



# PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

## GOLD/SILVER TIME STANDARDS – LONG COURSE METERS – 2007-2008

PACIFIC NORTHWEST SWIMMING GOLD STANDARDS				
EVENT	G10U	G11-12	G13-14	G15-O
50 FR	42.29	36.19	33.59	33.09
100 FR	1:32.29	1:21.99	1:12.59	1:10.39
200 FR	3:17.09	2:54.59	2:33.99	2:29.19
400 FR	6:56.19	6:05.09	5:20.99	5:10.69
800 FR		12:56.69	11:05.79	10:45.19
1500 FR		25:11.49	21:23.59	20:45.99
50 BA	49.59	43.79		
100 BA	1:47.59	1:34.19	1:22.39	1:19.59
200 BA		3:25.89	2:58.39	2:52.89
50 BR	56.19	49.29		
100 BR	2:03.49	1:46.99	1:33.59	1:30.89
200 BR		3:53.49	3:22.69	3:16.99
50 FL	48.19	42.29		
100 FL	1:49.89	1:34.19	1:20.69	1:18.39
200 FL		3:33.49	2:59.29	2:53.69
200 IM	3:49.59	3:22.79	2:57.39	2:52.89
400 IM		7:16.09	6:15.99	6:06.79

PACIFIC NORTHWEST SWIMMING SILVER STANDARDS				
EVENT	G10U	G11-12	G13-14	G15-O
50 FR	49.59	44.19	37.79	36.79
100 FR	1:48.29	1:35.59	1:20.59	1:18.09
200 FR	3:54.32	3:25.39	2:50.79	2:45.39
400 FR	8:16.29	7:10.89	5:55.89	5:44.29
800 FR		15:08.09	12:18.89	11:55.69
1500 FR		29:24.39	23:44.69	23:02.59
50 BA	58.09	50.89		
100 BA	2:05.49	1:48.79	1:31.39	1:28.29
200 BA		3:55.49	3:17.99	3:11.89
50 BR	1:04.69	56.29		
100 BR	2:21.69	2:01.79	1:43.79	1:40.89
200 BR		4:24.69	3:44.59	3:38.59
50 FL	57.39	48.89		
100 FL	2:10.59	1:48.69	1:29.49	1:26.99
200 FL		4:04.39	3:18.69	3:12.69
200 IM	4:28.09	3:54.69	3:16.99	3:11.89
400 IM		8:21.49	6:57.29	6:47.19

PACIFIC NORTHWEST SWIMMING GOLD STANDARDS				
EVENT	B10U	B11-12	B13-14	B15-O
50 FR	43.89	38.29	34.29	31.29
100 FR	1:33.19	1:21.39	1:13.39	1:06.79
200 FR	3:17.89	2:53.59	2:36.89	2:22.89
400 FR	7:02.09	6:07.39	5:34.39	5:01.49
800 FR		12:51.79	11:30.49	10:24.39
1500 FR		25:11.39	22:23.49	20:17.29
50 BA	49.99	43.19		
100 BA	1:48.39	1:32.99	1:23.49	1:14.79
200 BA		3:22.19	2:58.29	2:40.99
50 BR	56.29	47.69		
100 BR	2:03.89	1:45.59	1:34.39	1:25.29
200 BR		3:54.79	3:27.09	3:06.89
50 FL	47.39	40.99		
100 FL	1:47.59	1:31.59	1:19.69	1:11.69
200 FL		3:27.89	2:57.99	2:40.09
200 IM	3:46.19	3:18.29	2:58.49	2:41.89
400 IM		7:12.09	6:22.69	5:44.99

PACIFIC NORTHWEST SWIMMING SILVER STANDARD				
EVENT	B10U	B11-12	B13-14	B15-O
50 FR	49.89	43.19	38.39	34.59
100 FR	1:48.09	1:33.69	1:23.69	1:13.99
200 FR	3:52.89	3:22.29	3:01.09	2:38.49
400 FR	8:16.09	7:07.59	6:25.39	5:34.49
800 FR		14:59.69	13:16.89	11:32.79
1500 FR		28:57.89	25:30.89	22:29.69
50 BA	57.89	49.69		
100 BA	2:05.59	1:46.89	1:34.99	1:22.89
200 BA		3:53.09	3:23.59	2:58.59
50 BR	1:05.09	54.69		
100 BR	2:22.59	2:00.59	1:46.89	1:34.49
200 BR		4:25.69	3:52.39	3:26.79
50 FL	56.99	47.89		
100 FL	2:08.99	1:46.69	1:30.89	1:19.49
200 FL		4:01.19	3:22.19	2:57.49
200 IM	4:25.59	3:50.69	3:25.57	2:59.59
400 IM		8:18.89	7:17.69	6:22.69