

2024 PNS Senior SC Championships Time Standards

Girls						Senior/15&O	Boys					
SCM		LCM		SCY			SCY		LCM		SCM	
Automatic	Consideration	Automatic	Consideration	Automatic	Consideration		Consideration	Automatic	Consideration	Automatic	Consideration	Automatic
27.99	28.79	28.79	29.59	25.29	25.79	50 Free	22.89	22.49	26.39	25.89	25.59	25.09
1:00.89	1:02.99	1:02.49	1:04.49	54.89	55.99	100 Free	49.99	49.09	57.59	54.49	55.99	53.19
2:14.19	2:20.39	2:17.39	2:23.59	2:00.29	2:02.99	200 Free	1:50.59	1:48.19	2:09.39	2:06.19	2:06.19	2:02.99
4:49.79	5:04.99	4:56.19	5:11.79	5:30.19	5:40.79	400/500 Free	5:13.39	5:02.09	4:45.79	4:36.09	4:39.39	4:29.69
9:53.19	10:19.59	10:05.99	10:32.39	11:24.19	11:53.99	800/1000 Free	11:01.59	10:33.99	9:54.79	9:29.99	9:41.99	9:17.49
18:57.09	19:47.59	19:21.09	20:11.59	19:06.69	19:56.49	1500/1650 Free	18:22.79	17:36.89	18:58.49	18:11.09	18:45.69	17:58.99
34.39	35.59	34.99	36.19	29.59	30.69	50 Back	27.89	26.49	32.19	30.99	31.59	30.29
1:10.49	1:14.09	1:11.69	1:15.29	1:01.39	1:03.79	100 Back	57.49	55.59	1:08.39	1:05.59	1:07.19	1:04.09
2:35.49	2:45.19	2:37.89	2:47.59	2:16.29	2:21.89	200 Back	2:11.39	2:05.49	2:33.49	2:26.59	2:31.09	2:24.29
37.89	39.99	38.89	41.09	34.49	35.89	50 Breast	32.49	29.99	36.39	34.39	35.09	33.19
1:20.99	1:26.39	1:22.99	1:28.49	1:11.59	1:14.39	100 Breast	1:04.89	1:02.49	1:16.09	1:13.69	1:14.09	1:11.69
2:57.89	3:02.79	3:01.89	3:06.79	2:37.39	2:40.09	200 Breast	2:27.29	2:20.29	2:53.19	2:46.19	2:49.09	2:42.19
30.09	31.19	30.79	32.19	27.99	29.49	50 Fly	26.39	25.09	29.99	28.09	29.29	27.39
1:07.59	1:11.59	1:08.99	1:12.99	1:00.49	1:02.59	100 Fly	55.39	53.89	1:03.39	1:01.49	1:01.99	59.99
2:44.09	2:51.99	2:46.99	2:54.39	2:22.89	2:36.89	200 Fly	2:13.59	2:05.39	2:37.39	2:27.19	2:34.59	2:24.39
2:33.09	2:39.99	2:36.29	2:43.39	2:15.49	2:19.39	200 IM	2:05.69	2:02.09	2:25.59	2:21.99	2:22.39	2:18.79
5:38.19	5:40.49	5:44.59	5:46.89	4:58.69	5:19.39	400 IM	4:43.19	4:31.19	5:34.29	5:13.39	5:27.89	5:06.99
1:56.39	1:57.19	1:58.99	2:00.59	1:43.59	1:44.99	4x50 Fr Relay	1:33.59	1:29.89	1:48.89	1:44.09	1:44.49	1:39.89
4:15.29	4:20.09	4:23.29	4:29.99	3:46.99	3:55.99	4x100 Fr Relay	3:25.19	3:20.39	3:58.59	3:52.49	3:49.99	3:49.09
9:17.29	9:35.49	9:33.29	9:49.99	8:16.39	8:35.59	4x200 Fr Relay	7:32.39	7:21.89	8:41.79	8:29.99	8:24.99	8:18.29
2:09.79	2:12.29	2:12.89	2:16.39	1:54.59	1:58.49	4x50 Med Relay	1:43.39	1:39.99	2:00.59	1:56.89	1:55.39	1:52.59
4:48.09	4:55.09	4:56.09	5:00.69	4:06.69	4:20.09	4x100 Med Relay	3:50.79	3:39.89	4:29.69	4:21.79	4:17.59	4:12.49