

## 2009 Pacific Swimming Time Standards – 13-14 Girls

### SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:35.09	:31.79	:27.19	:26.29	:25.29
100 Free	1:15.89	1:08.79	:58.59	:56.89	:54.69
200 Free	2:42.59	2:27.59	2:07.79	2:01.99	1:59.19
500 Free	7:14.59	6:34.49	5:42.29	5:24.99	5:15.79
1000 Free	14:53.09	13:30.69	11:53.99	11:09.99	11:02.69
1650 Free	24:41.19	22:24.59	19:35.99	18:31.19	18:41.89
100 Back	1:26.69	1:18.59	1:08.29	1:04.99	1:01.79
200 Back	3:06.39	2:49.09	2:24.59	2:19.79	2:13.19
100 Breast	1:37.19	1:28.19	1:17.19	1:12.89	1:09.69
200 Breast	3:33.19	3:13.49	2:43.39	2:39.89	2:30.39
100 Fly	1:25.69	1:17.79	1:07.59	1:04.29	1:00.89
200 Fly	3:11.29	2:53.59	2:32.29	2:23.49	2:15.99
200 IM	3:05.39	2:48.29	2:24.39	2:19.09	2:14.19
400 IM	6:37.49	6:00.79	5:12.69	4:58.19	4:44.29
200 FR				1:48.99	
400 FR				3:51.99	
800 FR				8:26.99	
200 MR				2:01.59	
400 MR				4:21.99	

### LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:39.39	:35.69	:30.49	:29.49	:28.99
100 Free	1:26.09	1:18.19	1:06.39	1:04.59	1:02.39
200 Free	3:03.59	2:46.59	2:24.59	2:17.69	2:15.29
400 Free	6:27.39	5:51.59	5:09.29	4:50.59	4:45.69
800 Free	13:29.39	12:14.69	10:44.39	10:07.19	9:59.39
1500 Free	25:31.09	23:09.79	20:05.99	19:08.59	19:06.29
100 Back	1:38.09	1:28.99	1:18.29	1:13.59	1:12.79
200 Back	3:32.09	3:12.49	2:46.79	2:39.09	2:35.89
100 Breast	1:50.99	1:40.79	1:28.39	1:23.29	1:21.69
200 Breast	3:59.99	3:37.79	3:11.99	3:08.99	2:54.79
100 Fly	1:35.49	1:26.59	1:16.29	1:11.59	1:09.79
200 Fly	3:35.99	3:15.99	2:51.59	2:41.99	2:39.19
200 IM	3:28.59	3:09.39	2:43.29	2:36.49	2:34.49
400 IM	7:30.29	6:48.69	5:49.79	5:37.79	5:28.59
200 FR				2:03.89	
400 FR				4:23.19	
800 FR				9:33.69	
200 MR				2:21.29	
400 MR				4:56.19	

