

Pacific Swimming 2010 Age Group Time Standards

Summary

No changes to Pacific age group time standards (B, A, Junior Olympic, Far Western, PRT) for 2010.

Document history

Date/time	Page(s) affected	Summary of change
Nov. 13, 2009		First posted

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2010 Pacific Swimming time standards – 8/under Girls

SHORT COURSE YARDS

Event	B	A	PRT
25 Free	:23.49	:19.49	:15.79
50 Free	:51.99	:42.99	:34.69
100 Free	1:54.59	1:35.29	1:18.59
25 Back	:27.99	:23.19	:19.19
50 Back	:59.99	:51.59	:41.49
25 Breast	:29.99	:24.79	:20.99
50 Breast	1:04.99	:55.29	:46.39
25 Fly	:26.99	:21.59	:17.19
50 Fly	:59.99	:52.59	:40.49
100 IM	2:09.99	1:49.29	1:25.59

LONG COURSE METERS

Event	B	A	PRT
50 Free	:58.19	:48.19	:39.39
100 Free	2:07.79	1:46.59	1:28.19
50 Back	1:06.99	:57.89	:48.09
50 Breast	1:12.49	1:01.89	:53.39
50 Fly	1:06.99	:58.99	:47.29

2010 Pacific Swimming Time Standards – 8-under Boys

SHORT COURSE YARDS

Event	B	A	PRT
25 Free	:23.49	:18.39	:15.39
50 Free	:51.99	:40.89	:33.79
100 Free	1:51.59	1:28.99	1:15.89
25 Back	:27.99	:22.69	:18.89
50 Back	:59.99	:50.49	:40.59
25 Breast	:29.99	:24.29	:21.19
50 Breast	1:04.99	:54.79	:45.09
25 Fly	:26.99	:20.49	:17.29
50 Fly	:59.99	:52.09	:40.29
100 IM	2:09.99	1:45.09	1:26.29

LONG COURSE METERS

Event	B	A	PRT
50 Free	:58.19	:46.09	:39.29
100 Free	2:04.79	1:40.09	1:25.69
50 Back	1:06.99	:56.69	:47.49
50 Breast	1:12.49	1:01.39	:53.69
50 Fly	1:06.99	:58.39	:46.99

2010 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	

2010 Pacific Swimming Time Standards – 9-10 Boys

SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:40.39	:36.59	:31.89	:30.29	:29.09
100 Free	1:29.29	1:21.09	1:10.39	1:06.99	1:03.89
200 Free	3:15.89	2:57.89	2:35.89	2:26.99	2:19.49
500 Free	8:14.39	7:28.79	6:29.79	6:10.89	6:04.09
50 Back	:47.99	:43.49	:38.89	:35.99	:34.19
100 Back	1:45.29	1:35.59	1:22.89	1:18.99	1:13.59
50 Breast	:54.09	:49.09	:43.09	:40.59	:38.89
100 Breast	1:58.59	1:47.69	1:33.49	1:28.99	1:24.59
50 Fly	:45.49	:41.19	:35.79	:34.09	:32.49
100 Fly	1:47.99	1:37.99	1:26.29	1:20.99	1:15.09
100 IM	1:42.59	1:33.19	1:21.39	1:16.99	1:13.49
200 IM	3:44.39	3:23.59	2:57.79	2:48.29	2:38.99
200 FR				2:06.99	
200 MR				2:27.99	

LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:47.19	:42.79	:36.79	:35.39	:33.19
100 Free	1:41.69	1:32.29	1:20.09	1:16.29	1:12.99
200 Free	3:41.69	3:21.29	2:55.79	2:46.29	2:39.69
400 Free	7:28.29	6:46.99	5:59.99	5:36.29	5:28.59
50 Back	:55.49	:50.29	:44.39	:41.59	:39.59
100 Back	1:58.19	1:47.29	1:32.99	1:28.69	1:25.69
50 Breast	1:01.69	:55.99	:48.69	:46.29	:44.89
100 Breast	2:15.69	2:03.19	1:46.69	1:41.79	1:37.79
50 Fly	:52.49	:47.59	:41.29	:39.39	:36.99
100 Fly	2:00.99	1:49.89	1:35.89	1:30.79	1:26.99
200 IM	4:16.29	3:52.69	3:20.59	3:12.29	3:00.79
200 FR				2:23.29	
200 MR				2:42.39	

2010 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	

2010 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	

2010 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	

2010 Pacific Swimming Time Standards – 13-14 Boys

SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:32.79	:29.79	:25.89	:24.59	:23.79
100 Free	1:10.79	1:04.29	:55.99	:53.09	:51.69
200 Free	2:34.59	2:20.39	2:01.09	1:55.99	1:51.89
500 Free	6:55.89	6:17.49	5:28.09	5:11.99	5:04.09
1000 Free	14:26.49	13:06.49	11:24.49	10:49.99	10:40.19
1650 Free	25:32.99	23:11.49	19:35.99	19:09.99	17:59.99
100 Back	1:22.69	1:14.99	1:07.19	1:01.99	:58.59
200 Back	2:59.99	2:43.39	2:26.69	2:14.99	2:07.59
100 Breast	1:31.99	1:23.49	1:13.49	1:08.99	1:05.39
200 Breast	3:22.79	3:04.09	2:41.69	2:32.09	2:23.19
100 Fly	1:20.69	1:13.19	1:03.59	1:00.49	:57.29
200 Fly	3:03.99	2:46.99	2:25.89	2:17.99	2:11.19
200 IM	2:55.99	2:39.69	2:20.89	2:11.99	2:06.39
400 IM	6:22.59	5:47.29	5:04.49	4:46.99	4:32.89
200 FR				1:43.99	
400 FR				3:46.79	
800 FR				8:09.19	
200 MR				1:54.79	
400 MR				4:16.39	

LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:37.59	:34.09	:28.69	:28.19	:27.19
100 Free	1:20.89	1:13.49	1:03.69	1:00.69	:59.39
200 Free	2:55.39	2:39.19	2:17.99	2:11.59	2:09.79
400 Free	6:16.69	5:41.99	4:56.29	4:42.59	4:37.49
800 Free	13:03.79	11:51.49	10:16.59	9:47.99	9:37.59
1500 Free	24:20.99	22:06.19	19:29.99	18:15.99	18:10.09
100 Back	1:34.69	1:25.89	1:15.49	1:10.99	1:08.89
200 Back	3:24.39	3:05.49	2:40.39	2:33.29	2:29.69
100 Breast	1:46.09	1:36.29	1:23.49	1:19.59	1:16.99
200 Breast	3:50.39	3:29.09	3:01.89	2:52.79	2:47.39
100 Fly	1:31.69	1:23.19	1:12.09	1:08.79	1:06.59
200 Fly	3:28.09	3:08.89	2:43.69	2:36.09	2:33.09
200 IM	3:19.79	3:01.39	2:34.19	2:29.89	2:27.49
400 IM	7:09.99	6:30.29	5:42.99	5:22.49	5:16.99
200 FR				1:58.39	
400 FR				4:17.49	
800 FR				9:14.39	
200 MR				2:10.29	
400 MR				4:48.69	

2010 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	

2010 Pacific Swimming Time Standards – 15-16 Boys

SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:30.99	:28.09	:24.49	:23.19	:22.69
100 Free	1:07.89	1:01.59	:53.49	:50.89	:49.19
200 Free	2:27.99	2:14.29	1:56.59	1:50.99	1:46.89
500 Free	6:48.19	6:10.49	5:14.99	5:06.19	4:49.19
1000 Free	14:12.99	12:54.39	11:11.99	10:39.99	10:37.19
1650 Free	23:59.99	21:46.79	18:53.99	17:59.99	17:22.89
100 Back	1:19.99	1:12.59	1:03.69	:59.99	:55.49
200 Back	2:53.29	2:37.29	2:18.59	2:09.99	2:01.49
100 Breast	1:27.99	1:19.79	1:09.29	1:05.99	1:01.69
200 Breast	3:15.99	2:57.89	2:34.39	2:26.99	2:16.69
100 Fly	1:15.19	1:08.19	:59.29	:56.39	:53.79
200 Fly	2:54.59	2:38.49	2:15.09	2:10.99	2:01.99
200 IM	2:48.79	2:33.19	2:12.99	2:06.59	2:00.29
400 IM	6:11.89	5:37.59	4:52.99	4:38.99	4:20.29
200 FR				1:36.99	
400 FR				3:37.69	
800 FR				7:36.89	
200 MR				1:49.59	
400 MR				4:03.99	

LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:35.39	:32.09	:27.89	:26.49	:26.09
100 Free	1:16.49	1:09.49	1:00.79	:57.39	:56.79
200 Free	2:46.79	2:31.39	2:12.29	2:05.09	2:03.79
400 Free	5:56.99	5:24.09	4:45.19	4:27.79	4:23.39
800 Free	12:52.09	11:40.79	10:07.39	9:39.19	9:15.79
1500 Free	24:20.99	22:06.19	19:23.99	18:15.99	17:58.59
100 Back	1:29.59	1:21.29	1:12.09	1:07.19	1:05.49
200 Back	3:11.69	2:53.99	2:36.49	2:23.79	2:22.09
100 Breast	1:39.99	1:30.69	1:18.69	1:14.99	1:12.79
200 Breast	3:40.89	3:20.49	2:53.89	2:45.69	2:39.89
100 Fly	1:24.89	1:17.09	1:07.19	1:03.69	1:02.19
200 Fly	3:15.99	2:57.89	2:32.59	2:26.99	2:21.99
200 IM	3:10.99	2:53.39	2:30.29	2:23.29	2:20.29
400 IM	6:50.79	6:12.89	5:30.29	5:08.19	5:01.59
200 FR				1:50.69	
400 FR				4:07.49	
800 FR				8:38.49	
200 MR				2:04.59	
400 MR				4:36.39	

2010 Pacific Swimming Time Standards – 17-18 Girls

SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:35.59	:32.29	:28.09	:26.69	:24.99
100 Free	1:16.29	1:09.19	1:00.09	:57.19	:53.89
200 Free	2:47.59	2:32.09	2:12.09	2:05.69	1:55.59
500 Free	7:26.59	6:45.39	5:51.79	5:34.99	5:11.39
1000 Free	15:33.09	14:06.99	12:14.99	11:39.99	11:03.69
1650 Free	25:46.29	23:23.59	20:17.89	19:19.99	18:56.99
100 Back	1:32.09	1:23.59	1:12.69	1:09.09	1:00.49
200 Back	3:22.59	3:03.89	2:39.59	2:31.99	2:12.79
100 Breast	1:43.99	1:34.39	1:21.09	1:17.99	1:08.49
200 Breast	3:42.59	3:22.09	2:55.39	2:46.99	2:30.79
100 Fly	1:25.29	1:17.39	1:07.19	1:03.99	:59.29
200 Fly	3:18.59	3:00.29	2:36.49	2:28.99	2:13.59
200 IM	3:11.29	2:53.59	2:30.89	2:23.49	2:11.79
400 IM	6:57.19	6:18.69	5:28.69	5:12.99	4:44.89
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	:39.39	:35.69	:31.89	:29.49	:28.39
100 Free	1:24.89	1:17.09	1:08.09	1:03.69	1:01.19
200 Free	3:06.59	2:49.39	2:29.29	2:19.99	2:11.89
400 Free	6:43.59	6:06.39	5:17.59	5:02.79	4:40.89
800 Free	13:53.99	12:36.99	11:03.59	10:25.99	9:51.79
1500 Free	25:45.99	23:22.99	20:47.89	19:19.99	19:11.59
100 Back	1:43.99	1:34.39	1:21.89	1:17.99	1:10.79
200 Back	3:39.79	3:19.49	2:59.59	2:44.89	2:32.09
100 Breast	1:53.79	1:43.29	1:31.19	1:25.39	1:20.09
200 Breast	4:10.19	3:47.09	3:16.99	3:07.69	2:53.89
100 Fly	1:36.49	1:27.59	1:15.99	1:12.39	1:07.79
200 Fly	3:43.79	3:23.19	2:56.19	2:47.89	2:34.29
200 IM	3:31.69	3:12.19	2:49.89	2:38.79	2:30.59
400 IM	7:49.59	7:06.29	6:09.59	5:52.29	5:30.19
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	

2010 Pacific Swimming Time Standards – 17-18 Boys

SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:30.99	:28.09	:24.49	:23.19	:22.19
100 Free	1:07.09	1:00.79	:52.99	:50.29	:48.09
200 Free	2:27.99	2:14.29	1:56.59	1:50.99	1:44.49
500 Free	6:48.19	6:10.49	5:21.49	5:06.19	4:46.09
1000 Free	14:12.99	12:54.39	11:13.99	10:39.99	10:25.39
1650 Free	23:59.99	21:46.79	18:55.99	17:59.99	17:44.89
100 Back	1:20.49	1:13.09	1:03.49	1:00.39	:54.29
200 Back	3:03.39	2:46.49	2:24.49	2:17.59	2:00.19
100 Breast	1:29.29	1:21.09	1:10.39	1:06.99	1:01.09
200 Breast	3:19.99	3:01.49	2:37.49	2:29.99	2:17.09
100 Fly	1:15.99	1:08.89	:59.89	:56.99	:53.29
200 Fly	2:58.59	2:42.19	2:20.69	2:13.99	2:02.89
200 IM	2:49.29	2:33.69	2:13.39	2:06.99	1:58.79
400 IM	6:18.59	5:43.69	4:58.19	4:43.99	4:19.79
200 FR				1:36.99	
400 FR				3:37.69	
800 FR				7:36.89	
200 MR				1:49.59	
400 MR				4:03.99	

LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:34.69	:31.39	:27.89	:25.99	:25.49
100 Free	1:16.39	1:09.29	1:00.19	:57.29	:55.39
200 Free	2:45.59	2:30.29	2:12.29	2:04.19	2:01.09
400 Free	5:58.59	5:25.49	4:50.99	4:28.99	4:19.79
800 Free	12:51.99	11:40.79	10:07.39	9:39.19	9:20.49
1500 Free	24:33.99	22:18.29	19:23.99	18:25.99	18:05.89
100 Back	1:31.29	1:22.89	1:11.89	1:08.49	1:04.59
200 Back	3:27.19	3:07.99	2:42.99	2:35.39	2:20.59
100 Breast	1:40.89	1:31.59	1:19.49	1:15.69	1:12.59
200 Breast	3:45.29	3:24.49	2:57.29	2:48.99	2:42.19
100 Fly	1:25.59	1:17.69	1:07.89	1:04.19	1:00.29
200 Fly	3:21.79	3:03.19	2:38.79	2:31.39	2:18.89
200 IM	3:11.59	2:53.89	2:30.79	2:23.69	2:18.99
400 IM	7:06.99	6:27.69	5:36.09	5:20.39	5:03.59
200 FR				1:50.69	
400 FR				4:07.49	
800 FR				8:38.49	
200 MR				2:04.59	
400 MR				4:36.39	

2010 JUNIOR OLYMPIC TIME STANDARDS

GIRLS			BOYS			
SCY	SCM	LCM		LCM	SCM	SCY
10/Under						
32.19	35.49	36.49	50 Free	36.79	35.09	31.89
1:12.49	1:19.79	1:21.99	100 Free	1:20.09	1:17.49	1:10.39
2:36.49	2:52.19	2:56.19	200 Free	2:55.79	2:51.49	2:35.89
6:52.29	5:45.99	5:52.39	400/500 Free	5:59.99	5:53.59	6:29.79
39.49	43.49	44.49	50 Back	44.39	42.79	38.89
1:25.09	1:33.59	1:35.99	100 Back	1:32.99	1:31.19	1:22.89
43.09	47.39	48.39	50 Breast	48.69	47.39	43.09
1:35.19	1:44.79	1:47.79	100 Breast	1:46.69	1:42.89	1:33.49
36.39	40.09	41.09	50 Fly	41.29	39.39	35.79
1:26.09	1:34.69	1:37.29	100 Fly	1:35.89	1:34.99	1:26.29
1:22.99	1:31.29	--	100 I.M.	--	1:29.59	1:21.39
2:58.49	3:16.39	3:20.39	200 I.M.	3:20.59	3:15.59	2:57.79
11/12						
28.89	31.99	32.79	50 Free	32.59	31.59	28.69
1:02.99	1:10.09	1:11.69	100 Free	1:11.59	1:09.59	1:03.19
2:16.49	2:30.99	2:34.19	200 Free	2:34.39	2:30.39	2:16.69
6:05.39	5:23.19	5:29.59	400/500 Free	5:29.59	5:23.19	6:05.39
12:21.19	10:58.19	11:10.99	800/1000 Free	10:58.49	10:45.69	12:20.49
22:33.39	20:56.99	21:20.99	1500/1650 Free	21:15.99	20:51.99	21:34.39
34.09	43.19	39.09	50 Back	38.69	37.69	34.19
1:13.39	1:20.79	1:24.49	100 Back	1:23.39	1:20.89	1:13.49
2:36.09	2:53.49	2:55.89	200 Back	2:57.09	2:46.79	2:31.59
37.79	41.59	42.59	50 Breast	43.09	41.59	37.79
1:22.99	1:32.09	1:34.09	100 Breast	1:31.29	1:28.99	1:20.89
2:58.19	3:16.59	3:20.59	200 Breast	3:17.49	3:12.79	2:55.19
32.09	35.59	36.29	50 Fly	36.49	35.49	32.19
1:12.49	1:20.39	1:21.79	100 Fly	1:22.79	1:20.29	1:12.99
2:37.79	2:57.19	2:59.99	200 Fly	2:59.99	2:52.19	2:36.49
1:12.49	1:20.59	--	100 I.M.	--	1:20.89	1:13.49
2:36.49	2:53.39	2:56.59	200 I.M.	2:56.59	2:52.29	2:36.59
5:30.29	6:03.99	6:10.39	400 I.M.	6:10.89	6:03.39	5:30.29
13/14						
27.19	29.09	30.49	50 Free	28.69	28.49	25.89
58.59	1:04.49	1:06.39	100 Free	1:03.69	1:01.59	55.99
2:07.79	2:20.59	2:24.59	200 Free	2:17.99	2:13.19	2:01.09
5:42.29	5:02.89	5:09.29	400/500 Free	4:56.29	4:49.89	5:28.09
11:53.99	10:31.59	10:44.39	800/1000 Free	10:16.59	10:03.79	11:24.49
19:35.99	19:41.99	20:05.99	1500/1650 Free	19:29.99	19:05.99	19:35.99
1:08.29	1:15.19	1:18.29	100 Back	1:15.49	1:13.99	1:07.19
2:24.59	2:39.09	2:46.79	200 Back	2:40.39	2:41.39	2:26.69
1:17.19	1:24.19	1:28.39	100 Breast	1:23.49	1:20.89	1:13.49
2:43.39	2:59.79	3:11.99	200 Breast	3:01.89	2:57.89	2:41.69
1:07.59	1:14.39	1:16.29	100 Fly	1:12.09	1:09.99	1:03.59
2:32.29	2:47.59	2:51.59	200 Fly	2:43.69	2:40.49	2:25.89
2:24.39	2:38.89	2:43.29	200 I.M.	2:34.19	2:34.99	2:20.89
5:12.69	5:43.99	5:49.79	400 I.M.	5:42.99	5:34.99	5:04.49

2009 JUNIOR OLYMPIC TIME STANDARDS

GIRLS			BOYS		
SCY	SCM	LCM	LCM	SCM	SCY
15/16					
27.29	30.09	30.79	50 Free	27.89	26.99 24.49
59.39	1:05.39	1:07.29	100 Free	1:00.79	58.89 53.49
2:08.09	2:20.89	2:23.89	200 Free	2:12.29	2:08.29 1:56.59
5:38.09	4:59.19	5:05.59	400/500 Free	4:45.19	4:38.79 5:14.99
11:43.39	10:22.29	10:35.09	800/1000 Free	10:07.39	9:54.59 11:11.99
19:46.49	19:58.49	20:22.49	1500/1650 Free	19:23.99	18:59.99 18:53.99
1:09.89	1:16.89	1:18.89	100 Back	1:12.09	1:10.09 1:03.69
2:29.09	2:43.99	2:48.09	200 Back	2:36.49	2:32.49 2:18.59
1:18.69	1:26.59	1:28.59	100 Breast	1:18.69	1:16.29 1:09.29
2:51.79	3:08.99	3:12.99	200 Breast	2:53.89	2:49.89 2:34.39
1:06.19	1:12.89	1:14.89	100 Fly	1:07.19	1:05.29 59.29
2:28.59	2:43.49	2:47.49	200 Fly	2:32.59	2:28.59 2:15.09
2:24.89	2:39.39	2:43.39	200 I.M.	2:30.29	2:26.29 2:12.99
5:14.99	5:46.49	5:45.19	400 I.M.	5:30.29	5:22.29 4:52.99

17/18					
27.99	30.89	31.89	50 Free	27.89	26.99 24.49
1:00.09	1:06.09	1:08.09	100 Free	1:00.19	58.29 52.99
2:12.09	2:25.29	2:29.29	200 Free	2:12.29	2:08.29 1:56.59
5:51.79	5:11.19	5:17.59	400/500 Free	4:50.99	4:44.59 5:21.49
12:14.99	10:50.79	11:03.59	800/1000 Free	10:07.39	9:54.59 11:13.99
20:17.89	20:23.89	20:47.89	1500/1650 Free	19:23.99	18:59.99 18:55.99
1:12.69	1:19.99	1:21.89	100 Back	1:11.89	1:09.89 1:03.49
2:39.59	2:55.59	2:59.59	200 Back	2:42.99	2:38.99 2:24.49
1:21.09	1:29.19	1:31.19	100 Breast	1:19.49	1:17.49 1:10.39
2:55.39	3:12.99	3:16.99	200 Breast	2:57.29	2:53.29 2:37.49
1:07.19	1:13.99	1:15.99	100 Fly	1:07.89	1:05.89 59.89
2:36.49	2:52.19	2:56.19	200 Fly	2:38.79	2:34.79 2:20.69
2:30.89	2:45.99	2:49.89	200 I.M.	2:30.79	2:26.79 2:13.39
5:28.69	6:01.59	6:09.59	400 I.M.	5:36.09	5:28.09 4:58.19

2010 FAR WESTERN TIME STANDARDS

SCY	GIRLS		LCM	BOYS		SCY
	SCM	LCM		LCM	SCM	
10/Under						
30.19	33.29	34.39	50 Free	35.39	33.39	30.29
1:06.99	1:13.69	1:16.19	100 Free	1:16.29	1:13.69	1:06.99
2:27.99	2:42.79	2:46.89	200 Free	2:46.29	2:41.69	2:26.99
6:20.99	5:32.99	5:38.89	400/500 Free	5:36.29	5:29.89	6:10.89
35.99	39.59	40.59	50 Back	41.59	39.59	35.99
1:16.99	1:24.69	1:28.29	100 Back	1:28.69	1:26.89	1:18.99
40.59	44.69	45.69	50 Breast	46.29	44.69	40.59
1:27.99	1:36.79	1:39.99	100 Breast	1:41.79	1:37.89	1:28.99
34.49	37.99	38.99	50 Fly	39.39	37.49	34.09
1:18.99	1:26.89	1:30.59	100 Fly	1:30.79	1:29.09	1:20.99
1:16.99	1:24.69	--	100 I.M.	--	1:24.69	1:16.99
2:46.99	3:03.69	3:09.99	200 I.M.	3:12.29	3:05.19	2:48.29
2:06.59	2:19.29	2:23.29	200 FR	2:23.29	2:19.69	2:06.99
2:23.99	2:38.39	2:42.39	200 MR	2:42.39	2:42.79	2:27.99
11/12						
27.19	29.99	30.99	50 Free	30.69	29.69	26.99
59.19	1:05.19	1:07.59	100 Free	1:06.99	1:04.39	58.49
2:09.29	2:22.29	2:26.99	200 Free	2:27.29	2:23.29	2:10.19
5:47.09	5:03.29	5:09.69	400/500 Free	5:12.99	5:08.59	5:46.59
11:54.99	10:21.29	10:33.99	800/1000 Free	10:24.89	10:12.09	11:44.99
19:45.39	16:55.99	20:19.99	1500/1650 Free	20:11.99	19:47.99	20:23.49
31.99	35.19	36.19	50 Back	36.79	35.19	31.99
1:08.99	1:15.89	1:18.39	100 Back	1:19.49	1:15.89	1:08.99
2:26.49	2:43.89	2:46.49	200 Back	2:47.89	2:38.39	2:23.99
35.99	39.59	40.59	50 Breast	40.59	38.49	34.99
1:17.59	1:25.39	1:28.19	100 Breast	1:27.29	1:24.69	1:16.99
2:47.89	3:04.69	3:08.89	200 Breast	3:06.39	2:57.89	2:41.69
30.29	33.39	33.99	50 Fly	34.09	32.99	29.99
1:08.39	1:15.29	1:17.69	100 Fly	1:17.99	1:15.39	1:08.49
2:30.99	2:46.09	2:52.19	200 Fly	2:50.69	2:44.99	2:29.99
1:08.49	1:15.39	--	100 I.M.	--	1:13.79	1:07.09
2:27.99	2:42.79	2:46.99	200 I.M.	2:48.29	2:42.79	2:27.99
5:15.89	5:47.49	5:53.79	400 I.M.	5:56.79	5:47.49	5:15.89
1:54.79	2:06.29	2:05.99	200 FR	2:10.89	2:06.49	1:54.99
4:04.59	4:29.09	4:37.09	400 FR	4:45.19	4:37.19	4:11.99
2:06.19	2:18.89	2:22.19	200 MR	2:25.89	2:20.79	2:07.99
4:39.49	5:07.49	5:15.49	400 MR	5:25.39	5:14.59	4:45.99
13/14						
26.29	28.99	29.49	50 Free	28.19	27.09	24.59
56.89	1:02.59	1:04.59	100 Free	1:00.69	58.39	53.09
2:01.99	2:14.19	2:17.69	200 Free	2:11.59	2:07.59	1:55.99
5:24.99	4:44.19	4:50.59	400/500 Free	4:42.59	4:36.19	5:11.99
11:09.99	9:54.39	10:07.19	800/1000 Free	9:47.99	9:36.19	10:49.99
18:31.19	18:44.59	19:08.59	1500/1650 Free	18:15.99	17:51.99	19:09.99
1:04.99	1:11.49	1:13.59	100 Back	1:10.99	1:08.19	1:01.99
2:19.79	2:43.79	2:39.09	200 Back	2:33.29	2:28.49	2:14.99
1:12.89	1:20.19	1:23.29	100 Breast	1:19.59	1:15.89	1:08.99
2:39.89	2:55.89	3:08.99	200 Breast	2:52.79	2:47.29	2:32.09
1:04.29	1:10.79	1:11.59	100 Fly	1:08.79	1:06.59	1:00.49
2:23.49	2:37.89	2:41.99	200 Fly	2:36.09	2:31.79	2:17.99
2:19.09	2:42.99	2:36.49	200 I.M.	2:29.89	2:25.19	2:11.99
4:58.19	5:31.39	5:37.79	400 I.M.	5:22.49	5:15.69	4:46.99
1:48.99	1:59.89	2:03.89	200 FR	1:58.39	1:54.39	1:43.99
3:51.99	4:15.19	4:23.19	400 FR	4:17.49	4:09.49	3:46.79
8:26.99	9:17.69	9:33.69	800 FR	9:14.39	8:58.19	8:09.19
2:01.59	2:13.79	2:21.29	200 MR	2:10.29	2:06.29	1:54.79
4:21.99	4:48.19	4:56.19	400 MR	4:48.69	4:42.09	4:16.39

2009 FAR WESTERN TIME STANDARDS

SCY	GIRLS SCM	LCM		LCM	BOYS SCM	SCY
			15/16			
25.99	28.59	29.29	50 Free	26.49	25.59	23.19
56.49	1:02.19	1:02.79	100 Free	57.39	55.99	50.89
2:01.99	2:14.19	2:16.69	200 Free	2:05.09	2:02.09	1:50.99
5:21.99	4:44.99	4:51.39	400/500 Free	4:27.79	4:21.39	5:06.19
11:09.99	9:50.79	10:03.59	800/1000 Free	9:39.19	9:26.39	10:39.99
18:39.99	18:50.99	19:14.99	1500/1650 Free	18:15.99	17:51.99	17:59.99
1:05.99	1:12.59	1:12.99	100 Back	1:07.19	1:05.99	59.99
2:20.99	2:35.09	2:37.49	200 Back	2:23.79	2:22.99	2:09.99
1:13.99	1:21.39	1:22.79	100 Breast	1:14.99	1:12.59	1:05.99
2:38.99	2:54.89	2:58.99	200 Breast	2:45.69	2:41.69	2:26.99
1:02.69	1:08.99	1:10.99	100 Fly	1:03.69	1:02.09	56.39
2:21.49	2:35.69	2:38.59	200 Fly	2:26.99	2:24.09	2:10.99
2:17.99	2:31.79	2:35.79	200 I.M.	2:23.29	2:19.29	2:06.59
4:55.99	5:25.59	5:33.99	400 I.M.	5:08.19	5:06.89	4:38.99
			15/18 RELAYS			
1:50.99	2:02.09	2:06.09	200 FR	1:50.69	1:46.69	1:36.99
3:59.99	4:23.99	4:31.99	400 FR	4:07.49	3:59.49	3:37.69
8:29.99	9:20.99	9:35.99	800 FR	8:38.49	8:22.59	7:36.89
2:05.99	2:18.59	2:22.59	200 MR	2:04.59	2:00.59	1:49.59
4:29.99	4:56.99	5:04.99	400 MR	4:36.39	4:28.39	4:03.99
			17/18			
26.69	29.39	29.49	50 Free	25.99	25.59	23.19
57.19	1:02.99	1:03.69	100 Free	57.29	55.39	50.29
2:05.69	2:18.29	2:19.99	200 Free	2:04.19	2:02.09	1:50.99
5:34.99	4:56.39	5:02.79	400/500 Free	4:28.99	4:22.59	5:06.19
11:39.99	10:13.19	10:25.99	800/1000 Free	9:39.19	9:26.39	10:39.99
19:19.99	18:55.99	19:19.99	1500/1650 Free	18:25.99	18:01.99	17:59.99
1:09.09	1:15.99	1:17.99	100 Back	1:08.49	1:06.49	1:00.39
2:31.99	2:47.19	2:44.89	200 Back	2:35.39	2:31.39	2:17.59
1:17.99	1:25.79	1:25.39	100 Breast	1:15.69	1:13.69	1:06.99
2:46.99	3:03.69	3:07.69	200 Breast	2:48.99	2:44.99	2:29.99
1:03.99	1:10.39	1:12.39	100 Fly	1:04.19	1:02.69	56.99
2:28.99	2:43.89	2:47.89	200 Fly	2:31.39	2:27.39	2:13.99
2:23.49	2:37.89	2:38.79	200 I.M.	2:23.69	2:19.69	2:06.99
5:12.99	5:44.29	5:52.29	400 I.M.	5:20.39	5:12.39	4:43.99