

# PACIFIC NORTHWEST SWIMMING GOLD/SILVER TIME STANDARDS SHORT COURSE 2005-2006

| PACIFIC NORTHWEST SWIMMING GOLD STANDARDS |         |         |          |          |          |
|---|---------|---------|----------|----------|----------|
| EVENT                                     | G8U     | G10U    | G11-12   | G13-14   | G15-O    |
| 25 FR                                     | 20.09   |         |          |          |          |
| 50 FR                                     | 43.89   | 36.89   | 32.29    | 30.09    | 28.99    |
| 100 FR                                    |         | 1:19.49 | 1:08.89  | 1:03.59  | 1:01.69  |
| 200 FR                                    |         | 2:50.29 | 2:27.49  | 2:14.89  | 2:11.19  |
| 500 FR                                    |         | 7:34.89 | 6:37.59  | 5:56.89  | 5:48.49  |
| 1000 FR                                   |         |         | 13:51.49 | 12:25.89 | 12:10.89 |
| 1650 FR                                   |         |         | 23:47.69 | 20:53.69 | 20:21.89 |
| 25 BA                                     | 24.59   |         |          |          |          |
| 50 BA                                     |         | 42.29   | 36.49    | *        | *        |
| 100 BA                                    |         | 1:32.49 | 1:18.89  | 1:11.49  | 1:08.99  |
| 200 BA                                    |         | *       | 2:52.99  | 2:35.39  | 2:30.79  |
| 25 BR                                     | 27.19   |         |          |          |          |
| 50 BR                                     |         | 48.49   | 41.49    | *        | *        |
| 100 BR                                    |         | 1:46.59 | 1:30.09  | 1:21.69  | 1:20.19  |
| 200 BR                                    |         | *       | 3:17.59  | 3:08.79  | 2:54.09  |
| 25 FL                                     | 23.69   |         |          |          |          |
| 50 FL                                     |         | 41.49   | 35.69    | *        | *        |
| 100 FL                                    |         | 1:33.59 | 1:19.89  | 1:11.49  | 1:09.19  |
| 200 FL                                    |         | *       | 3:00.99  | 2:38.89  | 2:33.39  |
| 100 IM                                    | 1:46.99 | 1:32.09 | 1:19.39  | *        | *        |
| 200 IM                                    |         | 3:16.39 | 2:50.79  | 2:35.99  | 2:30.99  |
| 400 IM                                    |         | *       | 6:10.19  | 5:30.79  | 5:22.39  |

| 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    | 33.39    | 32.19    |
| 100 FR                                      |         | 1:29.69 | 1:17.19  | 1:10.59  | 1:08.49  |
| 200 FR                                      |         | 3:11.79 | 2:44.79  | 2:29.59  | 2:25.49  |
| 500 FR                                      |         | 8:32.19 | 7:29.69  | 6:35.29  | 6:26.09  |
| 1000 FR                                     |         |         | 15:30.29 | 13:47.69 | 13:31.09 |
| 1650 FR                                     |         |         | 26:37.89 | 23:11.69 | 22:36.19 |
| 25 BA                                       | 28.29   |         |          |          |          |
| 50 BA                                       |         | 47.79   | 40.89    | *        | *        |
| 100 BA                                      |         | 1:44.39 | 1:28.39  | 1:19.39  | 1:16.69  |
| 200 BA                                      |         | *       | 3:13.89  | 2:52.69  | 2:47.59  |
| 25 BR                                       | 31.19   |         |          |          |          |
| 50 BR                                       |         | 54.79   | 46.49    | *        | *        |
| 100 BR                                      |         | 2:00.39 | 1:40.99  | 1:30.79  | 1:29.09  |
| 200 BR                                      |         | *       | 3:41.39  | 3:29.89  | 3:13.49  |
| 25 FL                                       | 28.49   |         |          |          |          |
| 50 FL                                       |         | 47.49   | 40.29    | *        | *        |
| 100 FL                                      |         | 1:47.19 | 1:30.19  | 1:19.49  | 1:16.99  |
| 200 FL                                      |         | *       | 3:22.59  | 2:56.59  | 2:50.49  |
| 100 IM                                      | 2:00.09 | 1:43.99 | 1:28.99  | *        | *        |
| 200 IM                                      |         | 3:41.69 | 3:11.29  | 2:53.29  | 2:47.79  |
| 400 IM                                      |         | *       | 6:54.79  | 6:07.69  | 5:58.39  |

| PACIFIC NORTHWEST SWIMMING GOLD STANDARDS |         |         |          |          |          |
|---|---------|---------|----------|----------|----------|
| EVENT                                     | B8U     | B10U    | B11-12   | B13-14   | B15-O    |
| 25 FR                                     | 20.09   |         |          |          |          |
| 50 FR                                     | 43.89   | 36.99   | 32.69    | 28.69    | 27.09    |
| 100 FR                                    |         | 1:19.69 | 1:09.49  | 1:00.99  | 57.69    |
| 200 FR                                    |         | 2:50.39 | 2:28.69  | 2:10.79  | 2:03.99  |
| 500 FR                                    |         | 7:40.69 | 6:37.09  | 5:50.99  | 5:32.79  |
| 1000 FR                                   |         |         | 14:01.19 | 12:12.59 | 11:32.69 |
| 1650 FR                                   |         |         | 24:06.99 | 22:13.29 | 19:34.89 |
| 25 BA                                     | 24.59   |         |          |          |          |
| 50 BA                                     |         | 42.49   | 37.09    | *        | *        |
| 100 BA                                    |         | 1:31.29 | 1:19.49  | 1:08.29  | 1:04.19  |
| 200 BA                                    |         | *       | 2:52.19  | 2:27.59  | 2:18.59  |
| 25 BR                                     | 27.19   |         |          |          |          |
| 50 BR                                     |         | 47.89   | 41.59    | *        | *        |
| 100 BR                                    |         | 1:45.29 | 1:30.59  | 1:17.89  | 1:12.69  |
| 200 BR                                    |         | *       | 3:23.69  | 2:50.09  | 2:39.89  |
| 25 FL                                     | 23.69   |         |          |          |          |
| 50 FL                                     |         | 40.69   | 35.19    | *        | *        |
| 100 FL                                    |         | 1:31.89 | 1:19.19  | 1:07.49  | 1:02.89  |
| 200 FL                                    |         | *       | 2:59.69  | 2:29.99  | 2:19.59  |
| 100 IM                                    | 1:46.99 | 1:30.49 | 1:19.29  | *        | *        |
| 200 IM                                    |         | 3:13.89 | 2:48.89  | 2:27.89  | 2:18.69  |
| 400 IM                                    |         | *       | 6:09.99  | 5:18.59  | 4:58.99  |

| PACIFIC NORTHWEST SWIMMING SILVER STANDARD |         |         |          |          |          |
|--|---------|---------|----------|----------|----------|
| EVENT                                      | B8U     | B10U    | B11-12   | B13-14   | B15-O    |
| 25 FR                                      | 23.89   |         |          |          |          |
| 50 FR                                      | 50.99   | 41.79   | 36.59    | 31.89    | 30.09    |
| 100 FR                                     |         | 1:30.09 | 1:17.89  | 1:07.79  | 1:04.09  |
| 200 FR                                     |         | 3:12.29 | 2:46.49  | 2:25.19  | 2:17.69  |
| 500 FR                                     |         | 8:39.79 | 7:24.59  | 6:29.79  | 6:09.49  |
| 1000 FR                                    |         |         | 15:41.59 | 13:33.39 | 12:49.09 |
| 1650 FR                                    |         |         | 27:01.59 | 24:54.19 | 21:45.99 |
| 25 BA                                      | 28.29   |         |          |          |          |
| 50 BA                                      |         | 47.99   | 41.49    | *        | *        |
| 100 BA                                     |         | 1:43.09 | 1:29.09  | 1:15.89  | 1:11.29  |
| 200 BA                                     |         | *       | 3:12.99  | 2:43.99  | 2:34.09  |
| 25 BR                                      | 31.19   |         |          |          |          |
| 50 BR                                      |         | 53.99   | 46.59    | *        | *        |
| 100 BR                                     |         | 1:58.89 | 1:41.59  | 1:26.59  | 1:20.79  |
| 200 BR                                     |         | *       | 3:48.19  | 3:09.09  | 2:57.69  |
| 25 FL                                      | 28.49   |         |          |          |          |
| 50 FL                                      |         | 46.49   | 39.79    | *        | *        |
| 100 FL                                     |         | 1:45.19 | 1:29.49  | 1:14.99  | 1:09.89  |
| 200 FL                                     |         | *       | 3:22.99  | 2:46.79  | 2:35.19  |
| 100 IM                                     | 2:00.09 | 1:42.09 | 1:28.79  | *        | *        |
| 200 IM                                     |         | 3:38.79 | 3:09.19  | 2:44.29  | 2:33.99  |
| 400 IM                                     |         | *       | 6:54.59  | 5:54.09  | 5:32.29  |

**PACIFIC NORTHWEST SWIMMING  
GOLD/SILVER TIME STANDARDS  
SHORT COURSE 2005-2006**