

## 2009 Pacific Swimming Time Standards – 9-10 Girls

### SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:40.29	:36.49	:32.19	:30.19	:29.19
100 Free	1:29.29	1:21.09	1:12.49	1:06.99	1:04.39
200 Free	3:17.29	2:59.09	2:36.49	2:27.99	2:20.09
500 Free	8:27.69	7:40.99	6:52.29	6:20.99	6:15.79
50 Back	:47.99	:43.49	:39.49	:35.99	:34.29
100 Back	1:42.59	1:33.19	1:25.09	1:16.99	1:14.09
50 Breast	:54.09	:49.09	:43.09	:40.59	:38.39
100 Breast	1:57.29	1:46.49	1:35.19	1:27.99	1:23.49
50 Fly	:45.99	:41.69	:36.39	:34.49	:32.39
100 Fly	1:45.29	1:35.59	1:26.09	1:18.99	1:14.99
100 IM	1:42.59	1:33.19	1:22.99	1:16.99	1:13.59
200 IM	3:42.59	3:22.09	2:58.49	2:46.99	2:38.09
200 FR				2:06.59	
200 MR				2:23.99	

### LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:45.89	:41.59	:36.49	:34.39	:33.19
100 Free	1:41.59	1:32.19	1:21.99	1:16.19	1:13.69
200 Free	3:42.49	3:21.99	2:56.19	2:46.89	2:41.59
400 Free	7:31.79	6:50.09	5:52.39	5:38.89	5:33.69
50 Back	:54.09	:49.09	:44.49	:40.59	:39.69
100 Back	1:57.69	1:46.79	1:35.99	1:28.29	1:26.49
50 Breast	1:00.89	:55.29	:48.39	:45.69	:44.49
100 Breast	2:13.29	2:00.99	1:47.79	1:39.99	1:36.69
50 Fly	:51.99	:47.19	:41.09	:38.99	:36.79
100 Fly	2:00.79	1:49.59	1:37.29	1:30.59	1:26.69
200 IM	4:13.29	3:49.89	3:20.39	3:09.99	3:02.69
200 FR				2:23.29	
200 MR				2:42.39	