

2016-2017 ATHLETE DEVELOPMENT – 200TH PLACE NATIONALLY – YARDS

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	26.70	757	25.56	764	24.94	782	24.44	773	24.20	764	24.06	776	23.90	776	23.34	22.93
100 Free	58.18	739	55.58	754	54.07	758	52.99	772	52.40	759	52.19	764	51.71	768	50.64	49.85
200 Free	2:06.66	727	2:00.89	736	1:57.07	726	1:54.68	754	1:53.27	749	1:52.26	762	1:51.82	774	1:49.84	1:47.78
500 Free	5:38.98	708	5:23.81	715	5:14.34	697	5:07.72	716	5:04.37	723	5:02.60	720	5:01.50	730	4:53.61	4:49.12
1000 Free	12:20.52	625	11:28.73	688	10:56.93	680	10:45.55	694	10:40.93	692	10:40.04	667	10:42.01	659	10:15.37	10:09.78
1650 Free	21:12.79	619	19:25.31	664	18:24.70	674	18:02.53	686	17:57.04	673	17:55.63	667	18:02.04	652	17:06.97	16:48.06
50 Back	30.40	767	29.04	772												
100 Back	1:05.61	761	1:02.14	754	59.88	779	58.70	769	57.82	779	57.40	787	57.13	799	55.39	54.50
200 Back	2:22.86	756	2:15.44	733	2:10.10	760	2:07.44	761	2:05.80	769	2:04.55	787	2:04.62	776	2:00.35	1:58.31
50 Breast	34.32	744	32.79	747												
100 Breast	1:14.80	736	1:10.83	738	1:08.83	736	1:07.03	760	1:06.80	761	1:05.83	771	1:05.26	769	1:03.43	1:02.28
200 Breast	2:43.32	737	2:34.59	722	2:29.39	719	2:26.37	732	2:25.93	740	2:24.17	735	2:23.61	729	2:18.09	2:15.30
50 Fly	29.01	760	27.76	773												
100 Fly	1:05.00	753	1:01.67	755	59.60	763	58.19	769	57.35	776	56.89	777	56.63	772	55.10	54.28
200 Fly	2:30.69	720	2:20.24	724	2:13.25	735	2:09.91	742	2:08.25	741	2:07.14	753	2:07.03	749	2:02.12	2:00.06
100 I.M.	1:06.74	748	1:03.60	759												
200 I.M.	2:23.11	748	2:16.64	733	2:12.11	757	2:09.23	760	2:07.99	756	2:06.59	771	2:06.24	775	2:02.70	2:00.70
400 I.M.	5:10.73	731	4:54.46	720	4:40.66	734	4:36.01	732	4:33.96	736	4:31.58	738	4:31.52	739	4:22.52	4:18.81
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	26.56	759	24.78	770	23.61	766	22.59	777	22.04	786	21.63	773	21.23	785	20.82	20.23
100 Free	57.97	745	54.04	755	51.34	760	49.17	769	47.93	789	47.05	780	46.36	786	45.51	44.32
200 Free	2:06.14	736	1:57.71	741	1:52.03	745	1:47.06	772	1:44.16	798	1:42.41	769	1:41.39	776	1:39.47	1:37.49
500 Free	5:37.48	728	5:18.56	720	5:02.49	727	4:50.31	746	4:43.67	756	4:39.36	757	4:37.98	746	4:31.01	4:26.05
1000 Free	12:28.53	621	11:22.10	671	10:37.55	704	10:10.23	726	10:00.95	713	9:54.79	696	9:54.93	679	9:33.88	9:26.65
1650 Free	21:30.87	599	19:06.14	680	17:49.32	702	17:03.17	729	16:49.30	711	16:40.72	697	16:38.16	698	15:56.38	15:34.61
50 Back	30.60	763	28.66	754												
100 Back	1:05.97	754	1:01.16	748	57.58	750	54.91	770	53.16	793	52.17	784	51.52	780	50.01	48.67
200 Back	2:23.83	748	2:13.65	716	2:05.37	741	1:59.55	745	1:56.18	775	1:54.63	752	1:53.34	761	1:49.39	1:46.77
50 Breast	34.56	747	31.86	748												
100 Breast	1:15.17	742	1:09.10	758	1:05.36	750	1:02.02	781	1:00.38	773	58.97	798	58.18	793	56.66	55.09
200 Breast	2:44.62	777	2:31.80	750	2:22.24	742	2:15.44	783	2:12.86	755	2:09.99	785	2:08.37	785	2:04.35	2:00.33
50 Fly	29.18	739	27.21	762												
100 Fly	1:05.17	750	1:00.24	753	56.89	755	53.99	773	52.50	778	51.48	742	50.70	773	49.52	48.14
200 Fly	2:30.28	711	2:17.51	724	2:07.85	722	2:00.72	750	1:57.59	750	1:55.62	759	1:54.19	762	1:50.81	1:48.20
100 I.M.	1:06.78	756	1:02.35	729												
200 I.M.	2:22.94	737	2:13.30	735	2:06.39	747	2:00.24	775	1:57.18	777	1:54.90	782	1:53.72	798	1:50.94	1:48.33
400 I.M.	5:12.29	727	4:48.52	726	4:30.34	748	4:17.87	761	4:12.17	763	4:08.75	747	4:07.09	753	3:59.55	3:54.52

The above chart shows the national 200th place time in each event for each age group 11 to 17 for the 2015/2016 season. The far right columns show 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 is to have five (5) Pacific Northwest Swimming performances in each category for the 2016-2017 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 – 200TH PLACE WESTERN ZONE– YARDS

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	27.80	668	26.61	678	26.01	683	25.46	677	25.14	675	24.94	691	24.92	678	24.06	23.69
100 Free	1:01.08	624	57.95	655	56.42	647	55.22	665	54.25	669	54.11	670	53.83	669	52.11	51.30
200 Free	2:13.68	589	2:06.81	613	2:02.53	605	1:59.43	638	1:58.03	632	1:57.74	626	1:56.87	647	1:52.55	1:51.31
500 Free	6:01.80	539	5:40.72	582	5:29.96	559	5:21.74	588	5:18.69	591	5:19.89	561	5:18.87	570	5:03.12	4:59.79
1000 Free	163	1	12:39.12	455	11:45.58	492	11:25.04	536	11:31.47	492	11:47.57	409	12:21.78	298	10:39.07	10:34.98
1650 Free	142	1	21:27.56	431	19:38.00	508	19:16.20	515	19:34.98	450	20:27.15	338	191	1	17:57.18	17:41.67
50 Back	32.38	620	30.74	639												
100 Back	1:09.85	620	1:06.03	617	1:03.74	625	1:01.86	639	1:01.28	646	1:00.69	649	1:00.62	652	57.64	56.82
200 Back	2:34.88	586	2:24.44	597	2:17.98	624	2:14.53	636	2:13.99	623	2:13.60	625	2:14.60	598	2:05.71	2:03.81
50 Breast	36.64	609	34.61	636												
100 Breast	1:19.67	607	1:14.97	621	1:12.83	609	1:11.41	618	1:10.48	641	1:09.90	637	1:09.94	614	1:05.83	1:04.88
200 Breast	2:55.49	594	2:44.32	601	2:38.40	591	2:34.97	608	2:35.48	602	2:34.00	591	2:35.87	551	2:23.94	2:21.13
50 Fly	30.62	652	29.09	680												
100 Fly	1:09.86	613	1:05.20	647	1:02.89	642	1:01.07	660	1:00.20	666	59.65	670	59.55	659	56.97	55.99
200 Fly	2:51.25	457	2:31.71	577	2:23.22	580	2:19.02	593	2:18.26	580	2:17.69	582	2:18.58	562	2:07.67	2:05.75
100 I.M.	1:10.39	624	1:06.56	653												
200 I.M.	2:31.62	616	2:22.84	632	2:18.79	634	2:15.56	640	2:13.54	650	2:13.08	646	2:12.56	652	2:06.69	2:05.06
400 I.M.	5:35.25	566	5:08.49	619	4:56.70	607	4:49.84	615	4:49.83	602	4:51.15	572	4:54.25	548	4:33.25	4:30.15
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	27.95	661	25.93	683	24.49	689	23.52	693	22.95	702	22.44	696	22.20	692	21.56	21.05
100 Free	1:01.23	625	56.85	643	53.34	668	51.32	666	49.74	699	48.93	686	48.25	690	46.97	45.98
200 Free	2:13.77	595	2:04.43	608	1:56.80	635	1:51.96	654	1:48.55	688	1:47.24	647	1:46.10	655	1:42.57	1:40.89
500 Free	6:00.25	560	5:34.88	601	5:19.39	586	5:03.76	628	4:55.38	650	4:53.64	627	4:53.35	606	4:39.91	4:35.27
1000 Free	107	1	13:01.59	359	11:31.18	496	10:58.18	530	9:58.26	525	10:54.35	452	197	1	9:58.46	9:52.82
1650 Free	111	1	22:19.72	347	19:12.80	524	18:20.73	555	18:06.15	536	18:33.85	705	195	1	16:41.06	16:26.13
50 Back	32.96	602	30.49	619												
100 Back	1:10.80	600	1:05.69	593	1:01.23	604	58.37	624	56.43	651	55.53	635	54.91	629	52.34	51.26
200 Back	2:37.25	550	2:23.70	555	2:12.70	603	2:07.46	589	2:04.27	611	2:03.79	566	2:02.57	571	1:55.53	1:52.94
50 Breast	37.20	589	33.83	620												
100 Breast	1:21.00	586	1:13.54	628	1:09.05	625	1:05.91	642	1:03.62	654	1:02.54	664	1:01.47	668	58.97	57.50
200 Breast	3:00.12	600	2:41.79	625	2:30.72	617	2:24.89	639	2:21.19	624	2:20.24	622	2:09.01	604	2:09.75	2:07.13
50 Fly	30.87	620	28.77	645												
100 Fly	1:10.14	599	1:04.28	619	59.71	639	56.93	646	54.71	680	53.87	656	53.10	662	51.29	50.40
200 Fly	2:59.05	363	2:31.55	529	2:16.67	567	2:09.67	584	2:05.70	595	2:04.47	587	2:04.08	568	1:55.58	1:53.46
100 I.M.	1:10.74	616	1:05.42	613												
200 I.M.	2:31.59	598	2:20.60	609	2:12.29	629	2:06.24	648	2:02.29	665	2:00.74	653	1:59.55	667	1:54.77	1:52.64
400 I.M.	5:45.83	500	5:08.00	580	4:46.38	607	4:32.27	627	4:28.02	613	4:26.54	578	4:26.50	568	4:10.78	4:05.44