

## 2009 Pacific Swimming Time Standards – 15-16 Boys

### SHORT COURSE YARDS

Event	B	A	JO	FW	PRT
50 Free	:30.99	:28.09	:24.49	:23.19	:22.69
100 Free	1:07.89	1:01.59	:53.49	:50.89	:49.19
200 Free	2:27.99	2:14.29	1:56.59	1:50.99	1:46.89
500 Free	6:48.19	6:10.49	5:14.99	5:06.19	4:49.19
1000 Free	14:12.99	12:54.39	11:11.99	10:39.99	10:37.19
1650 Free	23:59.99	21:46.79	18:53.99	17:59.99	17:22.89
100 Back	1:19.99	1:12.59	1:03.69	:59.99	:55.49
200 Back	2:53.29	2:37.29	2:18.59	2:09.99	2:01.49
100 Breast	1:27.99	1:19.79	1:09.29	1:05.99	1:01.69
200 Breast	3:15.99	2:57.89	2:34.39	2:26.99	2:16.69
100 Fly	1:15.19	1:08.19	:59.29	:56.39	:53.79
200 Fly	2:54.59	2:38.49	2:15.09	2:10.99	2:01.99
200 IM	2:48.79	2:33.19	2:12.99	2:06.59	2:00.29
400 IM	6:11.89	5:37.59	4:52.99	4:38.99	4:20.29
200 FR				1:36.99	
400 FR				3:37.69	
800 FR				7:36.89	
200 MR				1:49.59	
400 MR				4:03.99	

### LONG COURSE METERS

Event	B	A	JO	FW	PRT
50 Free	:35.39	:32.09	:27.89	:26.49	:26.09
100 Free	1:16.49	1:09.49	1:00.79	:57.39	:56.79
200 Free	2:46.79	2:31.39	2:12.29	2:05.09	2:03.79
400 Free	5:56.99	5:24.09	4:45.19	4:27.79	4:23.39
800 Free	12:52.09	11:40.79	10:07.39	9:39.19	9:15.79
1500 Free	24:20.99	22:06.19	19:23.99	18:15.99	17:58.59
100 Back	1:29.59	1:21.29	1:12.09	1:07.19	1:05.49
200 Back	3:11.69	2:53.99	2:36.49	2:23.79	2:22.09
100 Breast	1:39.99	1:30.69	1:18.69	1:14.99	1:12.79
200 Breast	3:40.89	3:20.49	2:53.89	2:45.69	2:39.89
100 Fly	1:24.89	1:17.09	1:07.19	1:03.69	1:02.19
200 Fly	3:15.99	2:57.89	2:32.59	2:26.99	2:21.99
200 IM	3:10.99	2:53.39	2:30.29	2:23.29	2:20.29
400 IM	6:50.79	6:12.89	5:30.29	5:08.19	5:01.59
200 FR				1:50.69	
400 FR				4:07.49	
800 FR				8:38.49	
200 MR				2:04.59	
400 MR				4:36.39	