

PACIFIC NORTHWEST SWIMMING GOLD/SILVER TIME STANDARDS LONG COURSE 2006-2007

PACIFIC NORTHWEST SWIMMING GOLD STANDARDS				
EVENT	G10U	G11-12	G13-14	G15-O
50 FR	41.69	36.79	33.99	33.09
100 FR	1:29.89	1:18.49	1:12.59	1:10.39
200 FR	3:11.39	2:46.69	2:33.99	2:29.19
400 FR	6:50.19	5:48.89	5:20.99	5:10.69
800 FR		12:20.79	11:05.79	10:45.19
1500 FR		23:50.99	21:23.59	20:45.99
50 BA	47.99	41.79		
100 BA	1:44.19	1:30.09	1:22.39	1:19.59
200 BA		3:17.29	2:58.39	2:52.89
50 BR	54.39	46.99		
100 BR	1:59.49	1:42.49	1:33.59	1:30.89
200 BR		3:44.09	3:22.69	3:16.99
50 FL	46.49	40.29		
100 FL	1:45.89	1:29.89	1:20.69	1:18.39
200 FL		3:25.09	2:59.29	2:53.69
200 IM	3:42.09	3:13.39	2:57.39	2:52.89
400 IM		6:57.59	6:15.99	6:06.79

PACIFIC NORTHWEST SWIMMING SILVER STANDARDS				
EVENT	G10U	G11-12	G13-14	G15-O
50 FR	46.99	41.09	37.79	36.79
100 FR	1:41.89	1:27.89	1:20.59	1:18.09
200 FR	3:37.59	3:06.79	2:50.79	2:45.39
400 FR	7:45.09	6:30.99	5:55.89	5:44.29
800 FR		13:50.09	12:18.89	11:55.69
1500 FR		26:42.99	23:44.69	23:02.59
50 BA	54.39	46.79		
100 BA	1:57.79	1:40.79	1:31.39	1:28.29
200 BA		3:40.39	3:17.99	3:11.89
50 BR	1:01.19	52.49		
100 BR	2:14.49	1:54.39	1:43.79	1:40.89
200 BR		4:09.69	3:44.59	3:38.59
50 FL	53.49	45.39		
100 FL	2:01.59	1:41.19	1:29.49	1:26.99
200 FL		3:50.29	3:18.69	3:12.69
200 IM	4:11.39	3:36.49	3:16.99	3:11.89
400 IM		7:46.89	6:57.29	6:47.19

PACIFIC NORTHWEST SWIMMING GOLD STANDARDS				
EVENT	B10U	B11-12	B13-14	B15-O
50 FR	42.49	36.99	32.99	31.29
100 FR	1:30.59	1:18.69	1:10.29	1:06.79
200 FR	3:12.19	2:49.29	2:30.29	2:22.89
400 FR	6:44.79	5:58.09	5:19.09	5:01.49
800 FR		12:35.79	11:00.39	10:24.39
1500 FR		24:48.69	21:21.29	20:17.29
50 BA	48.49	42.19		
100 BA	1:44.79	1:31.79	1:19.49	1:14.79
200 BA		3:17.99	2:50.89	2:40.99
50 BR	54.69	46.69		
100 BR	2:00.69	1:43.09	1:29.89	1:25.29
200 BR		3:50.39	3:17.39	3:06.89
50 FL	45.89	39.89		
100 FL	1:43.99	1:29.19	1:16.39	1:11.69
200 FL		3:21.69	2:49.69	2:40.09
200 IM	3:40.09	3:13.29	2:50.29	2:41.89
400 IM		7:05.69	6:04.49	5:44.99

PACIFIC NORTHWEST SWIMMING SILVER STANDARD				
EVENT	B10U	B11-12	B13-14	B15-O
50 FR	47.59	41.19	35.99	34.59
100 FR	1:42.29	1:28.29	1:16.99	1:13.99
200 FR	3:37.99	3:10.49	2:44.79	2:38.49
400 FR	7:40.49	6:42.89	5:44.99	5:34.49
800 FR		14:10.79	12:04.39	11:32.79
1500 FR		27:48.99	23:23.99	22:29.69
50 BA	54.79	47.29		
100 BA	1:58.29	1:42.89	1:27.09	1:22.89
200 BA		3:42.19	3:07.29	2:58.59
50 BR	1:01.69	52.29		
100 BR	2:15.89	1:55.29	1:38.39	1:34.49
200 BR		4:16.69	3:35.79	3:26.79
50 FL	52.89	45.09		
100 FL	1:59.69	1:40.89	1:23.69	1:19.49
200 FL		3:47.79	3:05.89	2:57.49
200 IM	4:09.49	3:37.39	3:06.79	2:59.59
400 IM		7:49.29	6:39.49	6:22.69