

## PNS DISABILITY TIME STANDARDS - Women Short Course Yards

	S1	S2	S3	S4	<b>S</b> 5	S6	<b>S7</b>	S8	S9				
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9	S10			
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	S11	S12	S13
50 Free	03:20.41	02:10.48	01:51.18	01:20.86	01:09.36	00:54.50	00:43.70	00:39.81	00:34.96	00:33.99	00:43.70	00:42.82	00:34.96
ELITE	03:30.43	02:17.00	01:56.74	01:24.90	01:12.83	00:57.22	00:45.89	00:41.80	00:36.71	00:35.69	00:45.89	00:44.96	00:36.71
GOLD	03:40.45	02:23.53	02:02.30	01:28.95	01:16.30	00:59.95	00:48.07	00:43.79	00:38.46	00:37.39	00:48.07	00:47.10	00:38.46
SILVER	03:50.47	02:30.05	02:07.86	01:32.99	01:19.76	01:02.68	00:50.26	00:45.78	00:40.20	00:39.09	00:50.26	00:49.24	00:40.20
100 Free	06:03.89	04:22.81	03:42.37	02:51.83	02:28.64	01:49.00	01:32.26	01:27.40	01:17.69	01:12.83	01:37.11	01:35.17	01:22.54
ELITE	06:22.08	04:35.95	03:53.49	03:00.42	02:36.07	01:54.45	01:36.87	01:31.77	01:21.57	01:16.47	01:41.97	01:39.93	01:26.67
GOLD	06:40.28	04:49.09	04:04.61	03:09.01	02:43.50	01:59.90	01:41.49	01:36.14	01:25.46	01:20.11	01:46.82	01:44.69	01:30.79
SILVER	06:58.47	05:02.23	04:15.73	03:17.60	02:50.94	02:05.35	01:46.10	01:40.51	01:29.34	01:23.75	01:51.68	01:49.45	01:34.92
200 Free	11:49.40	07:53.24	07:02.70	06:06.64	04:57.29	03:47.02	03:04.52	03:03.63	02:44.21	02:34.50	03:23.06	03:19.00	02:49.51
ELITE	12:24.87	08:16.90	07:23.84	06:24.97	05:12.15	03:58.37	03:13.75	03:12.81	02:52.42	02:42.23	03:33.21	03:28.95	02:57.99
GOLD	13:00.34	08:40.56	07:44.97	06:43.30	05:27.02	04:09.72	03:22.97	03:21.99	03:00.63	02:49.95	03:43.37	03:38.90	03:06.46
SILVER	13:35.81	09:04.23	08:06.11	07:01.64	05:41.88	04:21.07	03:32.20	03:31.17	03:08.84	02:57.67	03:53.52	03:48.85	03:14.94
500 Free	29:59.86	20:24.00	18:15.77	15:53.55	12:57.14	10:01.14	09:14.40	08:38.67	08:00.48	07:35.84	09:14.40	09:03.31	08:12.80
ELITE	31:29.85	21:25.20	19:10.56	16:41.23	13:36.00	10:31.20	09:42.12	09:04.60	08:24.50	07:58.63	09:42.12	09:30.48	08:37.44
GOLD	32:59.85	22:26.40	20:05.35	17:28.91	14:14.85	11:01.25	10:09.84	09:30.54	08:48.53	08:21.42	10:09.84	09:57.64	09:02.08
SILVER	34:29.84	23:27.60	21:00.14	18:16.58	14:53.71	11:31.31	10:37.56	09:56.47	09:12.55	08:44.22	10:37.56	10:24.81	09:26.72
1000 Free						19:39.42	18:28.80	18:04.16	16:00.96	14:49.28	18:28.80	18:06.62	16:25.60
ELITE						20:38.39	19:24.24	18:58.37	16:49.01	15:33.74	19:24.24	19:00.95	17:14.88
GOLD						21:37.36	20:19.68	19:52.58	17:37.06	16:18.21	20:19.68	19:55.28	18:04.16
SILVER						22:36.33	21:15.12	20:46.78	18:25.10	17:02.67	21:15.12	20:49.61	18:53.44
1650 Free						33:12.40	31:10.37	30:27.51	26:53.20	24:48.50	31:10.37	30:32.97	27:36.06
ELITE						34:52.02	32:43.89	31:58.89	28:13.86	26:02.92	32:43.89	32:04.62	28:58.86
GOLD						36:31.64	34:17.41	33:30.26	29:34.52	27:17.35	34:17.41	33:36.27	30:21.67
SILVER						38:11.26	35:50.93	35:01.64	30:55.18	28:31.78	35:50.93	35:07.92	31:44.47
50 Back	03:01.94	02:11.40	02:01.29	01:30.97	01:19.27	00:36.00	00:53.85	00:49.88	00:44.14	00:39.28	00:53.85	00:52.77	00:44.14
ELITE	03:11.04	02:17.97	02:07.35	01:35.52	01:23.23	01:31.65	00:56.54	00:52.37	00:46.35	00:41.24	00:56.54	00:55.41	00:46.35
GOLD	03:20.13	02:24.54	02:13.42	01:40.07	01:27.20	00:39.60	00:59.24	00:54.87	00:48.55	00:43.21	00:59.24	00:58.05	00:48.55
SILVER	03:29.23	02:31.11	02:19.48	01:44.62	01:31.16	00:41.40	01:01.93	00:57.36	00:50.76	00:45.17	01:01.93	01:00.69	00:50.76
100 Back	06:13.08	04:32.00	04:11.78	03:11.13	02:47.56	02:08.82	01:56.54	01:46.82	01:37.11	01:27.40	01:56.54	01:54.20	01:37.11
ELITE	06:31.73	04:45.60	04:24.37	03:20.69	02:55.94	02:15.26	02:02.37	01:52.16	01:41.97	01:31.77	02:02.37	01:59.91	01:41.97
GOLD	06:50.39	04:59.20	04:36.96	03:30.24	03:04.32	02:21.70	02:08.19	01:57.50	01:46.82	01:36.14	02:08.19	02:05.62	01:46.82
SILVER	07:09.04	05:12.80	04:49.55	03:39.80	03:12.69	02:28.14	02:14.02	02:02.84	01:51.68	01:40.51	02:14.02	02:11.33	01:51.68
200 Back	12:35.35	09:13.18	08:32.75	06:31.45	05:44.14	04:24.86	03:53.08	03:43.81	03:04.52	03:03.19	03:42.48	03:38.03	03:05.40
ELITE	13:13.12	09:40.84	08:58.39	06:51.02	06:01.35	04:38.10	04:04.73	03:55.00	03:13.75	03:12.35	03:53.60	03:48.93	03:14.67
GOLD	13:50.88	10:08.50	09:24.02	07:10.60	06:18.55	04:51.35	04:16.39	04:06.19	03:22.97	03:21.51	04:04.73	03:59.83	03:23.94
SILVER	14:28.65	10:36.16	09:49.66	07:30.17	06:35.76	05:04.59	04:28.04	04:17.38	03:32.20	03:30.67	04:15.85	04:10.73	03:33.21
50 Breast	03:32.27	02:41.72	02:01.29	01:26.37	01:19.72	01:14.77	01:03.56	00:53.85	00:49.00		01:03.56	01:02.29	00:49.00
ELITE	03:42.88	02:49.81	02:07.35	01:30.69	01:23.71	01:18.51	01:06.74	00:56.54	00:51.45		01:06.74	01:05.40	00:51.45
GOLD	03:53.50	02:57.89	02:13.42	01:35.01	01:27.69	01:22.25	01:09.92	00:59.24	00:53.90		01:09.92	01:08.52	00:53.90
SILVER	04:04.11	03:05.98	02:19.48	01:39.33	01:31.68	01:25.99	01:13.09	01:01.93	00:56.35		01:13.09	01:11.63	00:56.35
100 Breast	07:13.72	05:32.64	04:11.78	03:01.94	02:48.46	02:38.55	02:15.96	01:56.54	01:46.82		02:15.96	02:13.24	01:46.82
ELITE	07:35.41	05:49.27	04:24.37	03:11.04	02:56.88	02:46.48	02:22.76	02:02.37	01:52.16		02:22.76	02:19.90	01:52.16
GOLD	07:57.09	06:05.90	04:36.96	03:20.13	03:05.31	02:54.41	02:29.56	02:08.19	01:57.50		02:29.56	02:26.56	01:57.50
SILVER	08:18.78	06:22.54	04:49.55	03:29.23	03:13.73	03:02.33	02:36.35	02:14.02	02:02.84		02:36.35	02:33.23	02:02.84
200 Breast	14:27.45	11:05.29	08:23.56	06:39.72	05:28.82	05:00.90	04:31.04	03:34.41	03:34.54		03:56.61	03:51.88	03:34.54
ELITE	15:10.82	11:38.55	08:48.74	06:59.71	05:45.26	05:15.94	04:44.59	03:45.13	03:45.27		04:08.44	04:03.47	03:45.27
GOLD	15:54.19	12:11.82	09:13.92	07:19.69	06:01.70	05:30.99	04:58.14	03:55.85	03:55.99		04:20.27	04:15.07	03:55.99
SILVER	16:37.57	12:45.08	09:39.09	07:39.68	06:18.14	05:46.04	05:11.70	04:06.57	04:06.72		04:32.10	04:26.66	04:06.72



## PNS DISABILITY TIME STANDARDS - Women Short Course Yards

50 Fly	02:31.62	02:21.51	02:01.29	01:51.18	01:39.09	01:14.32	00:58.27	00:53.85	00:49.00	00:44.14	00:53.85	00:52.77	00:44.14
ELITE	02:39.20	02:28.59	02:07.35	01:56.74	01:44.04	01:18.04	01:01.18	00:56.54	00:51.45	00:46.35	00:56.54	00:55.41	00:46.35
GOLD	02:46.78	02:35.66	02:13.42	02:02.30	01:49.00	01:21.75	01:04.10	00:59.24	00:53.90	00:48.55	00:59.24	00:58.05	00:48.55
SILVER	02:54.36	02:42.74	02:19.48	02:07.86	01:53.95	01:25.47	01:07.01	01:01.93	00:56.35	00:50.76	01:01.93	01:00.69	00:50.76
100 Fly	05:12.43	04:47.62	04:07.18	03:46.05	03:22.70	02:37.65	02:00.95	01:56.54	01:46.82	01:37.11	01:56.54	01:54.20	01:37.11
ELITE	05:28.05	05:02.00	04:19.54	03:57.35	03:32.84	02:45.53	02:07.00	02:02.37	01:52.16	01:41.97	02:02.37	01:59.91	01:41.97
GOLD	05:43.67	05:16.38	04:31.90	04:08.65	03:42.97	02:53.41	02:13.04	02:08.19	01:57.50	01:46.82	02:08.19	02:05.62	01:46.82
SILVER	05:59.29	05:30.76	04:44.26	04:19.96	03:53.11	03:01.30	02:19.09	02:14.02	02:02.84	01:51.68	02:14.02	02:11.33	01:51.68
200 Fly	10:24.86	09:35.24	08:14.37	07:32.10	06:45.40	05:15.31	04:01.90	03:32.89	03:09.81	03:08.93	03:43.81	03:39.33	03:37.18
ELITE	10:56.10	10:04.00	08:39.09	07:54.71	07:05.67	05:31.08	04:13.99	03:43.53	03:19.30	03:18.38	03:55.00	03:50.30	03:48.04
GOLD	11:27.35	10:32.76	09:03.81	08:17.31	07:25.94	05:46.84	04:26.09	03:54.18	03:28.79	03:27.82	04:06.19	04:01.26	03:58.90
SILVER	11:58.59	11:01.53	09:28.53	08:39.91	07:46.21	06:02.61	04:38.18	04:04.82	03:38.28	03:37.27	04:17.38	04:12.23	04:09.76
150 IM	06:34.21	06:19.05	06:03.89	05:03.24									
ELITE	06:53.92	06:38.00	06:22.08	05:18.40									
GOLD	07:13.63	06:56.95	06:40.28	05:33.56									
SILVER	07:33.34	07:15.91	06:58.47	05:48.73									
200 IM	09:10.43	07:50.02	08:09.78	06:59.02	05:56.75	04:57.29	04:12.50	03:53.08	03:14.23	03:04.52	03:53.08	03:48.42	03:23.94
ELITE	09:37.95	08:13.52	08:34.27	07:19.97	06:14.59	05:12.15	04:25.13	04:04.73	03:23.94	03:13.75	04:04.73	03:59.84	03:34.14
GOLD	10:05.47	08:37.02	08:58.76	07:40.92	06:32.42	05:27.02	04:37.75	04:16.39	03:33.65	03:22.97	04:16.39	04:11.26	03:44.33
SILVER	10:32.99	09:00.52	09:23.25	08:01.87	06:50.26	05:41.88	04:50.37	04:28.04	03:43.36	03:32.20	04:28.04	04:22.68	03:54.53
400 IM	18:20.86	15:40.05	16:19.56	13:58.05	12:02.52	10:03.60	08:33.83	07:09.96	06:15.22	06:00.21	06:43.47	06:35.40	05:44.32
ELITE	19:15.90	16:27.05	17:08.54	14:39.95	12:38.65	10:33.78	08:59.52	07:31.46	06:33.98	06:18.22	07:03.64	06:55.17	06:01.54
GOLD	20:10.95	17:14.06	17:57.52	15:21.86	13:14.77	11:03.96	09:25.21	07:52.96	06:52.74	06:36.23	07:23.82	07:14.94	06:18.75
SILVER	21:05.99	18:01.06	18:46.49	16:03.76	13:50.90	11:34.14	09:50.90	08:14.45	07:11.50	06:54.24	07:43.99	07:34.71	06:35.97

Blue Highlighted Times are PNS Championship Times



## PNS DISABILITY TIME STANDARDS - Men Short Course Yards

COLOR   10.2498   0.146.13   0.124.90   0.134.29   0.057.22   0.046.82   0.036.71   0.035.69   0.032.61   0.031.61   0.040.28   0.035.79   0.032.61		<b>S1</b>	S2	S3	S4	<b>S</b> 5	S6	<b>S7</b>	S8	S9				
SOPTIME   0244981   0146108   012036   011075   005450   004469   003349   003340   003310   003810   003809   003360   003260   003263		SB1	SB3	SB3	SB4	SB5	SB6	SB7	SB8	SB9	S10			
COLO		SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	S11	S12	S13
SUMPR   0305.98   01:51.29   01:52.80   01:17.81   00:59.95   00:49.05   00:51.28   00:37.39   00:33.14   00:33.11   00:42.72   00:37.39   00:33.54	50 Free	02:41.72	01:41.08	01:20.86	01:10.75	00:54.50	00:44.59	00:34.96	00:33.99	00:31.08	00:30.10	00:38.84	00:33.99	00:31.08
100 Free   0.505.98   0.15.6.24   0.12.299   0.12.136   0.105.81   0.034.02   0.034.09   0.035.74   0.034.62   0.034.67   0.034.09   0.035.71   0.057.74   0.034.67   0.034.09   0.035.71   0.057.74   0.117.69   0.112.83   0.107.91   0.100   0.527.02   0.0353.50   0.021.03   0.024.86   0.183.85   0.102.01   0.124.80   0.114.29   0.110.05   0.121.57   0.116.47   0.113.60   0.527.02   0.0353.50   0.020.13   0.245.78   0.021.80   0.134.35   0.134.80   0.112.89   0.113.83   0.113.38   0.113.38   0.133.81	ELITE	02:49.81	01:46.13	01:24.90	01:14.29	00:57.22	00:46.82	00:36.71	00:35.69	00:32.63	00:31.61	00:40.78	00:35.69	00:32.63
100 Free   04:57.29   03:32.27   03:01.94   02:31.62   01:58.91   01:34.14   01:25.91   01:20.86   01:10.75   01:06.71   01:17.69   01:12.83   01:07.91   01:00.05   03:01.35   03:01.35   03:02.31   02:46.78   02:01.08   01:34.50   01:34.50   01:12.55   01:17.83   01:02.57   01:15.75   01:15.77   03:15.77   03:15.73   03:10.25	GOLD	02:57.89	01:51.19	01:28.95	01:17.83	00:59.95	00:49.05	00:38.46	00:37.39	00:34.19	00:33.11	00:42.72	00:37.39	00:34.19
COLD	SILVER	03:05.98	01:56.24	01:32.99	01:21.36	01:02.68	00:51.28	00:40.20	00:39.09	00:35.74	00:34.62	00:44.67	00:39.09	00:35.74
SILVER   05:27.02   05:35.30   03:20:13   02:26.78   02:10.75   01:48.26   01:28.95   01:78.8   01:13.8   01:23.46   01:20:11   01:14.72	100 Free	04:57.29	03:32.27	03:01.94	02:31.62	01:58.91	01:34.14	01:25.91	01:20.86	01:10.75	01:06.71	01:17.69	01:12.83	01:07.98
Stuyer   05:41.88   04:04.11   03:29.23   02:54.56   02:16.75   01:48.26   01:38.80   01:32.99   01:21.36   01:16.72   01:29.34   01:23.75   01:18.11	ELITE	05:12.15	03:42.88	03:11.04	02:39.20	02:04.86	01:38.85	01:30.21	01:24.90	01:14.29	01:10.05	01:21.57	01:16.47	01:11.38
200 Free	GOLD	05:27.02	03:53.50	03:20.13	02:46.78	02:10.80	01:43.55	01:34.50	01:28.95	01:17.83	01:13.38	01:25.46	01:20.11	01:14.78
EUTE 10:24.32 07:23.84 05:41.55 05:18.40 04:51.34 03:26.21 03:10.07 02:59.46 02:38.23 02:28.59 02:52.42 02:42.23 02:32.0   SIVER 11:23.78 08:06.11 06:14.06 05:48.73 05:19.99 03:45.85 03:28.17 03:16.55 02:33 10:242.74 03:08.03 02:49.59 02:25.55   500 Free 2:51.14 17:40.80 13:45.32 13:12.68 12:06.85 08:48.00 08:29.91 08:20.09 07:41.62 07:28.80 08:37.44 07:48.16 07:26.85   500 Free 2:51.14 17:40.80 13:45.32 13:12.68 12:06.85 08:48.00 08:32.91 08:20.09 07:41.62 07:28.80 08:37.44 07:48.16 07:26.85   500 Free 2:51.13 20:19.92 15:49.12 15:11.58 13:55.88 10:07.20 09:49.85 09:35.10 08:50.09 07:41.62 07:88.80 08:37.44 07:48.16 07:26.85   1000 Free 2:51.13 20:19.92 15:49.12 15:11.58 13:55.88 10:07.20 09:49.85 09:35.10 08:50.86 08:36.86 09:09.00 09:31.08 11:75.07 07:49.2   1000 Free 2:51.13 20:19.92 15:49.12 15:11.58 13:55.88 10:07.20 09:49.85 09:35.10 08:50.86 08:36.20 09:55.66 08:85.38 08:33.9   1000 Free 2:51.13 20:19.92 15:49.12 15:11.58 13:55.88 10:07.20 09:49.85 09:35.10 08:50.86 08:36.20 09:55.66 08:85.38 08:33.9   1000 Free 2:51.13 20:19.92 15:49.12 15:11.58 13:55.88 10:07.20 09:49.85 09:35.10 08:50.86 08:36.20 09:55.66 08:85.38 08:33.9   1000 Free 2:51.13 20:19.92 15:49.12 15:11.58 13:55.88 10:07.20 09:49.85 09:35.10 08:50.86 08:36.20 09:55.66 08:85.38 08:33.9   1000 Free 2:51.13 20:19.92 15:49.12 15:11.58 13:55.88 10:07.20 09:49.85 09:35.10 08:50.86 08:36.20 08:55.66 08:58.38 08:33.9   1000 Free 2:51.13 20:19.92 15:49.12 15:11.58 13:55.88 10:07.20 09:49.85 09:35.10 08:50.86 08:36.20 08:55.66 08:58.38 08:33.9   1000 Free 2:51.14 20:19.14 20:19.20 09:20.14 20:20 09:20.14 20:20 09:20.14 20:20 09:20.14 20:20 09:20.14 20:20 09:20.14 20:20 09:20.14	SILVER	05:41.88	04:04.11	03:29.23	02:54.36	02:16.75	01:48.26	01:38.80	01:32.99	01:21.36	01:16.72	01:29.34	01:23.75	01:18.18
SILVER   11:23.78   08:0611   06:14.08   05:48.73   05:19.09   03:45.85   03:28.17   03:16.55   02:53.17   02:35.66   03:06.3   02:49.79   02:36.55	200 Free	09:54.59	07:02.70	05:25.29	05:03.24	04:37.47	03:16.39	03:01.02	02:50.91	02:30.70	02:21.51	02:44.21	02:34.50	02:24.79
SILVER   11:23.78   08:06.11   06:14.08   05:48.73   05:19.09   03:45.85   03:28.17   03:16.55   02:53.31   02:42.74   03:08.84   02:57.67   02:46.55	ELITE	10:24.32	07:23.84	05:41.55	05:18.40	04:51.34	03:26.21	03:10.07	02:59.46	02:38.23	02:28.59	02:52.42	02:42.23	02:32.03
SOO Free   25:31.42   17:40.80   13:45.32   13:12.68   12:06.85   08:48.00   08:32.91   08:20.99   07:41.62   07:28.80   08:37.44   07:48.16   07:26.88   11:12   12:43.19   09:14.40   08:58.56   08:45.09   08:47.70   07:51.24   09:03.31   08:11.57   07:49.25   00:00.25   08:20.85   08:20.85   08:47.00   08:27.78   08:13.68   08:29.38   08:34.98   08:11.55   07:49.25   08:13.68   08:29.38   08:34.98   08:11.55   07:49.25   08:13.68   08:29.38   08:34.98   08:11.55   08:34.80   08:29.38   08:34.98   08:11.55   08:29.38   08:34.98   08:11.55   08:34.98   08:11.55   08:20.85   08:20.85   08:20.85   08:20.85   08:20.85   08:34.98   08:34.98   08:11.55   08:20.85   08:20.85   08:20.85   08:20.85   08:20.85   08:20.85   08:34.98   08:34.98   08:34.98   08:34.95   08:34.98   0	GOLD	10:54.05	07:44.97	05:57.82	05:33.56	05:05.22	03:36.03	03:19.12	03:08.00	02:45.77	02:35.66	03:00.63	02:49.95	02:39.27
EUTE   26:47.99	SILVER	11:23.78	08:06.11	06:14.08	05:48.73	05:19.09	03:45.85	03:28.17	03:16.55	02:53.31	02:42.74	03:08.84	02:57.67	02:46.51
SILVER   29:21.13   20:19.92   15:49.12   15:41.58   13:55.88   10:07.20   09:42.80   09:24.20   09:10.10   08:27.78   08:13.68   09:29.18   08:34.98   08:11.55   00:10.00   09:49.85   09:35.10   08:50.86   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.22   08:50.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:55.06   08:58.38   08:36.12   09:50.06	500 Free	25:31.42	17:40.80	13:45.32	13:12.68	12:06.85	08:48.00	08:32.91	08:20.09	07:41.62	07:28.80	08:37.44	07:48.16	07:26.88
1000 Free	ELITE	26:47.99	18:33.84	14:26.59	13:52.31	12:43.19	09:14.40	08:58.56	08:45.09	08:04.70	07:51.24	09:03.31	08:11.57	07:49.22
17:36:00   17:05:82   16:40:80   15:23:24   14:57:60   17:14.88   15:36:32   14:53.72	GOLD	28:04.56	19:26.88	15:07.85	14:31.95	13:19.53	09:40.80	09:24.20	09:10.10	08:27.78	08:13.68	09:29.18	08:34.98	08:11.57
ELITE   18.28.80   17.57.11   17.30.84   16.09.40   15.42.48   18.06.62   16.23.14   15.38.44   GOLD   19.21.60   18.48.40   18.20.88   16.55.56   16.27.36   18.58.37   17.09.95   16.23.14   19.21.60   18.48.40   19.39.69   1910.92   17.41.73   17.12.24   195.01.1   17.56.77   17.07.88   1650 Free   30.36.97   2618.66   24.85.80   2218.87   21.10.43   27.58.95   24.11.49   21.52.6   ELITE   32.08.82   27.37.59   2618.29   24.23.76   23.17.47   30.46.65   26.36.64   24.03.9   SILVER   33.40.67   28.55.35   27.27.87   24.32.76   23.17.47   30.46.65   26.36.64   24.03.9   SILVER   02.46.48   02.07.35   01.46.13   01.20.86   00.59.45   00.50.00   00.46.34   00.43.41   00.35.83   00.35.22   00.49.00   00.44.14   00.39.2   ELITE   02.46.48   02.07.35   01.46.13   01.24.90   01.02.42   00.55.50   00.48.66   00.45.58   00.37.62   00.38.74   00.53.90   00.44.55   00.41.2   GOLD   02.54.41   02.13.42   01.51.19   01.28.95   01.05.40   00.55.00   00.50.97   00.47.75   00.39.41   00.38.74   00.53.90   00.48.55   00.41.2   ELITE   05.37.70   04.24.37   03.37.09   02.56.64   02.09.59   01.54.45   01.46.13   01.51.32   01.52.16   01.40.97   01.31.7   ELITE   05.37.70   04.24.37   03.37.09   02.56.64   02.09.59   01.54.45   01.46.13   01.56.62   01.28.99   01.22.90   01.22.1   ELITE   05.37.70   04.24.37   03.37.09   02.56.64   02.09.59   01.54.45   01.46.13   01.56.62   01.28.99   01.29.10   01.20.40   01.31.40   01.46.82   01.37.11   01.27.44   ELITE   05.37.70   04.24.37   03.37.70   03.57.76   03.11.27   02.21.93   03.00.53.50   01.56.24   01.32.99   01.29.30   01.29.30   01.29.30   01.29.30   01.29.30   01.29.30   01.29.30   01.29.30   01.29.30   01.29.31   01.40.82   01.37.11   01.27.44   ELITE   05.37.70   04.24.37   03.37.90   02.56.64   03.05.55.39   03.36.21   03.31.35   03.12.05   03.25.99   01.29.45   04.04.22   03.33.37   03.03.66   ELITE   05.37.70   04.24.37   03.37.90   03.57.76   03.11.27   02.21.93   03.30.61   03.31.25   03.30.00   03.01.94   04.42.22   03.43.37   03.31.25   ELITE   05.36.63   02.01.29   01.	SILVER	29:21.13	20:19.92	15:49.12	15:11.58	13:55.88	10:07.20	09:49.85	09:35.10	08:50.86	08:36.12	09:55.06	08:58.38	08:33.91
SILVER	1000 Free						17:36.00	17:05.82	16:40.80	15:23.24	14:57.60	17:14.88	15:36.32	14:53.76
SILVER	ELITE						18:28.80	17:57.11	17:30.84	16:09.40	15:42.48	18:06.62	16:23.14	15:38.45
1650 Free     30:36.97   26:18.66   24:58.06   22:18.87   21:10.43   27:58.95   24:11.49   21:52.6	GOLD						19:21.60	18:48.40	18:20.88	16:55.56	16:27.36	18:58.37	17:09.95	16:23.14
S2:08.82   27:37.59   26:12.96   23:25.81   22:13.95   29:22.90   25:24.06   22:83.85	SILVER						20:14.40	19:39.69	19:10.92	17:41.73	17:12.24	19:50.11	17:56.77	17:07.82
SILVER	1650 Free						30:36.97	26:18.66	24:58.06	22:18.87	21:10.43	27:58.95	24:11.49	21:52.67
SILVER	ELITE						32:08.82	27:37.59	26:12.96	23:25.81	22:13.95	29:22.90	25:24.06	22:58.30
EUTE   02:38.55   02:01.29   01:41.08   01:20.86   00:59.45   00:50.00   00:46.34   00:43.41   00:35.83   00:35.22   00:49.00   00:44.14   00:39.22	GOLD						33:40.67	28:56.53	27:27.87	24:32.76	23:17.47	30:46.85	26:36.64	24:03.94
ELITE         02:46.48         02:07.35         01:46.13         01:24.90         01:02.42         00:52.50         00:48.66         00:45.58         00:37.62         00:36.98         00:51.45         00:46.35         00:41.25           GOLD         02:54.41         02:13.42         01:51.19         01:28.95         01:05.40         00:55.00         00:50.97         00:47.75         00:39.41         00:38.74         00:53.90         00:48.55         00:43.22           SILVER         03:02.33         02:19.48         01:56.24         01:32.99         01:08.37         00:55.00         00:53.29         00:49.92         00:41.20         00:40.50         00:56.35         00:07.65         00:46.51           100 Back         05:21.62         04:11.78         03:26.75         02:46.32         02:09.59         01:54.45         01:40.02         01:22.49         01:22.01         01:52.16         01:41.97         01:31.71           GOLD         05:53.78         04:36.96         03:47.42         03:02.95         02:15.76         01:51.19         01:56.62         01:28.95         01:25.91         01:57.50         01:46.82         01:36.81           SILVER         06:09.86         04:49.55         03:57.76         03:11.27         02:21.93         02:05.35	SILVER						35:12.52	30:15.46	28:42.77	25:39.70	24:20.99	32:10.79	27:49.21	25:09.57
GOLD  O2:54.41  O2:13.42  O1:51.19  O1:28.95  O1:05.40  O0:55.00  O0:50.97  O0:47.75  O0:39.41  O0:38.74  O0:38.74  O0:53.90  O0:48.55  O0:43.25  SILVER  O3:02.33  O2:19.48  O1:56.24  O1:32.99  O1:08.37  O0:57.50  O0:53.29  O0:49.92  O0:41.20  O0:40.50  O0:40.50  O0:56.35  O0:50.76  O0:45.11  O0:38.77  O0:32.70  O4:24.37  O3:37.09  O2:46.32  O2:03.42  O1:49.00  O1:41.08  O1:46.02  O1:20.86  O1:18.10  O1:20.86  O1:18.10  O1:20.10  O1:52.16  O1:41.97  O1:21.49  O1:22.01  O1:52.16  O1:44.90  O1:41.08  O1:46.02  O1:20.86  O1:41.90  O1:22.01  O1:52.16  O1:41.97  O1:31.77  SILVER  O6:09.86  O4:49.55  O3:37.70  O3:41.27  O2:21.93  O2:15.76  O3:11.27  O2:21.93  O2:05.35  O3:56.45  O3:00.99  O3:36.21  O3:31.35  O3:12.05  O2:50.91  O2:45.40  O3:02.84  O3:02.84  O3:02.95  O3:47.02  O3:41.83  O5:09.90  O3:36.21  O3:31.35  O3:12.05  O2:50.91  O2:59.46  O2:59.46  O2:59.46  O2:59.46  O2:59.46  O2:59.46  O2:59.46  O2:59.46  O2:59.46  O3:01.28  O3:01.28  SILVER  O3:01.37  O3:01.27  O6:16.01  O5:40.89  O3:57.83  O3:57.83  O3:52.49  O3:31.25  O3:08.00  O3:01.94  O4:42.82  O3:43.37  O3:21.99  SILVER  O3:26.21  O2:03.35  O1:40.08  O3:05.37  O4:06.64  O4:00.35  O3:36.05  O3:40.86  O3:40.89  O3:36.21  O3:36.21  O3:36.21  O3:36.21  O3:36.25  O3:36.20  O3:36.20	50 Back	02:38.55	02:01.29	01:41.08	01:20.86	00:59.45	00:50.00	00:46.34	00:43.41	00:35.83	00:35.22	00:49.00	00:44.14	00:39.28
SILVER   03:02.33   02:19.48   01:56.24   01:32.99   01:08.37   00:57.50   00:53.29   00:49.92   00:41.20   00:40.50   00:56.35   00:50.76   00:45.11	ELITE	02:46.48	02:07.35	01:46.13	01:24.90	01:02.42	00:52.50	00:48.66	00:45.58	00:37.62	00:36.98	00:51.45	00:46.35	00:41.24
100 Back   05:21.62   04:11.78   03:26.75   02:46.32   02:03.42   01:49.00   01:41.08   01:46.02   01:20.86   01:18.10   01:46.82   01:37.11   01:27.44	GOLD	02:54.41	02:13.42	01:51.19	01:28.95	01:05.40	00:55.00	00:50.97	00:47.75	00:39.41	00:38.74	00:53.90	00:48.55	00:43.21
ELITE 05:37.70 04:24.37 03:37.09 02:54.64 02:09.59 01:54.45 01:46.13 01:51.32 01:24.90 01:22.01 01:52.16 01:41.97 01:31.77 GOLD 05:53.78 04:36.96 03:47.42 03:02.95 02:15.76 01:59.90 01:51.19 01:56.62 01:28.95 01:25.91 01:57.50 01:46.82 01:36.14 05:09.86 04:49.55 03:57.76 03:11.27 02:21.93 02:05.35 01:56.24 02:01.92 01:32.99 01:29.81 02:02.84 01:51.68 01:40.55 020 Back 10:52.25 08:23.47 07:02.70 05:41.83 05:09.90 03:36.21 03:31.35 03:12.05 02:50.91 02:45.40 04:17.11 03:23.06 03:03.65 01 01:57.48 09:13.82 07:44.97 06:16.01 05:40.89 03:57.83 03:52.49 03:31.25 02:59.46 02:53.67 04:29.97 03:33.21 03:12.85 00LD 11:57.48 09:13.82 07:44.97 06:16.01 05:40.89 03:57.83 03:52.49 03:31.25 03:08.00 03:01.94 04:42.82 03:43.37 03:21.95 01.02.95 01:29.95 03:30.95 03:30.95 03:40.86 03:16.55 03:10.21 04:55.68 03:53.55 03:31.15 03:10.29 09:38.99 08:06.11 06:33.10 05:56.39 04:08.64 04:03.05 03:40.86 03:16.55 03:10.21 04:55.68 03:53.55 03:31.15 03:26.09 03:36.03 03:36.03 02:01.49 04:42.82 03:43.37 03:21.95 03:26.09 03:36.03 03:26.29 03:36.03 03:26.29 03:36.03 03:26.29 03:36.03 03:26.29 03:36.29 03:36.03 03:26.29 03:36.39 03:40.86 03:16.55 03:10.21 04:55.68 03:53.55 03:31.15 03:26.29 03	SILVER	03:02.33	02:19.48	01:56.24	01:32.99	01:08.37	00:57.50	00:53.29	00:49.92	00:41.20	00:40.50	00:56.35	00:50.76	00:45.17
GOLD 05:53.78 04:36.96 03:47.42 03:02.95 02:15.76 01:59.90 01:51.19 01:56.62 01:28.95 01:25.91 01:57.50 01:46.82 01:36.14   SILVER 06:09.86 04:49.55 03:57.76 03:11.27 02:21.93 02:05.35 01:56.24 02:01.92 01:32.99 01:29.81 02:02.84 01:51.68 01:40.55   200 Back 10:52.25 08:23.47 07:02.70 05:41.83 05:09.90 03:36.21 03:31.35 03:12.05 02:50.91 02:45.40 04:17.11 03:23.06 03:03.65   ELITE 11:24.86 08:48.64 07:23.84 05:58.92 05:25.39 03:47.02 03:41.92 03:21.65 02:59.46 02:53.67 04:29.97 03:33.21 03:12.85   GOLD 11:57.48 09:13.82 07:44.97 06:16.01 05:40.89 03:57.83 03:52.49 03:31.25 03:08.00 03:01.94 04:42.82 03:43.37 03:21.95   SILVER 12:30.09 09:38.99 08:06.11 06:33.10 05:56.39 04:08.64 04:03.05 03:40.86 03:16.55 03:10.21 04:55.68 03:53.52 03:31.15   50 Breast 03:16.39 02:01.29 01:41.08 01:06.16 01:02.38 00:59.90 00:56.05 00:45.94 00:38.87 00:53.85 00:44.14 00:39.24   ELITE 03:26.21 02:07.35 01:46.13 01:09.47 01:05.50 01:02.90 00:58.85 00:48.24 00:40.81 00:56.54 00:46.35 00:41.24   GOLD 03:36.03 02:13.42 01:51.19 01:12.78 01:08.62 01:05.89 01:01.65 00:50.53 00:42.76 00:59.24 00:48.55 00:44.54   IDOB Breast 06:41.80 04:07.18 03:31.35 02:21.51 02:13.78 02:08.82 02:01.29 01:41.08 01:26.92 01:56.54 01:37.11 01:27.44   ELITE 07:01.89 04:19.54 03:41.92 02:28.59 02:20.47 02:15.26 02:07.35 01:46.13 01:31.27 02:02.37 01:41.97 01:31.77   GOLD 07:21.98 04:31.90 03:52.49 02:35.66 02:27.16 02:21.70 02:13.42 01:51.19 01:35.61 02:03.06 02:03.06 03:12.42   ELITE 07:01.89 04:42.60 04:03.05 02:42.74 02:33.85 02:28.14 02:19.48 01:56.24 01:39.96 02:14.02 01:51.68 01:40.55   200 Breast 13:38.01 08:32.75 07:11.89 04:49.45 04:23.06 04:21.26 04:00.75 03:39.16 03:33.18 03:43.84 03:52.68 02:09.21 03:22.05 03:22.05 03:22.05 04:22.05 04:22.06 04:00.75 03:39.16 03:33.18 03:40.60 02:03.06 03:12.42   ELITE 14:18.91 08:58.39 07:33.48 05:03.92 04:36.21 04:34.32 04:12.79 03:50.12 03:43.84 03:50.22 03:50.60 03:12.40 04:36.22 04:36.21 04:34.32 04:12.79 03:50.12 03:43.84 03:50.22 03:50.60 02:21.03 03:22.05 03:22.05 04:22.05 04:22.06 04:20.75 03:20.12 03:2	100 Back	05:21.62	04:11.78	03:26.75	02:46.32	02:03.42	01:49.00	01:41.08	01:46.02	01:20.86	01:18.10	01:46.82	01:37.11	01:27.40
SILVER         06:09.86         04:49.55         03:57.76         03:11.27         02:21.93         02:05.35         01:56.24         02:01.92         01:32.99         01:29.81         02:02.84         01:51.68         01:40.55           200 Back         10:52.25         08:23.47         07:02.70         05:41.83         05:09.90         03:36.21         03:31.35         03:12.05         02:50.91         02:45.40         04:17.11         03:23.06         03:03.60           ELITE         11:24.86         08:48.64         07:23.84         05:58.92         05:25.39         03:47.02         03:41.92         03:21.65         02:59.46         02:53.67         04:29.97         03:33.21         03:12.88           GOLD         11:57.48         09:13.82         07:44.97         06:16.01         05:40.89         03:57.83         03:52.49         03:31.25         03:08.00         03:01.94         04:42.82         03:43.37         03:21.99           SILVER         12:30.09         09:38.99         08:06.11         06:33.10         05:56.39         04:08.64         04:03.05         03:40.86         03:16.55         03:10.21         04:45.68         03:53.52         03:31.1           50 Breast         03:16.39         02:01.29         01:41.08         01:06.50	ELITE		04:24.37					01:46.13	01:51.32	01:24.90		01:52.16		01:31.77
SILVER         06:09.86         04:49.55         03:57.76         03:11.27         02:21.93         02:05.35         01:56.24         02:01.92         01:32.99         01:29.81         02:02.84         01:51.68         01:40.55           200 Back         10:52.25         08:23.47         07:02.70         05:41.83         05:09.90         03:36.21         03:31.35         03:12.05         02:50.91         02:45.40         04:17.11         03:23.06         03:03.60           ELITE         11:24.86         08:48.64         07:23.84         05:58.92         05:25.39         03:47.02         03:41.92         03:21.65         02:59.46         02:53.67         04:29.97         03:33.21         03:12.88           GOLD         11:57.48         09:13.82         07:44.97         06:16.01         05:40.89         03:57.83         03:52.49         03:31.25         03:08.00         03:01.94         04:42.82         03:43.37         03:21.99           SILVER         12:30.09         09:38.99         08:06.11         06:33.10         05:56.39         04:08.64         04:03.05         03:40.86         03:16.55         03:10.21         04:45.68         03:53.52         03:31.1           50 Breast         03:16.39         02:01.29         01:41.08         01:06.50	GOLD	05:53.78	04:36.96	03:47.42	03:02.95	02:15.76	01:59.90	01:51.19	01:56.62	01:28.95	01:25.91	01:57.50	01:46.82	01:36.14
ELITE         11:24.86         08:48.64         07:23.84         05:58.92         05:25.39         03:47.02         03:41.92         03:21.65         02:59.46         02:53.67         04:29.97         03:33.21         03:12.88           GOLD         11:57.48         09:13.82         07:44.97         06:16.01         05:40.89         03:57.83         03:52.49         03:31.25         03:08.00         03:01.94         04:42.82         03:43.37         03:21.99           SILVER         12:30.09         09:38.99         08:06.11         06:33.10         05:56.39         04:08.64         04:03.05         03:40.86         03:16.55         03:10.21         04:55.68         03:53.52         03:31.1           50 Breast         03:16.39         02:01.29         01:41.08         01:06.16         01:02.38         00:59.90         00:56.05         00:45.94         00:38.87         00:53.85         00:44.14         00:39.24           ELITE         03:26.21         02:07.35         01:46.13         01:09.47         01:05.50         01:02.90         00:58.85         00:48.24         00:40.81         00:56.54         00:46.35         00:41.24           GOLD         03:36.03         02:13.42         01:51.19         01:12.78         01:08.62         01:05.89	SILVER	06:09.86	04:49.55	03:57.76	03:11.27	02:21.93	02:05.35	01:56.24	02:01.92	01:32.99	01:29.81	02:02.84	01:51.68	01:40.51
ELITE         11:24.86         08:48.64         07:23.84         05:58.92         05:25.39         03:47.02         03:41.92         03:21.65         02:59.46         02:53.67         04:29.97         03:33.21         03:12.88           GOLD         11:57.48         09:13.82         07:44.97         06:16.01         05:40.89         03:57.83         03:52.49         03:31.25         03:08.00         03:01.94         04:42.82         03:43.37         03:21.99           SILVER         12:30.09         09:38.99         08:06.11         06:33.10         05:56.39         04:08.64         04:03.05         03:40.86         03:16.55         03:10.21         04:55.68         03:53.52         03:31.1           50 Breast         03:16.39         02:01.29         01:41.08         01:06.16         01:02.38         00:59.90         00:56.05         00:45.94         00:38.87         00:53.85         00:44.14         00:39.92           ELITE         03:26.21         02:07.35         01:46.13         01:09.47         01:05.50         01:02.90         00:58.85         00:48.24         00:40.81         00:56.54         00:46.35         00:41.24           GOLD         03:36.03         02:13.42         01:51.19         01:12.78         01:08.82         01:05.89	200 Back	10:52.25	08:23.47	07:02.70	05:41.83	05:09.90	03:36.21	03:31.35	03:12.05	02:50.91	02:45.40	04:17.11	03:23.06	03:03.63
SILVER         12:30.09         09:38.99         08:06.11         06:33.10         05:56.39         04:08.64         04:03.05         03:40.86         03:16.55         03:10.21         04:55.68         03:53.52         03:31.17           50 Breast         03:16.39         02:01.29         01:41.08         01:06.16         01:02.38         00:59.90         00:56.05         00:45.94         00:38.87         00:53.85         00:44.14         00:39.24           ELITE         03:26.21         02:07.35         01:46.13         01:09.47         01:05.50         01:02.90         00:58.85         00:48.24         00:40.81         00:56.54         00:46.35         00:41.24           GOLD         03:36.03         02:13.42         01:51.19         01:12.78         01:08.62         01:05.89         01:01.65         00:50.53         00:42.76         00:59.24         00:48.55         00:43.22           SILVER         03:45.85         02:19.48         01:56.24         01:16.08         01:11.74         01:08.88         01:04.46         00:52.83         00:44.70         01:01.93         00:50.76         00:45.11           100 Breast         06:41.80         04:07.18         03:31.35         02:21.51         02:13.78         02:08.82         02:01.29         01:41.08 <th>ELITE</th> <th>11:24.86</th> <th></th> <th>07:23.84</th> <th>05:58.92</th> <th>05:25.39</th> <th>03:47.02</th> <th>03:41.92</th> <th>03:21.65</th> <th>02:59.46</th> <th>02:53.67</th> <th>04:29.97</th> <th>03:33.21</th> <th>03:12.81</th>	ELITE	11:24.86		07:23.84	05:58.92	05:25.39	03:47.02	03:41.92	03:21.65	02:59.46	02:53.67	04:29.97	03:33.21	03:12.81
50 Breast         03:16.39         02:01.29         01:41.08         01:06.16         01:02.38         00:59.90         00:56.05         00:45.94         00:38.87         00:53.85         00:44.14         00:39.26           ELITE         03:26.21         02:07.35         01:46.13         01:09.47         01:05.50         01:02.90         00:58.85         00:48.24         00:40.81         00:56.54         00:46.35         00:41.24           GOLD         03:36.03         02:13.42         01:51.19         01:12.78         01:08.62         01:05.89         01:01.65         00:50.53         00:42.76         00:59.24         00:48.55         00:43.22           SILVER         03:45.85         02:19.48         01:56.24         01:16.08         01:11.74         01:08.88         01:04.46         00:52.83         00:44.70         01:01.93         00:50.76         00:45.12           100 Breast         06:41.80         04:07.18         03:31.35         02:21.51         02:13.78         02:08.82         02:01.29         01:41.08         01:26.92         01:56.54         01:37.11         01:27.44           ELITE         07:01.89         04:19.54         03:41.92         02:28.59         02:20.47         02:15.26         02:07.35         01:46.13         01:31.27	GOLD	11:57.48	09:13.82	07:44.97	06:16.01	05:40.89	03:57.83	03:52.49	03:31.25	03:08.00	03:01.94	04:42.82	03:43.37	03:21.99
ELITE         03:26.21         02:07.35         01:46.13         01:09.47         01:05.50         01:02.90         00:58.85         00:48.24         00:40.81         00:56.54         00:46.35         00:41.24           GOLD         03:36.03         02:13.42         01:51.19         01:12.78         01:08.62         01:05.89         01:01.65         00:50.53         00:42.76         00:59.24         00:48.55         00:43.22           SILVER         03:45.85         02:19.48         01:56.24         01:16.08         01:11.74         01:08.88         01:04.46         00:52.83         00:44.70         01:01.93         00:50.76         00:45.11           100 Breast         06:41.80         04:07.18         03:31.35         02:21.51         02:13.78         02:08.82         02:01.29         01:41.08         01:26.92         01:56.54         01:37.11         01:27.44           ELITE         07:01.89         04:19.54         03:41.92         02:28.59         02:20.47         02:15.26         02:07.35         01:46.13         01:31.27         02:02.37         01:41.97         01:31.77           GOLD         07:21.98         04:31.90         03:52.49         02:35.66         02:27.16         02:21.70         02:13.42         01:55.19         01:35.61	SILVER	12:30.09	09:38.99	08:06.11	06:33.10	05:56.39	04:08.64	04:03.05	03:40.86	03:16.55	03:10.21	04:55.68	03:53.52	03:31.17
ELITE         03:26.21         02:07.35         01:46.13         01:09.47         01:05.50         01:02.90         00:58.85         00:48.24         00:40.81         00:56.54         00:46.35         00:41.20           GOLD         03:36.03         02:13.42         01:51.19         01:12.78         01:08.62         01:05.89         01:01.65         00:50.53         00:42.76         00:59.24         00:48.55         00:43.22           SILVER         03:45.85         02:19.48         01:56.24         01:16.08         01:11.74         01:08.88         01:04.46         00:52.83         00:44.70         01:01.93         00:50.76         00:45.12           100 Breast         06:41.80         04:07.18         03:31.35         02:21.51         02:13.78         02:08.82         02:01.29         01:41.08         01:26.92         01:56.54         01:37.11         01:27.44           ELITE         07:01.89         04:19.54         03:41.92         02:28.59         02:20.47         02:15.26         02:07.35         01:46.13         01:31.27         02:02.37         01:41.97         01:31.77           GOLD         07:21.98         04:31.90         03:52.49         02:35.66         02:27.16         02:21.70         02:13.42         01:55.19         01:35.61	50 Breast	03:16.39	02:01.29	01:41.08	01:06.16	01:02.38	00:59.90	00:56.05	00:45.94	00:38.87		00:53.85	00:44.14	00:39.28
GOLD         03:36.03         02:13.42         01:51.19         01:12.78         01:08.62         01:05.89         01:01.65         00:50.53         00:42.76         00:59.24         00:48.55         00:43.22           SILVER         03:45.85         02:19.48         01:56.24         01:16.08         01:11.74         01:08.88         01:04.46         00:52.83         00:44.70         01:01.93         00:50.76         00:45.12           100 Breast         06:41.80         04:07.18         03:31.35         02:21.51         02:13.78         02:08.82         02:01.29         01:41.08         01:26.92         01:56.54         01:37.11         01:27.44           ELITE         07:01.89         04:19.54         03:41.92         02:228.59         02:20.47         02:15.26         02:07.35         01:46.13         01:31.27         02:02.37         01:41.97         01:31.77           GOLD         07:21.98         04:31.90         03:52.49         02:35.66         02:27.16         02:21.70         02:13.42         01:51.19         01:35.61         02:08.19         01:46.82         01:36.14           SILVER         07:42.07         04:44.26         04:03.05         02:42.74         02:33.85         02:28.14         02:19.48         01:56.24         01:39.96	ELITE													00:41.24
100 Breast         06:41.80         04:07.18         03:31.35         02:21.51         02:13.78         02:08.82         02:01.29         01:41.08         01:26.92         01:56.54         01:37.11         01:27.40           ELITE         07:01.89         04:19.54         03:41.92         02:28.59         02:20.47         02:15.26         02:07.35         01:46.13         01:31.27         02:02.37         01:41.97         01:31.77           GOLD         07:21.98         04:31.90         03:52.49         02:35.66         02:27.16         02:21.70         02:13.42         01:51.19         01:35.61         02:08.19         01:46.82         01:36.14           SILVER         07:42.07         04:44.26         04:03.05         02:42.74         02:33.85         02:28.14         02:19.48         01:56.24         01:39.96         02:14.02         01:51.68         01:40.5           200 Breast         13:38.01         08:32.75         07:11.89         04:49.45         04:23.06         04:21.26         04:00.75         03:39.16         03:33.18         03:41.60         02:03.06         03:12.40           ELITE         14:18.91         08:58.39         07:33.48         05:03.92         04:36.21         04:34.32         04:12.79         03:50.12         03:43.84	GOLD	03:36.03	02:13.42		01:12.78	01:08.62	01:05.89	01:01.65	00:50.53	00:42.76		00:59.24	00:48.55	00:43.21
100 Breast         06:41.80         04:07.18         03:31.35         02:21.51         02:13.78         02:08.82         02:01.29         01:41.08         01:26.92         01:56.54         01:37.11         01:27.40           ELITE         07:01.89         04:19.54         03:41.92         02:28.59         02:20.47         02:15.26         02:07.35         01:46.13         01:31.27         02:02.37         01:41.97         01:31.77           GOLD         07:21.98         04:31.90         03:52.49         02:35.66         02:27.16         02:21.70         02:13.42         01:51.19         01:35.61         02:08.19         01:46.82         01:36.14           SILVER         07:42.07         04:44.26         04:03.05         02:42.74         02:33.85         02:28.14         02:19.48         01:56.24         01:39.96         02:14.02         01:51.68         01:40.5           200 Breast         13:38.01         08:32.75         07:11.89         04:49.45         04:23.06         04:21.26         04:00.75         03:39.16         03:33.18         03:41.60         02:03.06         03:12.40           ELITE         14:18.91         08:58.39         07:33.48         05:03.92         04:36.21         04:34.32         04:12.79         03:50.12         03:43.84	SILVER	03:45.85	02:19.48	01:56.24	01:16.08	01:11.74	01:08.88	01:04.46	00:52.83	00:44.70		01:01.93	00:50.76	00:45.17
ELITE         07:01.89         04:19.54         03:41.92         02:28.59         02:20.47         02:15.26         02:07.35         01:46.13         01:31.27         02:02.37         01:41.97         01:31.77           GOLD         07:21.98         04:31.90         03:52.49         02:35.66         02:27.16         02:21.70         02:13.42         01:51.19         01:35.61         02:08.19         01:46.82         01:36.14           SILVER         07:42.07         04:44.26         04:03.05         02:42.74         02:33.85         02:28.14         02:19.48         01:56.24         01:39.96         02:14.02         01:51.68         01:40.55           200 Breast         13:38.01         08:32.75         07:11.89         04:49.45         04:23.06         04:21.26         04:00.75         03:39.16         03:33.18         03:41.60         02:03.06         03:12.44           ELITE         14:18.91         08:58.39         07:33.48         05:03.92         04:36.21         04:34.32         04:12.79         03:50.12         03:43.84         03:52.68         02:09.21         03:22.06	100 Breast	06:41.80	04:07.18	03:31.35	02:21.51	02:13.78	02:08.82	02:01.29	01:41.08	01:26.92		01:56.54	01:37.11	01:27.40
GOLD         07:21.98         04:31.90         03:52.49         02:35.66         02:27.16         02:21.70         02:13.42         01:51.19         01:35.61         02:08.19         01:46.82         01:36.14           SILVER         07:42.07         04:44.26         04:03.05         02:42.74         02:33.85         02:28.14         02:19.48         01:56.24         01:39.96         02:14.02         01:51.68         01:40.55           200 Breast         13:38.01         08:32.75         07:11.89         04:49.45         04:23.06         04:21.26         04:00.75         03:39.16         03:33.18         03:41.60         02:03.06         03:12.44           ELITE         14:18.91         08:58.39         07:33.48         05:03.92         04:36.21         04:34.32         04:12.79         03:50.12         03:43.84         03:52.68         02:09.21         03:22.06	ELITE											02:02.37		01:31.77
SILVER         07:42.07         04:44.26         04:03.05         02:42.74         02:33.85         02:28.14         02:19.48         01:56.24         01:39.96         02:14.02         01:51.68         01:40.5           200 Breast         13:38.01         08:32.75         07:11.89         04:49.45         04:23.06         04:21.26         04:00.75         03:39.16         03:33.18         03:41.60         02:03.06         03:12.40           ELITE         14:18.91         08:58.39         07:33.48         05:03.92         04:36.21         04:34.32         04:12.79         03:50.12         03:43.84         03:52.68         02:09.21         03:22.00	GOLD	07:21.98				02:27.16						02:08.19	01:46.82	01:36.14
200 Breast       13:38.01       08:32.75       07:11.89       04:49.45       04:23.06       04:21.26       04:00.75       03:39.16       03:33.18       03:41.60       02:03.06       03:12.40         ELITE       14:18.91       08:58.39       07:33.48       05:03.92       04:36.21       04:34.32       04:12.79       03:50.12       03:43.84       03:52.68       02:09.21       03:22.00														01:40.51
ELITE 14:18.91 08:58.39 07:33.48 05:03.92 04:36.21 04:34.32 04:12.79 03:50.12 03:43.84 03:52.68 02:09.21 03:22.08	200 Breast		08:32.75											03:12.46
														03:22.08
GOLD 14:59.81   09:24.02   07:55.08   05:18.39   04:49.37   04:47.39   04:24.83   04:01.08   03:54.50   04:03.76   02:15.37   03:31.73														03:31.71
														03:41.33



## PNS DISABILITY TIME STANDARDS - Men Short Course Yards

50 Fly	01:58.91	01:51.18	01:30.95	01:20.86	01:09.36	00:54.50	00:45.48	00:43.41	00:35.83	00:33.08	00:44.14	00:36.86	00:34.43
ELITE	02:04.86	01:56.74	01:35.50	01:24.90	01:12.83	00:57.22	00:47.75	00:45.58	00:37.62	00:34.73	00:46.35	00:38.70	00:36.15
GOLD	02:10.80	02:02.30	01:40.04	01:28.95	01:16.30	00:59.95	00:50.03	00:47.75	00:39.41	00:36.39	00:48.55	00:40.55	00:37.87
SILVER	02:16.75	02:07.86	01:44.59	01:32.99	01:19.76	01:02.68	00:52.30	00:49.92	00:41.20	00:38.04	00:50.76	00:42.39	00:39.59
100 Fly	04:06.84	03:51.56	02:11.13	02:59.91	02:27.74	01:58.01	01:40.16	01:36.02	01:20.86	01:15.35	01:37.11	01:22.54	01:17.69
ELITE	04:19.18	04:03.14	02:17.69	03:08.91	02:35.13	02:03.91	01:45.17	01:40.82	01:24.90	01:19.12	01:41.97	01:26.67	01:21.57
GOLD	04:31.52	04:14.72	02:24.24	03:17.90	02:42.51	02:09.81	01:50.18	01:45.62	01:28.95	01:22.88	01:46.82	01:30.79	01:25.46
SILVER	04:43.87	04:26.29	02:30.80	03:26.90	02:49.90	02:15.71	01:55.18	01:50.42	01:32.99	01:26.65	01:51.68	01:34.92	01:29.34
200 Fly	08:22.70	07:52.32	06:31.45	05:51.02	05:09.00	04:05.04	03:29.51	03:17.56	03:06.54	02:54.59	03:14.23	03:11.58	02:52.16
ELITE	08:47.84	08:15.94	06:51.02	06:08.57	05:24.45	04:17.29	03:39.99	03:27.44	03:15.87	03:03.32	03:23.94	03:21.16	03:00.77
GOLD	09:12.97	08:39.55	07:10.60	06:26.12	05:39.90	04:29.54	03:50.46	03:37.32	03:25.19	03:12.05	03:33.65	03:30.74	03:09.38
SILVER	09:38.10	09:03.17	07:30.17	06:43.67	05:55.35	04:41.80	04:00.94	03:47.19	03:34.52	03:20.78	03:43.36	03:40.32	03:17.98
150 IM	05:56.75	05:33.56	05:03.24	04:02.52									
ELITE	06:14.59	05:50.24	05:18.40	04:14.65									
GOLD	06:32.42	06:06.92	05:33.56	04:26.77									
SILVER	06:50.26	06:23.59	05:48.73	04:38.90									
200 IM	08:00.18	07:29.35	06:40.61	05:28.05	02:27.74	03:57.83	03:32.27	03:22.16	03:01.94	02:51.83	03:33.65	03:14.23	02:54.81
ELITE	08:24.19	07:51.82	07:00.64	05:44.45	02:35.13	04:09.72	03:42.88	03:32.27	03:11.04	03:00.42	03:44.33	03:23.94	03:03.55
GOLD	08:48.20	08:14.28	07:20.67	06:00.85	02:42.51	04:21.61	03:53.50	03:42.38	03:20.13	03:09.01	03:55.01	03:33.65	03:12.29
SILVER	09:12.21	08:36.75	07:40.70	06:17.26	02:49.90	04:33.50	04:04.11	03:52.48	03:29.23	03:17.60	04:05.70	03:43.36	03:21.03
400 IM	16:07.56	15:03.29	13:22.21	11:00.70	09:59.09	08:00.18	07:13.72	06:53.51	06:13.08	05:52.86	07:16.14	06:37.29	05:58.45
ELITE	16:55.94	15:48.45	14:02.32	11:33.74	10:29.04	08:24.19	07:35.41	07:14.19	06:31.73	06:10.50	07:37.95	06:57.15	06:16.37
GOLD	17:44.32	16:33.62	14:42.43	12:06.77	10:59.00	08:48.20	07:57.09	07:34.86	06:50.39	06:28.15	07:59.75	07:17.02	06:34.30
SILVER	18:32.69	17:18.78	15:22.54	12:39.81	11:28.95	09:12.21	08:18.78	07:55.54	07:09.04	06:45.79	08:21.56	07:36.88	06:52.22

Blue Highlighted Times are PNS Championship Times