

PNS 2024-2025 GOLD/SILVER TIME STANDARDS

Girls						10&U Events	Boys					
Silver			Gold				Gold			Silver		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
49.19	49.99	47.39	40.99	41.79	39.09	50 Free	39.19	40.39	39.29	47.19	49.99	49.19
1:47.69	1:49.29	1:42.29	1:32.69	1:34.29	1:26.99	100 Free	1:26.69	1:30.99	1:29.39	1:41.29	1:45.59	1:43.99
3:40.29	3:43.49	3:27.29	3:17.29	3:20.49	3:04.49	200 Free	3:02.89	3:13.19	3:09.99	3:27.09	3:36.49	3:33.29
7:42.19	7:48.59	8:40.59	6:55.29	7:01.69	7:42.29	400/500 Free	7:35.19	6:52.49	6:46.09	8:38.09	7:38.29	7:31.89
55.19	55.79	53.79	48.29	48.89	45.39	50 Back	45.19	47.79	47.19	53.79	56.99	56.09
1:59.89	2:01.09	1:50.59	1:47.49	1:48.69	1:34.59	100 Back	1:34.59	1:42.79	1:41.59	1:49.59	1:56.09	1:54.89
1:01.89	1:02.89	59.19	54.69	55.69	50.39	50 Breast	50.39	55.49	54.49	58.89	1:02.59	1:01.59
2:09.49	2:11.49	2:03.69	1:55.89	1:57.89	1:45.69	100 Breast	1:42.29	1:56.89	1:54.89	2:00.29	2:11.19	2:09.09
56.59	57.29	53.39	47.89	48.59	44.29	50 Fly	45.09	47.69	46.99	54.89	58.09	57.29
2:11.39	2:12.79	1:56.69	1:54.09	1:55.39	1:41.39	100 Fly	1:38.99	1:52.89	1:51.29	1:53.49	2:09.49	2:08.09
1:58.99	X	1:51.19	1:41.99	X	1:35.39	100 IM	1:34.99	X	1:42.49	1:51.89	X	1:59.99
4:12.49	4:15.69	3:45.89	3:45.69	3:48.89	3:17.39	200 IM	3:14.09	3:43.69	3:40.49	3:44.99	4:09.49	4:06.29

Girls						11-12 Events	Boys					
Silver			Gold				Gold			Silver		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
37.69	38.49	36.29	33.79	34.59	31.59	50 Free	31.59	34.39	33.59	36.79	38.89	37.89
1:24.59	1:26.19	1:21.29	1:14.89	1:16.49	1:10.09	100 Free	1:09.99	1:16.39	1:14.79	1:22.29	1:28.19	1:26.59
3:11.29	3:12.89	2:48.39	2:49.49	2:51.09	2:28.89	200 Free	2:26.69	2:52.19	2:50.59	2:52.29	3:19.39	3:17.79
6:26.49	6:32.89	7:09.19	5:58.39	6:04.79	6:43.79	400/500 Free	6:25.89	5:53.89	5:47.49	7:02.09	6:21.09	6:14.69
13:28.79	13:41.59	15:02.69	12:30.09	12:42.89	13:58.19	800/1000 Free	13:40.39	12:22.99	12:10.19	14:43.49	13:20.19	13:07.39
25:42.89	26:06.89	25:07.39	23:50.99	24:14.99	23:19.69	1500/1650 Free	22:42.89	24:00.99	23:36.99	24:27.69	25:51.79	25:27.79
45.49	46.09	42.79	40.79	41.39	37.19	50 Back	37.79	41.39	40.79	44.09	46.29	45.69
1:36.09	1:37.29	1:31.99	1:26.99	1:28.39	1:19.29	100 Back	1:19.39	1:28.29	1:26.99	1:31.09	1:38.59	1:37.39
3:25.69	3:28.09	3:08.49	3:10.89	3:13.29	2:47.29	200 Back	2:43.69	3:08.49	3:06.09	3:05.19	3:22.99	3:20.59
51.69	52.69	48.39	46.19	47.19	42.39	50 Breast	42.09	47.49	47.39	48.79	52.99	51.89
1:50.39	1:52.39	1:42.19	1:40.79	1:41.69	1:30.39	100 Breast	1:30.69	1:41.69	1:40.79	1:41.69	1:51.29	1:50.29
3:52.79	3:56.79	3:30.89	3:35.89	3:39.89	3:12.39	200 Breast	3:14.09	3:40.59	3:27.59	3:32.09	3:57.89	3:43.89
45.69	46.39	42.19	38.49	39.19	35.29	50 Fly	35.49	39.19	38.49	43.29	46.09	45.39
1:42.19	1:43.59	1:30.69	1:29.59	1:30.99	1:18.29	100 Fly	1:19.69	1:30.99	1:27.59	1:30.59	1:42.29	1:40.89
3:28.29	3:31.09	3:09.49	3:13.19	3:10.99	2:52.79	200 Fly	2:52.79	3:10.19	3:07.39	3:09.49	3:24.79	3:21.99
1:37.09	X	1:30.89	1:26.99	X	1:20.19	100 IM	1:18.69	X	1:25.09	1:31.69	X	1:37.99
3:27.59	3:30.79	3:05.49	3:07.39	3:10.59	2:46.09	200 IM	2:41.69	3:08.99	3:05.79	3:03.99	3:33.09	3:29.89
7:25.69	7:28.89	6:31.69	6:53.59	7:50.79	6:03.69	400 IM	6:20.09	7:00.59	6:43.39	6:17.09	7:17.89	7:14.69

Girls						13-14 Events	Boys					
Silver			Gold				Gold			Silver		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
34.19	34.99	32.09	30.99	31.79	28.69	50 Free	26.69	29.59	28.79	29.79	32.29	31.49
1:16.99	1:17.89	1:11.89	1:08.69	1:09.49	1:02.99	100 Free	58.49	1:05.69	1:04.89	1:06.69	1:11.79	1:10.99
2:49.29	2:52.49	2:34.39	2:29.89	2:33.09	2:15.69	200 Free	2:08.59	2:29.69	2:26.49	2:24.39	2:44.19	2:40.99
6:04.69	6:11.09	6:34.89	5:28.09	5:34.49	6:06.19	400/500 Free	5:46.29	5:20.29	5:13.89	6:10.09	6:04.69	5:28.29
12:32.69	12:45.49	14:11.09	11:37.99	11:50.79	13:10.29	800/1000 Free	12:20.99	11:09.19	10:56.39	13:17.99	12:00.59	11:47.79
24:04.39	24:28.39	23:42.89	22:19.49	22:43.49	22:01.19	1500/1650 Free	20:46.99	21:25.69	21:01.69	22:22.89	23:04.59	22:40.59
44.69	45.29	38.89	39.39	39.99	33.79	50 Back	31.59	38.09	37.49	36.39	44.09	43.49
1:28.69	1:29.89	1:19.99	1:19.99	1:21.19	1:10.49	100 Back	1:06.89	1:16.79	1:15.59	1:16.79	1:28.49	1:27.29
3:09.69	3:12.09	2:42.29	2:54.99	2:57.39	2:34.59	200 Back	2:20.39	2:50.59	2:48.19	2:34.99	3:09.69	3:07.29
49.69	50.69	44.59	45.69	46.69	38.99	50 Breast	36.19	44.09	43.19	40.79	49.09	48.09
1:45.89	1:47.89	1:34.29	1:32.29	1:34.29	1:22.79	100 Breast	1:16.39	1:27.99	1:25.99	1:27.39	1:36.69	1:34.69
3:37.49	3:41.49	3:12.89	3:22.59	3:26.59	2:51.99	200 Breast	2:37.89	3:13.39	3:09.39	2:57.99	3:37.89	3:33.89
42.09	42.79	36.49	38.49	39.09	31.99	50 Fly	29.69	36.39	35.69	33.99	39.99	39.19
1:34.69	1:36.09	1:21.39	1:21.89	1:23.29	1:10.79	100 Fly	1:05.69	1:15.29	1:13.89	1:13.89	1:26.99	1:25.59
3:12.89	3:36.69	2:58.69	2:58.89	3:21.69	2:49.39	200 Fly	2:41.69	3:09.79	3:03.99	2:43.89	3:24.69	2:56.89
1:29.19	X	1:22.99	1:20.39	X	1:14.29	100 IM	1:10.29	X	1:16.99	1:18.79	X	1:25.09
3:11.89	3:15.09	2:50.89	2:56.99	3:00.19	2:32.79	200 IM	2:22.79	2:46.59	2:43.39	2:37.49	3:03.79	3:00.59
6:51.59	6:57.99	6:05.79	6:21.79	6:28.19	5:39.69	400 IM	5:13.59	6:02.79	5:56.39	5:37.69	6:30.69	6:24.29

Girls						15&O Events	Boys					
Silver			Gold				Gold			Silver		
SCM	LCM	SCY	SCM	LCM	SCY		SCY	LCM	SCM	SCY	LCM	SCM
31.29	32.09	28.89	28.79	30.89	26.49	50 Free	23.49	27.19	25.89	25.29	28.49	27.69
1:08.89	1:10.49	1:03.79	1:03.19	1:07.29	57.69	100 Free	51.29	58.99	56.59	55.69	1:02.79	1:01.19
2:31.19	2:34.39	2:17.39	2:18.79	2:27.99	2:05.39	200 Free	1:52.79	2:14.39	2:05.19	2:02.39	2:18.89	2:15.69
5:24.19	5:30.59	6:06.79	5:02.49	5:20.89	5:54.69	400/500 Free	5:11.99	4:57.39	4:38.99	5:35.59	5:08.19	5:01.79
12:04.99	12:17.79	13:52.89	11:12.29	11:25.09	12:53.49	800/1000 Free	11:56.69	10:44.39	10:31.59	12:51.79	11:33.99	11:21.19
23:09.49	23:33.49	23:15.89	21:28.49	21:52.49	21:36.19	1500/1650 Free	19:54.69	20:33.39	20:09.39	21:26.59	22:08.29	21:44.29
40.49	41.09	33.99	37.29	37.89	32.19	50 Back	29.09	33.69	33.09	30.59	35.89	35.29
1:21.39	1:22.59	1:12.19	1:13.49	1:19.09	1:05.19	100 Back	59.19	1:10.89	1:06.89	1:06.09	1:14.89	1:13.69
3:00.09	3:02.49	2:37.19	2:45.69	2:50.09	2:24.39	200 Back	2:15.99	2:40.09	2:29.19	2:23.79	2:46.49	2:44.09
45.89	46.89	41.69	42.09	43.09	37.09	50 Breast	34.09	37.29	36.29	36.99	40.89	39.89
1:37.19	1:39.19	1:24.99	1:27.99	1:29.99	1:16.99	100 Breast	1:06.99	1:19.29	1:13.29	1:15.59	1:25.39	1:23.39
3:26.39	3:30.39	2:59.89	3:10.09	3:14.09	2:49.19	200 Breast	2:28.79	2:58.29	2:46.29	2:43.89	3:03.19	2:59.19
35.89	36.59	33.79	34.09	34.79	30.39	50 Fly	27.89	31.29	29.59	29.59	32.49	31.79
1:20.89	1:22.29	1:10.89	1:10.59	1:16.89	1:03.19	100 Fly	56.99	1:05.89	1:01.49	1:01.29	1:09.19	1:07.79
3:04.99	3:07.79	2:45.79	2:51.59	2:59.39	2:40.99	200 Fly	2:19.49	2:39.49	2:36.69	2:30.89	2:51.69	2:48.89
1:21.19	X	1:15.09	1:15.59	X	1:09.09	100 IM	1:02.69	X	1:09.39	1:07.89	X	1:14.49
2:51.59	2:54.79	2:33.69	2:39.79	2:49.99	2:20.99	200 IM	2:07.19	2:30.79	2:21.89	2:19.29	2:36.39	2:33.19
6:38.29	6:44.69	5:54.99	6:09.39	6:15.79	5:29.69	400 IM	4:59.19	5:47.99	5:41.59	5:22.19	6:14.69	6:08.29