

## 2009 Pacific Swimming Time Standards – 13-14 Boys

### SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:32.79	:29.79	:25.89	:24.59	:23.79
100 Free	1:10.79	1:04.29	:55.99	:53.09	:51.69
200 Free	2:34.59	2:20.39	2:01.09	1:55.99	1:51.89
500 Free	6:55.89	6:17.49	5:28.09	5:11.99	5:04.09
1000 Free	14:26.49	13:06.49	11:24.49	10:49.99	10:40.19
1650 Free	25:32.99	23:11.49	19:35.99	19:09.99	17:59.99
100 Back	1:22.69	1:14.99	1:07.19	1:01.99	:58.59
200 Back	2:59.99	2:43.39	2:26.69	2:14.99	2:07.59
100 Breast	1:31.99	1:23.49	1:13.49	1:08.99	1:05.39
200 Breast	3:22.79	3:04.09	2:41.69	2:32.09	2:23.19
100 Fly	1:20.69	1:13.19	1:03.59	1:00.49	:57.29
200 Fly	3:03.99	2:46.99	2:25.89	2:17.99	2:11.19
200 IM	2:55.99	2:39.69	2:20.89	2:11.99	2:06.39
400 IM	6:22.59	5:47.29	5:04.49	4:46.99	4:32.89
200 FR				1:43.99	
400 FR				3:46.79	
800 FR				8:09.19	
200 MR				1:54.79	
400 MR				4:16.39	

### LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:37.59	:34.09	:28.69	:28.19	:27.19
100 Free	1:20.89	1:13.49	1:03.69	1:00.69	:59.39
200 Free	2:55.39	2:39.19	2:17.99	2:11.59	2:09.79
400 Free	6:16.69	5:41.99	4:56.29	4:42.59	4:37.49
800 Free	13:03.79	11:51.49	10:16.59	9:47.99	9:37.59
1500 Free	24:20.99	22:06.19	19:29.99	18:15.99	18:10.09
100 Back	1:34.69	1:25.89	1:15.49	1:10.99	1:08.89
200 Back	3:24.39	3:05.49	2:40.39	2:33.29	2:29.69
100 Breast	1:46.09	1:36.29	1:23.49	1:19.59	1:16.99
200 Breast	3:50.39	3:29.09	3:01.89	2:52.79	2:47.39
100 Fly	1:31.69	1:23.19	1:12.09	1:08.79	1:06.59
200 Fly	3:28.09	3:08.89	2:43.69	2:36.09	2:33.09
200 IM	3:19.79	3:01.39	2:34.19	2:29.89	2:27.49
400 IM	7:09.99	6:30.29	5:42.99	5:22.49	5:16.99
200 FR				1:58.39	
400 FR				4:17.49	
800 FR				9:14.39	
200 MR				2:10.29	
400 MR				4:48.69	

