

**PACIFIC SWIMMING TIME STANDARDS
2004**

8-UNDER GIRLS SHORT COURSE YARDS						LONG COURSE METERS				
DISTANCE/STROKE	B	B	A	A	PRT	B	B	A	A	PRT
25 FREE	00:36.00	00:27.09	00:19.49	00:18.09	00:15.69					
50 FREE	01:20.00	01:00.09	00:42.99	00:40.09	00:34.59	01:29.00	01:07.09	00:48.19	00:45.00	00:39.09
100 FREE	02:20.00	01:54.59	01:35.29	01:29.00	01:18.09	02:36.00	02:07.79	01:46.59	01:39.49	01:26.99
25 BACK	00:40.00	00:30.89	00:23.19	00:21.59	00:18.99					
50 BACK	01:30.00	01:09.09	00:51.59	00:48.09	00:41.19	01:40.00	01:17.09	00:57.89	00:53.99	00:47.89
25 BREAST	00:45.00	00:34.09	00:24.79	00:23.09	00:20.89					
50 BREAST	01:40.00	01:15.89	00:55.29	00:51.59	00:46.19	01:51.00	01:24.49	01:01.89	00:57.79	00:53.09
25 FLY	00:45.00	00:32.59	00:21.59	00:20.09	00:17.19					
50 FLY	01:40.00	01:14.59	00:52.59	00:49.09	00:40.99	01:51.00	01:23.09	00:58.99	00:55.09	00:47.09
100 IM	03:00.00	02:21.09	01:49.29	01:42.09	01:24.69					
8-UNDER BOYS SHORT COURSE YARDS						LONG COURSE METERS				
DISTANCE/STROKE	B	B	A	A	PRT	B	B	A	A	PRT
25 FREE	00:36.00	00:26.59	00:18.39	00:17.09	00:15.29					
50 FREE	01:20.00	00:59.09	00:40.89	00:38.09	00:33.79	01:29.00	01:06.09	00:46.09	00:42.99	00:39.39
100 FREE	02:20.00	01:51.59	01:28.99	01:23.09	01:15.99	02:36.00	02:04.79	01:40.09	01:33.49	01:25.39
25 BACK	00:40.00	00:30.59	00:22.69	00:21.09	00:18.69					
50 BACK	01:30.00	01:08.59	00:50.49	00:47.09	00:40.69	01:40.00	01:16.49	00:56.69	00:52.89	00:47.39
25 BREAST	00:45.00	00:33.89	00:24.29	00:22.59	00:20.99					
50 BREAST	01:40.00	01:15.59	00:54.79	00:51.09	00:44.59	01:51.00	01:24.19	01:01.39	00:57.29	00:53.79
25 FLY	00:45.00	00:32.09	00:20.49	00:19.09	00:17.19					
50 FLY	01:40.00	01:14.39	00:52.09	00:48.59	00:40.69	01:51.00	01:22.79	00:58.39	00:54.49	00:46.69
100 IM	03:00.00	02:19.09	01:45.09	01:38.09	01:26.09					

PACIFIC SWIMMING TIME STANDARDS 2004

10- UNDER GIRLS SHORT COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:43.49	00:36.79	00:32.19	00:30.19	00:29.19
100 FREE	01:34.89	01:22.79	01:12.49	01:06.99	01:04.19
200 FREE	03:20.29	02:58.69	02:36.49	02:27.99	02:20.09
500 FREE	08:34.69	07:44.89	06:52.29	06:16.99	06:14.09
50 BACK	00:52.29	00:45.19	00:39.49	00:35.99	00:34.29
100 BACK	01:51.99	01:37.19	01:25.09	01:16.99	01:13.99
50 BREAST	00:56.19	00:49.29	00:43.09	00:40.59	00:38.39
100 BREAST	02:00.09	01:48.69	01:35.19	01:27.99	01:23.29
50 FLY	00:49.59	00:41.59	00:36.39	00:34.49	00:32.59
100 FLY	01:53.19	01:38.39	01:26.09	01:18.99	01:15.49
100 IM	01:45.89	01:34.79	01:22.99	01:16.99	01:13.69
200 IM	03:41.39	03:23.79	02:58.49	02:46.99	02:39.39
200 FREE RELAY				02:06.59	TBA
200 MEDLEY RELAY				02:23.99	TBA
10- UNDER GIRLS LONG COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:48.79	00:41.59	00:36.49	00:34.39	00:33.19
100 FREE	01:46.49	01:33.49	01:21.99	01:16.19	01:13.99
200 FREE	03:44.29	03:20.79	02:56.19	02:46.89	02:40.99
400 FREE	07:28.69	06:41.69	05:52.39	05:33.79	05:32.49
50 BACK	00:58.59	00:50.89	00:44.49	00:40.59	00:39.79
100 BACK	02:05.29	01:49.29	01:35.99	01:28.29	01:26.59
50 BREAST	01:02.79	00:55.29	00:48.39	00:45.69	00:43.99
100 BREAST	02:14.59	02:02.79	01:47.79	01:39.99	01:36.69
50 FLY	00:55.59	00:46.79	00:41.09	00:38.99	00:36.99
100 FLY	02:06.79	01:50.99	01:37.29	01:30.59	01:27.59
200 IM	04:07.49	03:48.49	03:20.39	03:09.99	03:02.89
200 FREE RELAY				02:23.29	TBA
200 MEDLEY RELAY				02:42.39	TBA

PACIFIC SWIMMING TIME STANDARDS 2004

10- UNDER BOYS SHORT COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:41.39	00:36.49	00:31.89	00:30.29	00:29.49
100 FREE	01:29.09	01:19.69	01:10.39	01:06.99	01:04.79
200 FREE	03:09.39	02:57.89	02:35.89	02:26.99	02:21.69
500 FREE	07:53.59	07:24.89	06:29.79	06:07.49	06:04.19
50 BACK	00:50.79	00:44.49	00:38.89	00:35.99	00:34.99
100 BACK	01:47.49	01:35.19	01:22.89	01:18.99	01:15.49
50 BREAST	00:55.59	00:49.29	00:43.09	00:40.59	00:39.19
100 BREAST	01:56.39	01:46.79	01:33.49	01:28.99	01:25.49
50 FLY	00:48.39	00:40.99	00:35.79	00:34.09	00:33.09
100 FLY	01:49.79	01:38.39	01:26.29	01:20.99	01:16.79
100 IM	01:42.29	01:32.99	01:21.39	01:16.99	01:15.19
200 IM	03:36.49	03:23.09	02:57.79	02:48.29	02:43.19
200 FREE RELAY				02:06.99	TBA
200 MEDLEY RELAY				02:27.99	TBA
10- UNDER BOYS LONG COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:46.99	00:42.19	00:37.09	00:35.39	00:33.49
100 FREE	01:40.59	01:31.09	01:20.09	01:16.29	01:13.79
200 FREE	03:32.39	03:20.29	02:55.79	02:46.29	02:40.49
400 FREE	07:04.89	06:40.69	05:51.59	05:32.59	05:29.89
50 BACK	00:57.59	00:50.69	00:44.39	00:41.59	00:39.49
100 BACK	01:59.89	01:46.09	01:32.99	01:28.69	01:25.79
50 BREAST	01:02.29	00:55.59	00:48.69	00:46.29	00:45.09
100 BREAST	02:10.99	02:01.49	01:46.69	01:41.79	01:38.19
50 FLY	00:54.69	00:47.19	00:41.29	00:39.39	00:37.39
100 FLY	02:01.19	01:49.29	01:35.89	01:30.79	01:28.49
200 IM	04:03.09	03:49.79	03:21.59	03:12.29	03:03.19
200 FREE RELAY				02:23.29	TBA
200 MEDLEY RELAY				02:42.39	TBA

PACIFIC SWIMMING TIME STANDARDS 2004

11-12 GIRLS SHORT COURSE YARDS					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:38.49	00:32.99	00:28.89	00:27.19	00:26.49
100 FREE	01:20.99	01:11.99	01:02.99	00:59.19	00:57.29
200 FREE	02:51.69	02:35.89	02:16.49	02:09.29	02:04.39
500 FREE	07:29.99	06:57.19	06:05.39	05:47.09	05:32.09
1000 FREE	14:59.99	13:54.49	12:11.19	11:34.59	11:31.89
1650 FREE	25:21.79	23:27.59	22:33.39	19:30.39	19:20.39
50 BACK	00:46.29	00:39.59	00:34.59	00:31.99	00:30.79
100 BACK	01:35.69	01:25.29	01:14.59	01:08.99	01:05.39
200 BACK	03:14.79	02:52.89	02:31.09	02:23.99	02:22.69
50 BREAST	00:49.99	00:43.29	00:37.79	00:35.99	00:34.19
100 BREAST	01:43.79	01:34.79	01:22.99	01:17.59	01:13.99
200 BREAST	03:32.69	03:17.69	02:55.19	02:43.89	02:41.09
50 FLY	00:42.89	00:36.69	00:32.09	00:30.29	00:29.09
100 FLY	01:36.09	01:22.79	01:12.49	01:08.39	01:04.69
200 FLY	03:24.79	03:02.89	02:36.49	02:28.79	02:27.49
100 IM	01:33.19	01:22.79	01:12.49	01:08.49	01:05.79
200 IM	03:12.99	02:59.19	02:36.89	02:27.99	02:21.39
400 IM	06:48.29	06:19.59	05:30.29	05:15.89	05:04.69
200 FREE RELAY				01:54.79	TBA
400 FREE RELAY				04:04.59	TBA
200 MEDLEY RELAY				02:06.19	TBA
400 MEDLEY RELAY				04:39.49	TBA
11-12 GIRLS LONG COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:43.39	00:37.39	00:32.79	00:30.99	00:29.99
100 FREE	01:31.29	01:21.79	01:11.69	01:07.59	01:04.79
200 FREE	03:12.79	02:55.79	02:34.19	02:26.99	02:21.59
400 FREE	06:43.99	06:15.79	05:29.59	05:09.69	04:59.39
800 FREE	13:26.39	12:30.59	10:58.39	10:19.59	10:10.59
1500 FREE	24:43.99	23:03.19	21:05.99	20:01.99	19:55.69
50 BACK	00:51.89	00:44.59	00:39.09	00:36.19	00:35.29
100 BACK	01:47.59	01:36.39	01:24.49	01:18.39	01:15.89
200 BACK	03:40.29	03:14.49	02:50.89	02:43.19	02:41.99
50 BREAST	00:55.49	00:48.79	00:42.59	00:40.59	00:39.39
100 BREAST	01:56.59	01:47.29	01:34.09	01:28.19	01:25.49
200 BREAST	03:58.69	03:44.59	03:17.59	03:04.89	03:04.09
50 FLY	00:48.19	00:41.49	00:36.29	00:33.99	00:32.99
100 FLY	01:47.69	01:33.29	01:21.79	01:17.69	01:13.69
200 FLY	03:49.19	03:20.69	02:56.49	02:46.89	02:44.19
200 IM	03:36.29	03:21.49	02:56.59	02:46.99	02:40.99
400 IM	07:43.99	07:04.29	06:10.39	05:53.79	05:51.29
200 FREE RELAY				02:05.99	TBA
400 FREE RELAY				04:37.09	TBA
200 MEDLEY RELAY				02:22.19	TBA
400 MEDLEY RELAY				05:15.49	TBA

PACIFIC SWIMMING TIME STANDARDS 2004

13-14 GIRLS SHORT COURSE YARDS					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:36.39	00:31.69	00:27.69	00:26.29	00:25.39
100 FREE	01:15.59	01:08.39	00:59.79	00:56.89	00:54.99
200 FREE	02:40.29	02:28.29	02:09.79	02:03.59	02:01.59
500 FREE	07:12.69	06:30.89	05:42.29	05:25.99	05:15.59
1000 FREE	13:47.19	13:34.99	11:53.99	11:09.99	10:59.79
1650 FREE	23:04.89	22:22.29	19:35.99	18:25.99	18:22.19
100 BACK	01:31.19	01:19.29	01:09.29	01:04.99	01:01.79
200 BACK	03:12.79	02:49.09	02:28.09	02:20.99	02:12.89
100 BREAST	01:39.19	01:29.89	01:18.69	01:12.89	01:09.59
200 BREAST	03:28.59	03:15.49	02:51.19	02:39.99	02:30.09
100 FLY	01:27.79	01:17.59	01:07.59	01:04.29	01:01.19
200 FLY	03:20.19	02:53.89	02:32.29	02:24.99	02:16.09
200 IM	03:00.89	02:49.09	02:28.09	02:19.99	02:13.89
400 IM	06:18.09	05:59.59	05:14.99	04:59.99	04:43.89
200 FREE RELAY				01:48.99	TBA
400 FREE RELAY				03:51.99	TBA
800 FREE RELAY				08:26.99	TBA
200 MEDLEY RELAY				02:01.59	TBA
400 MEDLEY RELAY				04:21.99	TBA
13-14 GIRLS LONG COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:40.99	00:35.89	00:31.49	00:29.49	00:28.89
100 FREE	01:25.09	01:17.29	01:07.79	01:04.59	01:02.19
200 FREE	03:00.29	02:47.39	02:26.79	02:17.69	02:14.39
400 FREE	06:28.79	05:52.49	05:09.29	04:50.59	04:46.79
800 FREE	12:25.09	12:14.29	10:44.39	10:07.19	09:57.59
1500 FREE	23:30.09	22:54.39	20:05.99	19:08.59	19:04.79
100 BACK	01:42.29	01:29.29	01:18.29	01:13.59	01:11.79
200 BACK	03:36.09	03:10.29	02:46.99	02:39.09	02:33.69
100 BREAST	01:51.09	01:40.99	01:28.59	01:23.29	01:20.79
200 BREAST	03:53.49	03:39.29	03:12.39	02:59.99	02:52.49
100 FLY	01:38.59	01:27.49	01:16.39	01:11.59	01:09.49
200 FLY	03:44.19	03:15.59	02:51.59	02:41.99	02:36.59
200 IM	03:23.09	03:10.79	02:46.89	02:36.49	02:32.79
400 IM	07:13.89	06:44.09	05:54.49	05:37.99	05:26.39
200 FREE RELAY				02:03.89	TBA
400 FREE RELAY				04:23.19	TBA
800 FREE RELAY				09:33.69	TBA
200 MEDLEY RELAY				02:21.29	TBA
400 MEDLEY RELAY				04:56.19	TBA

PACIFIC SWIMMING TIME STANDARDS 2004

13-14 BOYS SHORT COURSE YARDS					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:34.09	00:29.59	00:25.89	00:24.59	00:23.99
100 FREE	01:10.29	01:03.99	00:55.99	00:53.09	00:51.89
200 FREE	02:28.39	02:19.49	02:01.09	01:55.99	01:52.79
500 FREE	06:33.79	06:14.59	05:28.09	05:11.99	05:04.09
1000 FREE	13:18.79	13:01.19	11:24.49	10:49.99	10:40.39
1650 FREE	23:04.89	22:22.29	19:35.99	19:09.99	18:01.59
100 BACK	01:24.89	01:16.79	01:07.19	01:01.99	00:59.09
200 BACK	03:02.29	02:47.49	02:26.69	02:14.99	02:08.29
100 BREAST	01:32.89	01:23.99	01:13.49	01:08.99	01:06.19
200 BREAST	03:17.49	03:04.69	02:41.69	02:32.09	02:23.89
100 FLY	01:22.29	01:12.59	01:03.59	01:00.49	00:57.89
200 FLY	03:02.19	02:46.59	02:25.89	02:17.99	02:11.49
200 IM	02:53.39	02:40.99	02:20.89	02:11.99	02:07.69
400 IM	06:04.99	05:47.59	05:04.49	04:46.99	04:34.09
200 FREE RELAY				01:43.99	TBA
400 FREE RELAY				03:46.79	TBA
800 FREE RELAY				08:09.19	TBA
200 MEDLEY RELAY				01:54.79	TBA
400 MEDLEY RELAY				04:16.39	TBA
13-14 BOYS LONG COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:38.59	00:33.89	00:29.69	00:28.29	00:27.29
100 FREE	01:19.39	01:12.59	01:03.69	01:00.69	00:59.59
200 FREE	02:46.99	02:37.39	02:17.99	02:11.59	02:09.39
400 FREE	05:54.39	05:37.79	04:56.29	04:42.59	04:36.59
800 FREE	11:54.09	11:42.79	10:16.59	09:47.99	09:40.79
1500 FREE	22:30.39	22:12.89	19:29.99	18:15.99	18:13.39
100 BACK	01:35.49	01:26.89	01:16.19	01:10.99	01:09.29
200 BACK	03:24.69	03:08.89	02:45.69	02:33.29	02:29.49
100 BREAST	01:44.49	01:35.19	01:23.49	01:19.59	01:17.19
200 BREAST	03:41.29	03:27.49	03:01.89	02:52.79	02:47.19
100 FLY	01:32.59	01:22.29	01:12.09	01:08.79	01:06.19
200 FLY	03:23.99	03:06.69	02:43.69	02:36.09	02:30.99
200 IM	03:14.39	03:00.59	02:38.49	02:30.19	02:27.99
400 IM	06:47.49	06:30.99	05:42.99	05:25.99	05:16.39
200 FREE RELAY				01:58.39	TBA
400 FREE RELAY				04:17.49	TBA
800 FREE RELAY				09:14.39	TBA
200 MEDLEY RELAY				02:10.29	TBA
400 MEDLEY RELAY				04:48.69	TBA

PACIFIC SWIMMING TIME STANDARDS 2004

15-16 GIRLS SHORT COURSE YARDS					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:36.19	00:31.29	00:27.29	00:25.99	00:24.99
100 FREE	01:15.29	01:07.79	00:59.39	00:56.49	00:53.69
200 FREE	02:39.39	02:26.39	02:08.09	02:01.99	01:55.49
500 FREE	07:10.39	06:25.99	05:38.09	05:21.99	05:08.49
1000 FREE	13:26.49	13:22.99	11:43.39	11:09.99	10:45.69
1650 FREE	23:16.69	22:34.29	19:46.49	18:39.99	18:13.79
100 BACK	01:31.39	01:19.79	01:09.89	01:05.99	00:59.59
200 BACK	03:13.39	02:50.29	02:29.09	02:20.99	02:09.19
100 BREAST	01:39.19	01:29.89	01:18.69	01:13.99	01:06.09
200 BREAST	03:28.99	03:16.19	02:51.79	02:38.99	02:23.69
100 FLY	01:26.89	01:15.59	01:06.19	01:02.99	00:57.79
200 FLY	03:18.29	02:49.79	02:28.59	02:21.49	02:08.39
200 IM	02:59.19	02:45.49	02:24.89	02:17.99	02:07.89
400 IM	06:28.99	05:59.59	05:14.99	04:55.99	04:34.09
200 FREE RELAY				01:47.09	TBA
400 FREE RELAY				03:56.59	TBA
800 FREE RELAY				08:19.29	TBA
200 MEDLEY RELAY				01:59.89	TBA
400 MEDLEY RELAY				04:25.59	TBA
15-16 GIRLS LONG COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:40.89	00:35.59	00:31.09	00:29.29	00:28.49
100 FREE	01:24.99	01:16.99	01:07.39	01:02.79	01:01.09
200 FREE	02:59.29	02:45.29	02:24.89	02:16.69	02:11.79
400 FREE	06:27.29	05:49.29	05:05.59	04:51.39	04:38.79
800 FREE	12:05.79	12:03.79	10:35.09	10:03.59	09:46.49
1500 FREE	23:49.89	23:13.19	20:22.49	19:14.99	19:01.59
100 BACK	01:42.59	01:29.99	01:18.89	01:12.99	01:10.69
200 BACK	03:36.69	03:11.69	02:48.09	02:37.49	02:31.69
100 BREAST	01:51.09	01:40.99	01:28.59	01:22.79	01:18.99
200 BREAST	03:53.89	03:40.19	03:12.99	02:58.99	02:51.39
100 FLY	01:37.59	01:25.39	01:14.89	01:10.99	01:07.89
200 FLY	03:42.09	03:10.99	02:47.49	02:38.59	02:30.69
200 IM	03:20.59	03:06.39	02:43.39	02:35.79	02:28.79
400 IM	07:08.89	06:29.19	05:45.19	05:33.99	05:20.39
200 FREE RELAY				02:01.79	TBA
400 FREE RELAY				04:28.29	TBA
800 FREE RELAY				09:24.09	TBA
200 MEDLEY RELAY				02:15.79	TBA
400 MEDLEY RELAY				05:00.19	TBA

PACIFIC SWIMMING TIME STANDARDS 2004

15-16 BOYS SHORT COURSE YARDS					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:32.09	00:27.99	00:24.49	00:23.19	00:22.59
100 FREE	01:07.49	01:01.29	00:53.49	00:50.89	00:48.99
200 FREE	02:23.69	02:13.19	01:56.59	01:50.99	01:46.59
500 FREE	06:14.49	05:59.59	05:14.99	04:59.99	04:48.09
1000 FREE	13:14.79	12:47.09	11:11.99	10:39.99	10:08.19
1650 FREE	21:57.39	21:34.29	18:53.99	17:59.99	17:14.99
100 BACK	01:20.79	01:12.69	01:03.69	00:59.99	00:55.59
200 BACK	02:53.49	02:38.29	02:18.59	02:09.99	02:01.19
100 BREAST	01:29.59	01:19.29	01:09.29	01:05.99	01:02.49
200 BREAST	03:10.09	02:56.29	02:34.39	02:26.99	02:17.29
100 FLY	01:16.59	01:07.89	00:59.29	00:56.39	00:53.99
200 FLY	02:49.59	02:34.29	02:15.09	02:10.99	02:02.09
200 IM	02:45.19	02:31.79	02:12.99	02:06.59	02:00.89
400 IM	05:52.59	05:34.49	04:52.99	04:38.99	04:20.49
200 FREE RELAY				01:35.19	TBA
400 FREE RELAY				03:34.99	TBA
800 FREE RELAY				07:34.99	TBA
200 MEDLEY RELAY				01:47.59	TBA
400 MEDLEY RELAY				03:59.19	TBA
15-16 BOYS LONG COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:36.29	00:31.89	00:27.89	00:26.49	00:26.09
100 FREE	01:16.19	01:09.49	01:00.79	00:57.39	00:56.69
200 FREE	02:41.49	02:30.89	02:12.29	02:05.09	02:03.29
400 FREE	05:51.39	05:26.09	04:45.19	04:27.79	04:22.09
800 FREE	11:58.99	11:32.19	10:07.39	09:39.19	09:10.59
1500 FREE	22:27.29	22:06.49	19:23.99	18:15.99	17:42.49
100 BACK	01:30.79	01:22.19	01:12.09	01:07.19	01:05.39
200 BACK	03:15.29	02:58.49	02:36.49	02:23.79	02:21.09
100 BREAST	01:40.69	01:29.79	01:18.69	01:14.99	01:13.89
200 BREAST	03:33.09	03:18.29	02:53.89	02:45.69	02:40.49
100 FLY	01:26.19	01:16.79	01:07.19	01:03.69	01:01.99
200 FLY	03:10.79	02:54.49	02:32.59	02:26.99	02:19.49
200 IM	03:05.69	02:51.29	02:30.29	02:23.29	02:19.99
400 IM	06:35.79	06:16.49	05:30.29	05:08.19	05:00.09
200 FREE RELAY				01:49.59	TBA
400 FREE RELAY				04:04.49	TBA
800 FREE RELAY				08:36.49	TBA
200 MEDLEY RELAY				02:02.39	TBA
400 MEDLEY RELAY				04:31.19	TBA

PACIFIC SWIMMING TIME STANDARDS 2004

17-18 GIRLS SHORT COURSE YARDS					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:36.59	00:32.19	00:28.09	00:26.69	00:24.99
100 FREE	01:16.19	01:09.59	01:00.09	00:57.19	00:53.79
200 FREE	02:41.59	02:31.19	02:12.09	02:05.69	01:55.49
500 FREE	07:17.69	06:41.59	05:51.79	05:34.99	05:09.39
1000 FREE	14:19.69	13:58.99	12:14.99	11:39.99	11:05.59
1650 FREE	23:39.79	23:10.19	20:17.89	19:19.99	18:47.09
100 BACK	01:32.99	01:23.19	01:12.69	01:09.09	01:00.69
200 BACK	03:18.99	03:02.29	02:39.59	02:31.99	02:11.69
100 BREAST	01:40.49	01:32.59	01:21.09	01:17.99	01:08.99
200 BREAST	03:30.89	03:20.29	02:55.39	02:46.99	02:30.29
100 FLY	01:27.39	01:16.79	01:07.19	01:03.99	00:59.69
200 FLY	03:22.49	02:58.69	02:36.49	02:28.99	02:13.59
200 IM	03:02.49	02:52.59	02:30.89	02:23.49	02:10.49
400 IM	06:36.29	06:15.19	05:28.69	05:12.99	04:42.99
200 FREE RELAY				01:50.99	TBA
400 FREE RELAY				03:59.99	TBA
800 FREE RELAY				08:29.99	TBA
200 MEDLEY RELAY				02:05.99	TBA
400 MEDLEY RELAY				04:29.99	TBA
17-18 GIRLS LONG COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:41.29	00:36.49	00:31.89	00:29.49	00:28.39
100 FREE	01:25.39	01:17.99	01:08.09	01:03.69	01:00.79
200 FREE	03:01.69	02:50.49	02:29.29	02:19.99	02:11.59
400 FREE	06:33.19	06:01.99	05:17.59	05:02.79	04:39.49
800 FREE	12:59.09	12:37.49	11:03.59	10:25.99	09:44.89
1500 FREE	24:09.79	23:42.29	20:47.89	19:19.99	18:56.99
100 BACK	01:44.29	01:33.59	01:21.89	01:17.99	01:10.89
200 BACK	03:42.89	03:24.89	02:59.59	02:44.89	02:31.49
100 BREAST	01:52.59	01:44.09	01:31.19	01:25.39	01:20.09
200 BREAST	03:56.19	03:45.09	03:16.99	03:07.69	02:51.49
100 FLY	01:38.29	01:26.89	01:15.99	01:12.39	01:08.09
200 FLY	03:46.69	03:20.79	02:56.19	02:47.89	02:31.49
200 IM	03:24.19	03:14.09	02:49.89	02:38.79	02:28.69
400 IM	07:13.89	06:39.89	06:09.59	05:52.29	05:20.49
200 FREE RELAY				02:06.09	TBA
400 FREE RELAY				04:31.99	TBA
800 FREE RELAY				09:35.99	TBA
200 MEDLEY RELAY				02:22.59	TBA
400 MEDLEY RELAY				05:04.99	TBA

PACIFIC SWIMMING TIME STANDARDS 2004

17-18 BOYS SHORT COURSE YARDS					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:32.09	00:27.99	00:24.49	00:23.19	00:22.19
100 FREE	01:07.19	01:00.69	00:52.99	00:50.29	00:48.09
200 FREE	02:23.69	02:13.19	01:56.59	01:50.99	01:44.89
500 FREE	06:17.99	06:07.09	05:21.49	05:06.19	04:47.59
1000 FREE	13:15.79	12:49.19	11:13.99	10:39.99	10:19.59
1650 FREE	21:58.39	21:36.49	18:55.99	17:59.99	17:38.69
100 BACK	01:20.69	01:12.49	01:03.49	01:00.39	00:55.09
200 BACK	02:56.69	02:45.09	02:24.49	02:17.59	02:00.29
100 BREAST	01:30.09	01:20.39	01:10.39	01:06.99	01:01.49
200 BREAST	03:11.79	02:59.79	02:37.49	02:29.99	02:15.69
100 FLY	01:16.79	01:08.49	00:59.89	00:56.99	00:53.29
200 FLY	02:52.59	02:40.69	02:20.69	02:13.99	02:01.49
200 IM	02:45.79	02:33.09	02:13.39	02:06.99	01:58.19
400 IM	05:55.39	05:40.49	04:58.19	04:43.99	04:15.79
200 FREE RELAY				01:36.99	TBA
400 FREE RELAY				03:37.69	TBA
800 FREE RELAY				07:36.89	TBA
200 MEDLEY RELAY				01:49.59	TBA
400 MEDLEY RELAY				04:03.99	TBA
17-18 BOYS LONG COURSE					
DISTANCE/STROKE	B	A	AA	Q	PRT
50 FREE	00:36.29	00:31.89	00:27.89	00:25.99	00:25.69
100 FREE	01:15.89	01:08.79	01:00.19	00:57.29	00:55.19
200 FREE	02:41.49	02:30.89	02:12.29	02:04.19	02:01.19
400 FREE	05:53.99	05:31.69	04:50.99	04:28.99	04:19.89
800 FREE	11:59.09	11:32.19	10:07.39	09:39.19	09:10.09
1500 FREE	23:12.49	22:06.49	19:23.99	18:25.99	17:52.39
100 BACK	01:30.69	01:21.89	01:11.89	01:08.49	01:04.49
200 BACK	03:18.79	03:05.89	02:42.99	02:35.39	02:18.99
100 BREAST	01:41.09	01:30.59	01:19.49	01:15.69	01:12.49
200 BREAST	03:34.89	03:22.09	02:57.29	02:48.99	02:40.19
100 FLY	01:26.49	01:17.49	01:07.89	01:04.19	01:00.79
200 FLY	03:13.89	03:00.99	02:38.79	02:31.39	02:16.99
200 IM	03:05.99	02:51.89	02:30.79	02:23.69	02:16.59
400 IM	06:38.89	06:22.99	05:36.09	05:20.39	04:53.99
200 FREE RELAY				01:50.69	TBA
400 FREE RELAY				04:07.49	TBA
800 FREE RELAY				08:38.49	TBA
200 MEDLEY RELAY				02:04.59	TBA
400 MEDLEY RELAY				04:36.39	TBA

PACIFIC SWIMMING TIME STANDARDS 2001

Junior/ Senior Time Standards Short Course				
WOMEN				
DISTANCE/STROKE	JUNIOR	JUNIOR T & F	SENIOR	SENIOR T & F
50 Free	00:29.49	00:27.69	00:26.59	00:25.79
100 Free	01:03.79	00:59.79	00:58.19	00:54.99
200 Free	02:18.49	02:09.79	02:03.99	01:59.49
500 Free	06:01.79	05:42.29	05:26.99	05:17.99
1000 Free	12:19.49	11:49.99	11:18.39	10:59.99
1650 Free	20:47.89	19:35.99	19:13.99	18:59.99
100 Back	01:13.99	01:09.29	01:06.99	01:03.69
200 Back	02:37.99	02:28.09	02:22.19	02:15.69
100 Breast	01:23.89	01:18.69	01:15.99	01:11.49
200 Breast	03:02.59	02:51.19	02:42.39	02:35.89
100 Fly	01:12.39	01:07.59	01:03.99	01:01.99
200 Fly	02:42.39	02:32.29	02:20.79	02:17.99
200 IM	02:37.99	02:28.99	02:22.49	02:16.59
400 IM	05:35.99	05:14.99	05:01.99	04:51.59
MEN				
DISTANCE/STROKE	JUNIOR	JUNIOR T & F	SENIOR	SENIOR T & F
50 Free	00:27.59	00:25.89	00:23.99	00:22.69
100 Free	00:59.49	00:55.79	00:52.89	00:49.79
200 Free	02:09.99	02:01.79	01:54.09	01:48.49
500 Free	05:49.49	05:27.59	05:07.99	04:56.99
1000 Free	11:30.99	10:59.99	10:33.89	10:25.99
1650 Free	19:40.79	18:59.99	18:29.99	17:59.99
100 Back	01:11.69	01:07.19	01:01.69	00:58.79
200 Back	02:36.49	02:26.69	02:14.19	02:07.79
100 Breast	01:18.39	01:13.49	01:08.49	01:04.09
200 Breast	02:52.49	02:41.69	02:29.49	02:22.99
100 Fly	01:07.79	01:03.59	00:58.09	00:55.99
200 Fly	02:34.59	02:24.89	02:08.69	02:07.99
200 IM	02:29.59	02:20.19	02:10.49	02:04.29
400 IM	05:24.79	04:59.99	04:39.09	04:33.79

PACIFIC SWIMMING TIME STANDARDS 2001

Junior/ Senior Time Standards Long Course				
WOMEN				
DISTANCE/STROKE	JUNIOR	JUNIOR T & F	SENIOR	SENIOR T & F
50 Free	00:33.49	00:31.49	00:30.19	00:29.39
100 Free	01:12.19	01:07.79	01:05.99	01:02.49
200 Free	02:36.39	02:26.79	02:20.39	02:15.49
400 Free	05:26.39	05:09.29	04:55.79	04:45.99
800 Free	11:08.19	10:35.09	10:12.99	09:56.79
1500 Free	21:20.59	20:05.99	19:49.99	19:29.99
100 Back	01:23.39	01:18.29	01:15.69	01:12.09
200 Back	02:57.79	02:46.99	02:40.49	02:33.29
100 Breast	01:34.29	01:28.59	01:25.79	01:20.69
200 Breast	03:24.89	03:12.39	03:02.99	02:55.49
100 Fly	01:21.69	01:16.39	01:12.39	01:10.99
200 Fly	03:02.69	02:51.59	02:38.89	02:35.79
200 IM	02:58.19	02:46.89	02:40.69	02:34.29
400 IM	06:17.59	05:54.49	05:40.99	05:28.79
MEN				
DISTANCE/STROKE	JUNIOR	JUNIOR T & F	SENIOR	SENIOR T & F
50 Free	00:31.39	00:29.49	00:27.29	00:25.99
100 Free	01:07.49	01:03.39	01:00.19	00:56.79
200 Free	02:26.99	02:17.99	02:09.49	02:03.39
400 Free	05:15.59	04:56.29	04:37.99	04:29.39
800 Free	10:25.49	09:57.99	09:33.79	09:26.89
1500 Free	20:13.39	19:29.99	18:59.99	18:29.99
100 Back	01:20.89	01:15.99	01:09.79	01:06.69
200 Back	02:56.19	02:45.39	02:31.59	02:24.59
100 Breast	01:28.29	01:22.89	01:17.29	01:12.59
200 Breast	03:13.79	03:01.89	02:52.39	02:40.59
100 Fly	01:16.59	01:11.99	01:05.89	01:03.59
200 Fly	02:54.09	02:43.39	02:25.49	02:24.79
200 IM	02:48.49	02:38.29	02:27.49	02:20.79
400 IM	06:05.29	05:42.99	05:14.99	05:09.19
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