

## 2019-2020 GOLD/SILVER TIME STANDARDS

Pacific Northwest Swimming Short Course GOLD Standards								
G150	G13-14	G11-12	G10U	SCY	B10U	B11-12	B13-14	B150
:26.39	28.29	30.99	38.19	50 Free	:37.29	:30.69	:26.19	:23.49
:57.29	1:01.49	1:08.19	1:22.19	100 Free	1:21.89	1:07.79	:57.59	:51.19
2:04.09	2:13.99	2:44.79	2:52.79	200 Free	2:49.39	2:25.39	2:04.49	1:52.39
5:32.99	5:52.49	6:39.59	8:06.09	500 Free	7:47.89	6:56.99	5:31.99	5:03.49
11:05.29	11:43.19	12:15.59		1000 Free		11:54.69	11:02.39	10:20.39
19:57.39	20:17.7	22:42.99		1650 Free		22:54.79	20:01.09	18:31.39
:30.49	32.99	36.69	43.89	50 Back	:43.99	:37.09	:31.29	:27.39
1:04.59	1:09.99	1:16.59	1:30.59	100 Back	1:31.69	1:17.59	1:05.69	:58.09
2:17.09	2:25.99	2:44.69		200 Back		2:57.09	2:21.89	2:06.89
:35.49	37.89	41.59	49.99	50 Breast	:49.59	:41.59	:35.49	:30.89
1:13.29	1:20.99	1:28.59	1:43.19	100 Breast	1:42.89	1:28.39	1:15.39	1:04.89
2:37.49	2:48.59	3:08.09		200 Breast		3:20.29	2:42.59	2:19.69
:29.99	31.19	34.59	43.29	50 Fly	:43.49	:34.49	:29.59	:25.99
1:02.79	1:08.09	1:15.09	1:36.89	100 Fly	1:39.79	1:20.49	1:03.59	:56.29
2:20.89	2:40.09	3:12.09		200 Fly		3:12.49	2:40.59	2:04.29
1:07.89	1:12.89	1:18.49	1:33.29	100 IM	1:31.79	1:16.79	1:07.49	1:00.59
2:19.49	2:28.79	2:52.99	3:08.49	200 IM	3:04.59	2:43.49	2:18.59	2:05.69
4:51.89	5:13.29	6:37.19		400 IM		6:09.19	5:10.69	4:31.69

Pacific Northwest Swimming Short Course SILVER Standards								
G150	G13-14	G11-12	G10U	SCY	B10U	B11-12	B13-14	B150
28.39	30.99	35.79	45.19	50 Free	44.29	:35.39	:28.99	:25.09
1:01.79	1:07.99	1:19.29	1:34.29	100 Free	1:36.69	1:18.09	1:04.99	:55.19
2:13.79	2:28.49	2:45.79	3:12.29	200 Free	3:13.39	2:48.29	2:20.39	2:00.59
5:57.49	6:25.89	7:29.09	8:56.99	500 Free	8:02.29	7:21.79	6:01.19	5:27.89
11:59.19	12:44.79	14:15.49		1000 Free		12:38.09	11:58.69	11:10.59
20:45.79	21:44.1	24:03.79		1650 Free		24:23.99	20:46.39	19:07.99
34.39	36.99	42.39	51.59	50 Back	:51.19	:42.69	:36.09	:30.29
1:10.59	1:18.39	1:27.59	1:42.99	100 Back	1:43.69	1:27.79	1:15.69	1:03.19
2:27.59	2:39.89	2:59.39		200 Back		3:14.49	2:36.69	2:29.79
39.19	41.99	47.69	56.99	50 Breast	:56.99	:47.49	:40.49	:34.69
1:21.49	1:29.99	1:39.59	1:55.09	100 Breast	1:55.29	1:39.59	1:24.69	1:12.29
2:53.49	3:06.09	3:24.19		200 Breast		3:57.69	2:58.69	2:33.59
33.19	34.99	41.99	51.89	50 Fly	:52.69	:41.39	:33.49	:28.39
1:08.99	1:18.19	1:30.29	1:53.59	100 Fly	1:47.09	1:31.79	1:11.89	1:01.69
2:32.09	2:54.59	3:24.99		200 Fly		3:25.99	2:51.59	2:17.99
1:12.89	1:19.99	1:28.89	1:46.29	100 IM	1:46.29	1:27.09	1:16.19	1:05.69
2:31.59	2:44.59	3:19.29	3:30.09	200 IM	3:24.99	2:57.69	2:32.89	2:16.69
5:16.19	5:34.29	7:09.39		400 IM		6:26.19	5:23.09	4:50.59

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Pacific Northwest Swimming Short Course GOLD Standards								
G150	G13-14	G11-12	G10U	LCM	B10U	B11-12	B13-14	B150
:30.09	:32.19	:35.09	:43.09	50 Free	:42.09	:34.79	:29.89	:26.89
1:05.09	1:09.69	1:17.09	1:32.49	100 Free	1:32.09	1:16.59	1:05.39	:58.39
2:20.59	2:31.39	3:05.29	3:14.09	200 Free	3:10.39	2:43.99	2:20.99	2:07.69
5:05.09	5:22.19	6:03.69	7:19.79	400 Free	7:03.79	6:18.99	5:04.19	4:39.09
10:09.49	10:42.89	11:11.39		800 Free		10:52.99	10:06.99	9:29.99
20:21.39	20:42.09	23:10.29		1500 Free		23:22.29	20:25.19	18:53.69
:34.59	:37.29	:41.39	:49.29	50 Back	:49.39	:41.89	:35.49	:31.19
1:13.09	1:18.99	1:26.29	1:41.69	100 Back	1:42.89	1:27.39	1:14.69	1:05.99
2:34.89	2:44.59	3:05.19		200 Back		3:18.89	2:40.09	2:23.59
:40.09	:42.69	:46.79	:55.99	50 Breast	:55.59	:46.79	:40.09	:34.99
1:22.69	1:31.09	1:39.49	1:55.59	100 Breast	1:55.19	1:39.29	1:24.99	1:13.39
2:57.29	3:09.49	3:30.99		200 Breast		3:44.39	3:02.89	2:37.69
:33.99	:35.39	:39.09	:48.69	50 Fly	:48.89	:38.99	:33.59	:29.59
1:11.09	1:16.99	1:24.69	1:48.59	100 Fly	1:51.79	1:30.59	1:11.99	1:03.79
2:38.99	3:00.19	3:35.39		200 Fly		3:35.79	3:00.69	2:20.79
2:37.49	2:47.69	3:14.29	3:31.39	200 IM	3:27.09	3:03.89	2:36.49	2:22.29
5:29.09	5:52.69	7:24.99		400 IM		6:54.19	5:49.79	5:06.89

Pacific Northwest Swimming Short Course SILVER Standards								
G150	G13-14	G11-12	G10U	LCM	B10U	B11-12	B13-14	B150
:32.29	:35.09	:40.39	:50.79	50 Free	:49.79	:39.99	:32.89	:28.69
1:09.99	1:16.79	1:29.29	1:45.79	100 Free	1:48.39	1:27.99	1:13.49	:59.69
2:31.19	2:47.39	3:06.39	3:35.52	200 Free	3:36.79	3:09.19	2:38.49	2:16.69
5:26.59	5:51.59	6:47.29	8:04.59	400 Free	7:16.49	6:40.59	5:29.89	5:00.59
10:56.89	11:37.09	12:56.89		800 Free		11:31.19	10:56.49	10:14.19
21:10.79	22:10.19	24:32.69		1500 Free		24:53.99	21:11.39	19:30.99
:38.89	:41.69	:47.69	:57.79	50 Back	:57.39	:47.99	:40.79	:34.39
1:19.69	1:28.29	1:38.39	1:55.29	100 Back	1:56.09	1:38.59	1:25.29	1:11.59
2:46.39	2:59.89	3:21.39		200 Back		3:37.99	2:56.39	2:48.79
:44.19	:47.19	:53.49	1:02.69	50 Breast	1:02.69	:53.29	:45.59	:39.19
1:31.69	1:40.99	1:51.59	2:08.69	100 Breast	2:08.89	1:51.59	1:35.19	1:21.59
3:14.89	3:28.79	3:48.69		200 Breast		4:25.49	3:20.59	2:52.99
:37.59	:39.49	:47.19	:58.09	50 Fly	:58.99	:46.59	:37.89	:32.29
1:17.89	1:28.09	1:41.39	2:06.99	100 Fly	1:59.89	1:42.99	1:21.09	1:09.89
2:51.39	3:16.09	3:49.49		200 Fly		3:50.59	3:12.79	2:35.79
2:50.79	3:05.09	3:43.29	3:55.19	200 IM	3:49.49	3:19.49	2:52.19	2:34.39
5:55.89	6:15.79	8:00.39		400 IM		7:12.89	6:03.49	5:27.69

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Pacific Northwest Swimming Short Course GOLD Standards								
G150	G13-14	G11-12	G10U	SCM	B10U	B11-12	B13-14	B150
:29.09	:31.19	:34.09	:42.09	50 Free	:41.09	:33.79	:28.89	:25.89
1:03.09	1:07.69	1:15.09	1:30.49	100 Free	1:30.09	1:14.59	1:03.39	:56.39
2:16.59	2:27.39	3:01.29	3:10.09	200 Free	3:06.39	2:39.99	2:16.99	2:03.69
4:53.09	5:10.19	5:51.69	7:07.79	400 Free	6:51.79	6:06.99	4:52.19	4:27.09
9:45.49	10:18.89	10:47.39		800 Free		10:28.99	9:42.99	9:05.99
19:51.39	20:12.09	22:40.29		1500 Free		22:52.29	19:55.19	18:23.69
:33.59	:36.29	:40.39	:48.29	50 Back	:48.39	:40.89	:34.49	:30.19
1:11.09	1:16.99	1:24.29	1:39.69	100 Back	1:40.89	1:25.39	1:12.69	1:03.99
2:30.89	2:40.59	3:01.19		200 Back		3:14.89	2:36.09	2:19.59
:39.09	:41.69	:45.79	:54.99	50 Breast	:54.59	:45.79	:39.09	:33.99
1:20.69	1:29.09	1:37.49	1:53.59	100 Breast	1:53.19	1:37.29	1:22.99	1:11.39
2:53.29	3:05.49	3:26.99		200 Breast		3:40.39	2:58.89	2:33.69
:32.99	:34.39	:38.09	:47.69	50 Fly	:47.89	:37.99	:32.59	:28.59
1:09.09	1:14.99	1:22.69	1:46.59	100 Fly	1:49.79	1:28.59	1:09.99	1:01.79
2:34.99	2:56.19	3:31.39		200 Fly		3:31.79	2:56.69	2:16.79
1:14.69	1:20.19	1:26.39	1:42.69	100 IM	1:40.99	1:24.49	1:14.29	1:06.69
2:33.49	2:43.69	3:10.29	3:27.39	200 IM	3:23.09	2:59.89	2:32.49	2:18.29
5:21.09	5:44.69	7:16.99		400 IM		6:46.19	5:41.79	4:58.89

Pacific Northwest Swimming Short Course SILVER Standards								
G150	G13-14	G11-12	G10U	SCM	B10U	B11-12	B13-14	B150
:31.29	:34.09	:39.39	:49.79	50 Free	:48.79	:38.39	:31.89	:27.69
1:07.99	1:14.79	1:27.29	1:43.79	100 Free	1:46.39	1:25.99	1:11.49	:57.69
2:27.19	2:43.39	3:02.39	3:31.59	200 Free	3:32.79	3:05.19	2:34.49	2:12.69
5:14.59	5:39.59	6:35.29	7:52.59	400 Free	7:04.49	6:28.59	5:17.89	4:48.59
10:32.89	11:13.09	12:32.89		800 Free		11:07.19	10:32.49	9:50.19
20:40.79	21:40.19	24:02.69		1500 Free		24:23.29	20:41.39	19:00.99
:37.89	:40.69	:46.69	:26.79	50 Back	:56.39	:46.99	:39.79	:33.39
1:17.69	1:26.39	1:36.39	1:53.29	100 Back	1:54.09	1:36.59	1:23.29	1:09.59
2:42.39	2:55.89	3:17.39		200 Back		3:33.99	2:52.39	2:44.79
:43.19	:46.19	:52.49	1:02.69	50 Breast	1:02.69	:52.29	:44.59	:38.19
1:29.69	1:38.99	1:49.59	2:06.69	100 Breast	2:06.89	1:49.59	1:33.19	1:19.59
3:10.89	3:24.79	3:44.69		200 Breast		4:21.49	3:16.59	2:48.99
:36.59	:38.49	:46.19	:57.09	50 Fly	:57.99	:45.59	:36.89	:31.29
1:15.89	1:26.09	1:39.39	2:04.99	100 Fly	1:57.89	1:40.99	1:19.09	1:07.89
2:47.39	3:12.09	3:45.49		200 Fly		3:46.59	3:08.79	2:31.79
1:20.19	1:27.99	1:37.79	1:56.99	100 IM	1:56.99	1:35.89	1:23.89	1:12.29
2:46.79	3:01.09	3:39.29	3:51.19	200 IM	3:45.49	3:15.49	2:48.19	2:30.29
5:47.89	6:07.79	7:52.39		400 IM		7:04.89	5:55.49	5:19.69