

2017 Pacific Swimming Junior Olympics Time Standards
Official Qualifying Standards – SHORT COURSE YARDS & LONG COURSE METERS

	GIRLS									
	10/Under		11		12		13		14	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
50 FR	30.59	34.89	29.39	33.29	28.19	31.99	27.69	31.59	26.99	30.89
100 FR	1:08.19	1:17.49	1:04.19	1:13.19	1:00.49	1:09.89	59.79	1:08.39	58.79	1:06.79
200 FR	2:29.09	2:50.09	2:18.39	2:38.79	2:12.49	2:30.99	2:09.19	2:27.69	2:06.49	2:24.39
400/500 FR	6:31.39	5:50.59	6:08.29	5:30.69	5:52.59	5:15.39	5:44.79	5:07.39	5:38.29	5:02.19
800/1000 FR			12:52.79	11:36.19	12:09.49	11:03.99	11:53.79	10:38.39	11:37.29	10:20.99
1500/1650 FR			21:43.19	22:25.09	20:34.59	21:13.19	19:54.09	20:20.49	19:21.69	19:48.09
50 BK	36.19	41.49	33.39	38.59	31.89	36.89				
100 BK	1:17.89	1:30.29	1:13.09	1:25.09	1:09.29	1:19.39	1:05.69	1:16.39	1:04.59	1:14.09
200 BK			2:35.49	2:59.99	2:27.79	2:50.59	2:22.49	2:43.59	2:18.39	2:39.89
50 BR	40.09	45.89	37.49	42.89	35.89	40.39				
100 BR	1:27.99	1:41.49	1:22.09	1:34.39	1:18.19	1:29.69	1:15.39	1:26.89	1:13.89	1:25.19
200 BR			2:56.99	3:23.19	2:49.19	3:12.69	2:43.09	3:07.59	2:39.79	3:03.19
50 FL	34.79	39.39	31.89	35.99	30.59	34.29				
100 FL	1:20.19	1:31.09	1:11.69	1:21.99	1:08.99	1:17.99	1:05.59	1:13.89	1:04:09	1:12.39
200 FL			2:39.59	3:00.29	2:29.79	2:51.79	2:24.79	2:44.79	2:22.09	2:39.69
100 IM	1:17.69		1:13.79		1:10.09					
200 IM	2:46.49	3:08.89	2:37.29	2:59.79	2:29.99	2:51.19	2:25.99	2:47.49	2:22.59	2:43.89
400 IM			5:35.69	6:27.29	5:19.19	6:04.59	5:08.49	5:53.19	5:03.09	5:45.89

	BOYS									
	10/Under		11		12		13		14	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
50 FR	30.19	34.29	29.29	33.09	27.19	31.19	25.99	29.89	24.99	28.79
100 FR	1:07.19	1:16.89	1:03.09	1:12.19	59.39	1:07.49	56.69	1:04.89	54.49	1:02.69
200 FR	2:24.99	2:44.69	2:17.79	2:35.89	2:09.19	2:26.99	2:03.89	2:21.29	1:58.39	2:16.09
400/500 FR	6:25.49	5:44.59	6:07.59	5:29.09	5:47.49	5:08.49	5:31.59	4:58.49	5:19.99	4:49.29
800/1000 FR			12:50.49	11:38.89	11:59.09	10:54.19	11:28.49	10:17.49	11:03.89	10:02.99
1500/1650 FR			21:41.59	22:29.19	20:18.79	20:55.49	19:15.89	19:45.19	18:27.59	19:05.89
50 BK	35.99	41.29	33.49	38.89	31.59	36.49				
100 BK	1:16.59	1:27.69	1:12.29	1:23.79	1:07.49	1:18.49	1:02.89	1:13.09	1:00.49	1:10.79
200 BK			2:33.79	2:56.29	2:23.99	2:46.59	2:16.09	2:37.69	2:10.09	2:30.29
50 BR	39.99	45.99	37.69	43.59	35.19	40.09				
100 BR	1:26.29	1:40.19	1:21.69	1:34.89	1:15.89	1:27.69	1:11.49	1:21.99	1:08.09	1:17.89
200 BR			2:55.29	3:25.19	2:42.99	3:08.89	2:35.19	2:58.39	2:28.39	2:52.59
50 FL	34.39	38.89	32.39	36.69	30.19	34.09				
100 FL	1:19.89	1:30.59	1:11.99	1:22.19	1:07.09	1:16.39	1:01.79	1:10.69	59.59	1:07.49
200 FL			2:38.29	3:00.69	2:26.29	2:46.39	2:17.39	2:37.39	2:11.69	2:29.99
100 IM	1:16.99		1:12.79		1:08.09					
200 IM	2:46.19	3:08.29	2:37.09	2:59.39	2:27.09	2:48.19	2:18.59	2:40.19	2:13.09	2:33.69
400 IM			5:33.29	6:23.19	5:12.19	5:56.29	4:55.29	5:39.69	4:43.39	5:26.19

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	10/Under		11		12		13		14	
	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS
50 FR	33.79	33.29	32.49	32.39	31.19	29.99	30.59	28.69	29.89	27.59
100 FR	1:15.39	1:14.19	1:10.89	1:09.69	1:06.79	1:05.59	1:06.09	1:02.69	1:04.89	1:00.29
200 FR	2:44.69	2:40.19	2:32.89	2:32.19	2:26.39	2:22.69	2:22.79	2:16.89	2:19.69	2:10.89
400/500 FR	5:42.49	5:37.39	5:22.29	5:21.69	5:08.59	5:04.09	5:01.79	4:50.19	4:55.99	4:39.99
800/1000 FR			11:16.29	11:14.29	10:38.49	10:29.29	10:24.69	10:02.49	10:10.29	9:40.99
1500/1650 FR			21:35.59	21:33.99	20:27.39	20:11.69	19:47.09	19:09.19	19:14.89	18:21.09
50 BK	39.99	39.79	36.89	36.99	35.19	34.89				
100 BK	1:26.09	1:24.59	1:20.79	1:19.89	1:16.59	1:14.59	1:12.59	1:09.49	1:11.39	1:06.79
200 BK			2:51.89	2:49.89	2:43.29	2:39.09	2:37.49	2:30.39	2:32.89	2:23.79
50 BR	44.29	44.19	41.49	41.59	39.69	38.89				
100 BR	1:37.29	1:35.39	1:30.69	1:30.29	1:26.39	1:23.79	1:23.29	1:18.99	1:21.59	1:15.29
200 BR			3:15.59	3:13.69	3:06.99	3:00.09	3:00.29	2:51.49	2:56.59	2:43.99
50 FL	38.39	38.09	35.19	35.79	33.79	33.39				
100 FL	1:28.69	1:28.29	1:19.29	1:19.59	1:16.29	1:14.19	1:12.49	1:08.29	1:10.79	1:05.89
200 FL			2:56.29	2:54.99	2:45.59	2:41.69	2:39.99	2:31.79	2:36.99	2:25.59
100 IM	1:25.89	1:25.09	1:21.49	1:20.39	1:17.39	1:15.19				
200 IM	3:03.89	3:03.59	2:53.79	2:53.49	2:45.69	2:42.49	2:41.29	2:33.19	2:37.49	2:27.09
400 IM			6:10.89	6:08.29	5:52.69	5:44.99	5:40.89	5:26.29	5:34.89	5:13.09