

2016-2017 ATHLETE DEVELOPMENT — LONG COURSE METERS

200TH PLACE NATIONALLY

WOMEN	ELEVEN		TWELVE		THIRTEEN		FOURTEEN		FIFTEEN		SIXTEEN		SEVENTEEN		18U	OPEN
	NAME	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME
50 FREE	30.36	750	29.10	764	28.39	771	27.93	769	27.69	754	27.55	764	27.39	769	26.73	26.21
100 FREE	1:06.57	741	1:03.55	748	1:01.69	752	1:00.47	770	59.93	747	59.58	750	59.17	741	57.93	56.95
200 FREE	2:24.70	721	2:18.36	721	2:14.41	701	2:10.97	750	2:09.67	731	2:08.60	736	2:07.82	754	2:04.84	2:03.05
400 FREE	5:06.68	687	4:51.67	709	4:43.90	668	4:37.17	715	4:34.17	717	4:32.21	706	4:31.63	711	4:23.84	4:20.49
800 FREE	11:23.74	583	10:22.95	677	9:51.39	663	9:36.81	706	9:31.37	675	9:28.42	673	9:30.53	656	9:07.79	9:01.03
1500 FREE	23:52.32	430	20:27.51	641	19:11.87	636	18:42.04	669	18:38.45	643	18:44.64	614	18:49.71	599	17:44.61	17:37.28
50 BACK	35.35	743	33.60	764												
100 BACK	1:16.19	741	1:12.00	759	1:09.84	765	1:08.34	773	1:07.49	759	1:06.93	761	1:06.70	770	1:04.54	1:03.47
200 BACK	2:46.26	745	2:36.65	747	2:31.00	734	2:27.44	755	2:26.03	745	2:24.82	745	2:24.18	756	2:19.25	2:17.36
50 BREAST	39.82	710	37.72	730												
100 BREAST	1:27.17	709	1:22.24	717	1:19.63	714	1:18.35	747	1:17.59	707	1:17.01	709	1:16.37	717	1:13.66	1:11.98
200 BREAST	3:09.70	720	2:59.70	685	2:53.73	675	2:49.59	719	2:48.46	699	2:47.24	712	2:46.51	709	2:39.29	2:36.55
50 FLY	32.96	747	31.40	757												
100 FLY	1:14.83	725	1:10.36	743	1:07.81	740	1:06.35	753	1:05.24	765	1:04.90	714	1:04.58	766	1:02.71	1:01.61
200 FLY	2:58.19	667	2:42.64	692	2:33.35	704	2:28.74	725	2:26.36	727	2:25.33	740	2:24.83	717	2:19.22	2:16.85
200 I.M.	2:44.28	734	2:36.48	742	2:32.06	734	2:28.87	737	2:27.34	739	2:26.01	756	2:25.42	763	2:21.48	2:19.20
400 I.M.	6:01.29	724	5:39.52	708	5:23.53	710	5:16.82	721	5:12.64	717	5:10.81	725	5:10.83	725	5:00.34	4:56.77
MEN	ELEVEN		TWELVE		THIRTEEN		FOURTEEN		FIFTEEN		SIXTEEN		SEVENTEEN		18U	OPEN
	NAME	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME
50 FREE	30.41	755	28.27	777	27.08	751	25.95	774	25.45	769	24.87	784	24.55	779	24.06	23.26
100 FREE	1:06.68	742	1:01.98	757	58.95	758	56.57	781	55.26	783	54.23	755	53.55	775	52.59	51.04
200 FREE	2:24.96	720	2:15.19	738	2:09.11	754	2:03.25	768	2:00.54	773	1:57.91	771	1:57.03	769	1:54.70	1:52.39
400 FREE	5:07.29	692	4:47.02	727	4:33.59	751	4:22.74	764	4:17.50	731	4:12.23	752	4:11.62	736	4:04.56	4:00.13
800 FREE	11:56.15	482	10:28.29	632	9:40.56	682	9:14.08	712	9:00.01	717	8:57.62	665	8:58.05	655	8:37.23	8:32.41
1500 FREE	152	1	20:32.18	608	18:29.68	692	17:38.92	726	17:12.19	718	17:00.32	716	17:04.87	688	16:24.35	16:06.99
50 BACK	35.58	749	33.12	739												
100 BACK	1:17.00	739	1:11.17	744	1:07.55	763	1:04.21	747	1:02.40	745	1:01.06	781	1:00.56	761	58.72	57.10
200 BACK	2:47.38	759	2:34.86	750	2:26.16	733	2:19.34	751	2:15.96	756	2:12.98	765	2:12.53	730	2:07.88	2:05.15
50 BREAST	40.18	725	36.53	738												
100 BREAST	1:27.93	735	1:20.34	743	1:16.56	751	1:12.37	775	1:10.74	778	1:08.97	790	1:08.18	771	1:06.32	1:03.92
200 BREAST	3:13.01	751	2:55.86	757	2:46.25	740	2:37.99	765	2:33.57	757	2:30.81	788	2:29.93	760	2:24.83	2:20.43
50 FLY	33.17	740	30.72	748												
100 FLY	1:15.09	735	1:08.81	749	1:05.16	746	1:01.68	769	59.96	758	58.78	770	58.00	762	56.64	54.93
200 FLY	2:59.37	671	2:39.57	699	2:26.58	736	2:18.80	743	2:14.70	737	2:12.05	740	2:10.59	736	2:07.16	2:04.11
200 I.M.	2:44.39	735	2:32.87	757	2:25.65	739	2:19.19	782	2:16.34	740	2:13.80	782	2:12.65	757	2:09.29	2:06.28
400 I.M.	6:07.49	705	5:33.56	736	5:11.55	744	4:58.17	763	4:50.37	736	4:45.69	761	4:44.36	739	4:36.79	4:31.89

The above chart shows the national 200th place time in each event for each age group 11 to 17 for the 2016/2017 season. The far right columns shows the 200th place time for “18 and under” and “Open” divisions.

Once a swimmer achieves an “18 and under” or “Open” 200th place time, it is recommended that the swimmer tries to move up the ladder in that division.

The benchmark set by the Performance Committee has been to have five (5) Pacific Northwest Swimming performances in each category for the season for the age group swimmers and three (3) for the “18 and under” and “Open” swimmers. The result includes all registered swimmers in Pacific Northwest Swimming. If all the PNS Swimmers work together, this benchmark will be realized or exceeded. It is this act of “teamwork” which will raise the quality of swimming in the Pacific Northwest!

2016-2017 ATHLETE DEVELOPMENT — LONG COURSE METERS

100TH PLACE WESTERN ZONE

WOMEN	ELEVEN		TWELVE		THIRTEEN		FOURTEEN		FIFTEEN		SIXTEEN		SEVENTEEN		18U	OPEN
NAME	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	TIME
50 FREE	30.97	707	29.66	724	28.95	726	28.36	733	28.18	713	27.98	727	27.89	726	27.11	26.61
100 FREE	1:08.24	682	1:04.61	709	1:02.90	701	1:01.59	722	1:00.80	709	1:00.39	715	1:00.27	717	58.48	57.60
200 FREE	2:28.39	656	2:21.31	666	2:16.78	651	2:13.56	694	2:11.85	683	2:11.15	680	2:10.06	704	2:06.59	2:04.62
400 FREE	5:16.81	604	4:58.94	644	4:50.35	604	4:41.82	667	4:39.79	658	4:39.11	634	4:38.61	638	4:28.23	4:23.99
800 FREE	12:18.18	404	10:46.93	584	10:07.88	590	9:47.99	654	9:40.54	633	9:52.09	564	9:30.53	574	9:18.84	9:13.64
1500 FREE	92	1	20:53.94	590	19:45.96	560	19:10.03	669	19:04.65	583	20:09.33	431	18:49.71	436	18:08.33	18:06.20
50 BACK	36.48	669	34.61	694												
100 BACK	1:18.94	661	1:14.48	682	1:12.18	684	1:10.04	712	1:09.15	699	1:08.61	700	1:08.71	696	1:05.77	1:04.60
200 BACK	2:51.83	676	2:42.21	673	2:35.83	662	2:30.38	710	2:29.71	688	2:29.21	676	2:30.32	659	2:22.13	2:20.16
50 BREAST	41.07	646	38.73	675												
100 BREAST	1:29.78	648	1:24.57	659	1:21.67	657	1:20.65	682	1:19.26	659	1:18.33	671	1:18.66	651	1:14.76	1:13.62
200 BREAST	3:15.71	659	3:03.38	667	2:56.81	637	2:53.94	664	2:51.59	659	2:51.29	660	2:50.53	657	2:41.88	2:39.37
50 FLY	33.93	689	31.97	722												
100 FLY	1:17.54	656	1:12.25	691	1:09.56	683	1:07.79	705	1:06.57	719	1:06.28	710	1:05.95	719	1:03.91	1:02.52
200 FLY	3:17.72	472	2:49.16	619	2:39.41	620	2:33.33	660	2:30.87	662	2:30.73	662	2:30.01	642	2:22.05	2:20.09
200 I.M.	2:48.18	680	2:39.61	697	2:35.31	681	2:31.90	686	2:29.61	700	2:28.75	709	2:28.59	709	2:23.35	2:21.83
400 I.M.	6:11.17	665	5:44.88	674	5:31.48	652	5:22.77	677	5:18.45	673	5:19.90	656	5:18.85	664	5:05.21	5:02.55
MEN	ELEVEN		TWELVE		THIRTEEN		FOURTEEN		FIFTEEN		SIXTEEN		SEVENTEEN		18U	OPEN
NAME	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	PP	TIME	TIME
50 FREE	31.02	717	28.81	742	27.40	753	26.34	743	25.87	735	25.32	746	24.96	745	24.48	23.71
100 FREE	1:07.87	703	1:03.50	704	59.74	726	57.48	743	56.11	746	55.03	744	54.46	734	53.35	51.75
200 FREE	2:27.88	672	2:18.78	675	2:11.19	711	2:05.63	717	2:02.36	733	2:00.20	728	1:59.14	721	1:56.52	1:54.25
400 FREE	5:13.12	647	4:54.88	663	4:39.35	696	4:27.84	713	4:20.66	699	4:16.72	706	4:17.46	676	4:08.64	4:04.10
800 FREE	84	1	10:53.87	538	9:52.73	628	9:37.66	603	9:11.44	661	9:10.31	605	9:17.56	563	8:47.61	8:41.24
1500 FREE	65	1	21:36.51	498	18:52.07	645	18:19.79	635	17:32.55	670	17:28.74	651	17:52.55	580	16:44.23	16:25.87
50 BACK	36.53	692	33.99	683												
100 BACK	1:19.42	671	1:13.25	682	1:09.71	688	1:06.06	713	1:04.24	716	1:03.09	703	1:02.36	692	1:00.19	58.51
200 BACK	2:53.87	675	2:40.46	671	2:30.13	668	2:23.52	679	2:19.57	692	2:17.59	682	2:17.32	644	2:11.20	2:07.67
50 BREAST	41.09	677	37.76	667												
100 BREAST	1:29.32	702	1:22.79	681	1:17.92	711	1:14.37	712	1:11.91	740	1:10.93	726	1:09.87	715	1:07.58	1:05.20
200 BREAST	3:18.54	696	3:02.01	690	2:49.30	701	2:42.04	711	2:37.25	706	2:35.36	722	2:35.43	683	2:27.26	2:23.04
50 FLY	33.77	702	31.55	705												
100 FLY	1:16.93	685	1:10.67	694	1:06.20	708	1:02.82	725	1:00.89	721	1:00.06	718	59.15	715	57.47	56.00
200 FLY	3:21.00	444	2:48.12	594	2:31.36	661	2:23.78	661	2:18.12	678	2:15.99	671	2:14.81	662	2:09.01	2:06.66
200 I.M.	2:48.46	677	2:36.18	706	2:27.44	729	2:21.80	733	2:18.34	702	2:16.41	732	2:15.01	711	2:10.86	2:08.71
400 I.M.	6:16.46	651	5:41.79	736	5:17.78	696	5:03.86	716	4:56.41	685	4:52.41	703	4:53.59	661	4:41.34	4:37.65