

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

PACIFIC NORTHWEST SWIMMING GOLD STANDARDS					
EVENT	G8U	G10U	G11-12	G13-14	G15-O
25 FR	20.09				
50 FR	43.89	36.89	32.39	29.89	28.99
100 FR		1:18.99	1:08.99	1:03.69	1:01.79
200 FR		2:48.69	2:26.59	2:15.19	2:11.29
500 FR		7:29.89	6:28.39	5:56.79	5:46.99
1000 FR			13:40.99	12:24.99	12:03.49
1650 FR			23:08.39	20:50.99	20:15.29
25 BA	24.59				
50 BA		41.79	36.39	*	*
100 BA		1:30.49	1:18.09	1:11.19	1:08.99
200 BA		*	2:49.89	2:34.59	2:30.59
25 BR	27.19				
50 BR		47.49	41.29	*	*
100 BR		1:43.89	1:29.19	1:21.69	1:19.49
200 BR		*	3:15.49	2:56.99	2:52.59
25 FL	23.69				
50 FL		41.29	35.99	*	*
100 FL		1:33.49	1:19.29	1:11.29	1:08.99
200 FL		*	2:58.99	2:38.29	2:33.09
100 IM	1:46.99	1:30.79	1:18.69	*	*
200 IM		3:15.39	2:48.89	2:35.49	2:31.09
400 IM		*	6:03.99	5:30.19	5:21.89

PACIFIC NORTHWEST SWIMMING SILVER STANDARDS					
EVENT	G8U	G10U	G11-12	G13-14	G15-O
25 FR	23.89				
50 FR	50.99	41.59	36.19	33.09	32.19
100 FR		1:29.49	1:17.29	1:10.69	1:08.59
200 FR		3:11.79	2:44.29	2:29.99	2:25.49
500 FR		8:31.89	7:15.39	6:35.69	6:24.49
1000 FR			15:19.89	13:46.69	13:22.59
1650 FR			25:55.39	23:08.39	22:28.49
25 BA	28.29				
50 BA		47.29	40.79	*	*
100 BA		1:42.29	1:27.39	1:19.09	1:16.59
200 BA		*	3:09.79	2:51.49	2:47.19
25 BR	31.19				
50 BR		53.49	46.09	*	*
100 BR		1:56.89	1:39.49	1:30.59	1:28.29
200 BR		*	3:37.89	3:16.19	3:11.49
25 FL	28.49				
50 FL		47.49	40.49	*	*
100 FL		1:47.39	1:29.19	1:19.09	1:16.59
200 FL		*	3:20.99	2:55.39	2:49.89
100 IM	2:00.09	1:42.79	1:28.09	*	*
200 IM		3:41.19	3:08.99	2:52.59	2:47.79
400 IM		*	6:46.89	6:06.49	5:57.39

PACIFIC NORTHWEST SWIMMING GOLD STANDARDS					
EVENT	B8U	B10U	B11-12	B13-14	B15-O
25 FR	20.09				
50 FR	43.89	37.29	32.49	28.69	27.09
100 FR		1:19.39	1:08.99	1:00.99	57.89
200 FR		2:49.59	2:27.99	2:10.59	2:03.79
500 FR		7:37.59	6:37.49	5:52.49	5:34.69
1000 FR			13:55.99	12:11.49	11:32.79
1650 FR			23:48.89	20:42.69	19:38.89
25 BA	24.59				
50 BA		42.39	36.69	*	*
100 BA		1:31.19	1:18.09	1:08.39	1:04.29
200 BA		*	2:48.79	2:27.39	2:18.59
25 BR	27.19				
50 BR		48.09	40.99	*	*
100 BR		1:45.29	1:29.19	1:17.99	1:13.39
200 BR		*	3:17.69	2:51.29	2:40.99
25 FL	23.69				
50 FL		40.59	35.29	*	*
100 FL		1:31.19	1:18.29	1:07.49	1:03.09
200 FL		*	2:57.69	2:28.99	2:21.19
100 IM	1:46.99	1:30.29	1:17.99	*	*
200 IM		3:12.99	2:47.99	2:27.49	2:18.69
400 IM		*	6:04.59	5:16.79	5:01.29

PACIFIC NORTHWEST SWIMMING SILVER STANDARD					
EVENT	B8U	B10U	B11-12	B13-14	B15-O
25 FR	23.89				
50 FR	50.99	41.79	36.19	31.69	29.99
100 FR		1:29.69	1:17.39	1:07.79	1:04.19
200 FR		3:12.39	2:46.59	2:25.19	2:17.29
500 FR		8:38.79	7:27.29	6:31.69	6:11.29
1000 FR			15:40.99	13:32.89	12:48.59
1650 FR			26:41.99	22:58.79	21:47.09
25 BA	28.29				
50 BA		47.89	41.09	*	*
100 BA		1:42.89	1:27.49	1:15.89	1:11.29
200 BA		*	3:09.39	2:43.59	2:33.69
25 BR	31.19				
50 BR		54.29	45.89	*	*
100 BR		1:58.59	1:39.69	1:26.39	1:21.29
200 BR		*	3:40.29	3:09.39	2:58.19
25 FL	28.49				
50 FL		46.69	39.89	*	*
100 FL		1:44.99	1:28.49	1:14.99	1:09.99
200 FL		*	3:20.69	2:45.19	2:36.49
100 IM	2:00.09	1:42.49	1:27.79	*	*
200 IM		3:38.79	3:08.99	2:43.89	2:33.99
400 IM		*	6:49.39	5:51.69	5:34.19