

2009 Pacific Swimming Time Standards – 15-16 Girls

SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:34.69	:31.39	:27.29	:25.99	:24.79
100 Free	1:15.29	1:08.39	:59.39	:56.49	:53.29
200 Free	2:42.59	2:27.59	2:08.09	2:01.99	1:55.49
500 Free	7:09.19	6:29.59	5:38.09	5:21.99	5:08.29
1000 Free	14:52.99	13:30.69	11:43.39	11:09.99	10:50.89
1650 Free	24:52.99	22:35.19	19:46.49	18:39.99	18:24.39
100 Back	1:27.99	1:19.79	1:09.89	1:05.99	:59.79
200 Back	3:07.99	2:50.59	2:29.09	2:20.99	2:09.79
100 Breast	1:38.69	1:29.49	1:18.69	1:13.99	1:07.89
200 Breast	3:31.99	3:12.39	2:51.79	2:38.99	2:28.39
100 Fly	1:23.59	1:15.89	1:06.19	1:02.69	:58.89
200 Fly	3:08.59	2:51.19	2:28.59	2:21.49	2:12.49
200 IM	3:03.99	2:46.99	2:24.89	2:17.99	2:09.89
400 IM	6:34.59	5:58.19	5:14.99	4:55.99	4:38.49
200 FR				1:50.99	
400 FR				3:59.99	
800 FR				8:29.99	
200 MR				2:05.99	
400 MR				4:29.99	

LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:39.09	:35.39	:30.79	:29.29	:28.29
100 Free	1:23.69	1:15.99	1:07.29	1:02.79	1:00.79
200 Free	3:02.19	2:45.39	2:23.89	2:16.69	2:11.69
400 Free	6:28.49	5:52.59	5:05.59	4:51.39	4:39.19
800 Free	13:24.59	12:10.39	10:35.09	10:03.59	9:53.79
1500 Free	25:39.59	23:17.59	20:22.49	19:14.99	19:03.69
100 Back	1:37.29	1:28.29	1:18.89	1:12.99	1:10.09
200 Back	3:29.99	3:10.59	2:48.09	2:37.49	2:30.79
100 Breast	1:50.39	1:40.19	1:28.59	1:22.79	1:19.19
200 Breast	3:58.59	3:36.59	3:12.99	2:58.99	2:51.29
100 Fly	1:34.69	1:25.89	1:14.89	1:10.99	1:07.29
200 Fly	3:31.39	3:11.89	2:47.49	2:38.59	2:32.69
200 IM	3:27.69	3:08.49	2:43.39	2:35.79	2:29.39
400 IM	7:25.19	6:44.19	5:45.19	5:33.99	5:21.19
200 FR				2:06.09	
400 FR				4:31.99	
800 FR				9:35.99	
200 MR				2:22.59	
400 MR				5:04.99	