	1:28.19	1:26.29
200 Breast	4:11.79	3:48.59	3:20.59	3:08.89	3:03.59
50 Fly	:45.39	:41.09	:36.29	:33.99	:32.99
100 Fly	1:43.59	1:33.99	1:21.79	1:17.69	1:14.49
200 Fly	3:49.49	3:28.39	2:59.99	2:52.19	2:48.39
200 IM	3:42.59	3:22.09	2:56.59	2:46.99	2:42.69
400 IM	7:51.59	7:08.09	6:10.39	5:53.79	5:50.79
200 FR				2:05.99	
400 FR				4:37.09	
200 MR				2:22.19	
400 MR				5:15.49	

