

December 2016 Pacific Swimming Junior Olympics Time Standards
Official Qualifying Standards – SHORT COURSE YARDS & LONG COURSE METERS

10/Under		11-12		13-14	
SCY	LCM	SCY	LCM	SCY	LCM

GIRLS

50 FR	30.59	34.89	28.19	31.99	26.99	30.89
100 FR	1:08.19	1:17.49	1:00.49	1:09.89	58.69	1:06.79
200 FR	2:29.09	2:50.09	2:12.39	2:30.99	2:06.49	2:23.89
400/500 FR	6:31.39	5:50.69	5:52.59	5:15.39	5:38.29	5:01.79
800/1000 FR			12:09.49	11:03.59	11:37.29	10:20.99
1500/1650 FR			20:33.39	21:09.79	19:21.69	19:48.09
50 BK	36.19	41.49	31.89	36.89		
100 BK	1:17.89	1:30.29	1:09.29	1:19.39	1:04.29	1:13.99
200 BK			2:27.39	2:50.59	2:18.29	2:38.69
50 BR	40.09	45.89	35.89	40.39		
100 BR	1:27.99	1:41.49	1:18.09	1:29.69	1:13.49	1:24.49
200 BR			2:49.09	3:12.69	2:39.39	3:02.89
50 FL	34.79	39.39	30.59	34.29		
100 FL	1:20.19	1:31.09	1:08.99	1:17.99	1:03.89	1:12.39
200 FL			2:29.79	2:51.79	2:21.69	2:38.79
100 IM	1:17.69		1:10.09			
200 IM	2:46.49	3:09.89	2:29.89	2:51.19	2:22.29	2:43.89
400 IM			5:19.19	6:04.59	5:02.69	5:45.39

BOYS

50 FR	30.19	34.29	27.19	31.09	24.89	28.29
100 FR	1:07.19	1:16.89	59.29	1:07.49	54.49	1:02.59
200 FR	2:24.99	2:44.69	2:09.19	2:26.99	1:58.69	2:16.09
400/500 FR	6:25.49	5:44.59	5:47.49	5:08.49	5:19.99	4:50.09
800/1000 FR			11:57.89	10:54.19	11:01.39	10:03.19
1500/1650 FR			20:18.79	20:51.99	18:27.59	19:05.89
50 BK	35.99	41.29	31.59	36.29		
100 BK	1:16.59	1:27.69	1:07.49	1:18.49	1:00.39	1:09.89
200 BK			2:23.99	2:46.59	2:10.09	2:30.29
50 BR	39.99	45.99	35.19	40.09		
100 BR	1:26.29	1:40.19	1:15.79	1:27.59	1:07.89	1:17.89
200 BR			2:42.39	3:08.89	2:28.29	2:52.09
50 FL	34.39	38.89	30.19	34.09		
100 FL	1:19.89	1:30.59	1:07.09	1:16.39	59.29	1:07.49
200 FL			2:26.29	2:46.39	2:11.69	2:29.99
100 IM	1:16.99		1:08.09			
200 IM	2:46.19	3:08.29	2:26.99	2:48.09	2:12.99	2:33.69
400 IM			5:12.19	5:56.09	4:43.39	5:26.19

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10/Under			11-12		13-14	
GIRLS			GIRLS		BOYS	
50 FR	33.79	33.29	31.19	29.99	29.79	27.59
100 FR	1:15.39	1:14.19	1:06.79	1:05.49	1:04.79	1:00.19
200 FR	2:44.69	2:40.19	2:26.29	2:22.69	2:19.69	2:11.19
400/500 FR	5:42.49	5:37.39	5:08.59	5:04.09	4:55.99	4:39.99
800/1000 FR			10:38.49	10:28.29	10:10.29	9:38.89
1500/1650 FR			20:26.19	20:11.69	19:14.89	18:21.09
50 BK	39.99	39.79	35.19	34.89		
100 BK	1:26.09	1:24.59	1:16.59	1:14.59	1:11.09	1:06.79
200 BK			2:42.89	2:39.09	2:32.79	2:23.79
50 BR	44.29	44.19	39.69	38.89		
100 BR	1:37.29	1:35.39	1:26.29	1:23.69	1:21.19	1:14.99
200 BR			3:06.79	2:59.39	2:56.09	2:43.79
50 FL	38.39	38.09	33.79	33.39		
100 FL	1:28.69	1:28.29	1:16.29	1:14.19	1:10.59	1:05.59
200 FL			2:45.59	2:41.69	2:36.49	2:25.59
100 IM	1:25.89	1:25.09	1:17.39	1:15.19		
200 IM	3:03.89	3:03.59	2:45.69	2:42.39	2:37.19	2:26.89
400 IM			5:52.69	5:44.99	5:34.49	5:13.09