

FAR WESTERN TIME STANDARDS



PACIFIC SWIMMING

GIRLS			USA SWIMMING PACIFIC SWIMMING	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
10 & UNDER						
30.19	33.29	34.39	50 FREE	30.29	33.39	35.39
1:06.99	1:13.69	1:16.19	100 FREE	1:06.99	1:13.69	1:16.29
2:27.99	2:42.79	2:46.89	200 FREE	2:26.99	2:41.69	2:46.29
6:20.99	5:32.99	5:38.89	400 / 500 FREE	6:10.89	5:29.89	5:36.29
35.99	39.59	40.59	50 BACK	35.99	39.59	41.59
1:16.99	1:24.69	1:28.29	100 BACK	1:18.99	1:26.89	1:28.69
40.59	44.69	45.69	50 BREAST	40.59	44.69	46.29
1:27.99	1:36.79	1:39.99	100 BREAST	1:28.99	1:37.89	1:41.79
34.49	37.99	38.99	50 FLY	34.09	37.49	39.39
1:18.99	1:26.89	1:30.59	100 FLY	1:20.99	1:29.09	1:30.79
1:16.99	1:24.69	--	100 IM	1:16.99	1:24.69	--
2:46.99	3:03.69	3:09.99	200 IM	2:48.29	3:05.19	3:12.29
2:06.59	2:19.29	2:23.29	200 FREE RELAY	2:06.99	2:19.69	2:23.29
2:23.99	2:38.39	2:42.39	200 MEDLEY RELAY	2:27.99	2:42.79	2:42.39
11 - 12						
27.19	29.99	30.99	50 FREE	26.99	29.69	30.69
59.19	1:05.19	1:07.59	100 FREE	58.49	1:04.39	1:06.99
2:09.29	2:22.29	2:26.99	200 FREE	2:10.19	2:23.29	2:27.29
5:47.09	5:03.29	5:09.69	400 / 500 FREE	5:46.59	5:08.59	5:12.99
11:54.99	10:21.29	10:33.99	800 / 1000 FREE	11:44.99	10:12.09	10:24.89
19:45.39	16:55.99	20:19.99	1500 / 1650 FREE	20:23.49	19:47.99	20:11.99
31.99	35.19	36.19	50 BACK	31.99	35.19	36.79
1:08.99	1:15.89	1:18.39	100 BACK	1:08.99	1:15.89	1:19.49
2:26.49	2:43.89	2:46.49	200 BACK	2:23.99	2:38.39	2:47.89
35.99	39.59	40.59	50 BREAST	34.99	38.49	40.59
1:17.59	1:25.39	1:28.19	100 BREAST	1:16.99	1:24.69	1:27.29
2:47.89	3:04.69	3:08.89	200 BREAST	2:41.69	2:57.89	3:06.39
30.29	33.39	33.99	50 FLY	29.99	32.99	34.09
1:08.39	1:15.29	1:17.69	100 FLY	1:08.49	1:15.39	1:17.99
2:30.99	2:46.09	2:52.19	200 FLY	2:29.99	2:44.99	2:50.69
1:08.49	1:15.39	--	100 IM	1:07.09	1:13.79	--
2:27.99	2:42.79	2:46.99	200 IM	2:27.99	2:42.79	2:48.29
5:15.89	5:47.49	5:53.79	400 IM	5:15.89	5:47.49	5:56.79
1:54.79	2:06.29	2:05.99	200 FREE RELAY	1:54.99	2:06.49	2:10.89
4:04.59	4:29.09	4:37.09	400 FREE RELAY	4:11.99	4:37.19	4:45.19
2:06.19	2:18.89	2:22.19	200 MEDLEY RELAY	2:07.99	2:20.79	2:25.89
4:39.49	5:07.49	5:15.49	400 MEDLEY RELAY	04:45.99	5:14.59	5:25.39

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GIRLS			USA SWIMMING PACIFIC SWIMMING	BOYS		
SCY	SCM	LCM		SCY	SCM	LCM
13 - 14						
26.29	28.99	29.49	50 FREE	24.59	27.09	28.19
56.89	1:02.59	1:04.59	100 FREE	53.09	58.39	1:00.69
2:01.99	2:14.19	2:17.69	200 FREE	1:55.99	2:07.59	2:11.59
5:24.99	4:44.19	4:50.59	400 / 500 FREE	5:11.99	4:36.19	4:42.59
11:09.99	9:54.39	10:07.19	800 / 1000 FREE	10:49.99	9:36.19	9:47.99
18:31.19	18:44.59	19:08.59	1500 / 1650 FREE	19:09.99	17:51.99	18:15.99
1:04.99	1:11.49	1:13.59	100 BACK	1:01.99	1:08.19	1:10.99
2:19.79	2:43.79	2:39.09	200 BACK	2:14.99	2:28.49	2:33.29
1:12.89	1:20.19	1:23.29	100 BREAST	1:08.99	1:15.89	1:19.59
2:39.89	2:55.89	3:08.99	200 BREAST	2:32.09	2:47.29	2:52.79
1:04.29	1:10.79	1:11.59	100 FLY	1:00.49	1:06.59	1:08.79
2:23.49	2:37.89	2:41.99	200 FLY	2:17.99	2:31.79	2:36.09
2:19.09	2:42.99	2:36.49	200 IM	2:11.99	2:25.19	2:29.89
4:58.19	5:31.39	5:37.79	400 IM	4:46.99	5:15.69	5:22.49
1:48.99	1:59.89	2:03.89	200 FREE RELAY	1:43.99	1:54.39	1:58.39
3:51.99	4:15.19	4:23.19	400 FREE RELAY	3:46.79	4:09.49	4:17.49
8:26.99	9:17.69	9:33.69	800 FREE RELAY	8:09.19	8:58.19	9:14.39
2:01.59	2:13.79	2:21.29	200 MEDLEY RELAY	1:54.79	2:06.29	2:10.29
4:21.99	4:48.19	4:56.19	400 MEDLEY RELAY	4:16.39	4:42.09	4:48.69
15 - 16						
25.99	28.59	29.29	50 FREE	23.19	25.59	26.49
56.49	1:02.19	1:02.79	100 FREE	50.89	55.99	57.39
2:01.99	2:14.19	2:16.69	200 FREE	1:50.99	2:02.09	2:05.09
5:21.99	4:44.99	4:51.39	400 / 500 FREE	5:06.19	4:21.39	4:27.79
11:09.99	9:50.79	10:03.59	800 / 1000 FREE	10:39.99	9:26.39	9:39.19
18:39.99	18:50.99	19:14.99	1500 / 1650 FREE	17:59.99	17:51.99	18:15.99
1:05.99	1:12.59	1:12.99	100 BACK	59.99	1:05.99	1:07.19
2:20.99	2:35.09	2:37.49	200 BACK	2:09.99	2:22.99	2:23.79
1:13.99	1:21.39	1:22.79	100 BREAST	1:05.99	1:12.59	1:14.99
2:38.99	2:54.89	2:58.99	200 BREAST	2:26.99	2:41.69	2:45.69
1:02.69	1:08.99	1:10.99	100 FLY	56.39	1:02.09	1:03.69
2:21.49	2:35.69	2:38.59	200 FLY	2:10.99	2:24.09	2:26.99
2:17.99	2:31.79	2:35.79	200 IM	2:06.59	2:19.29	2:23.29
4:55.99	5:25.59	5:33.99	400 IM	4:38.99	5:06.89	5:08.19
17 - 18						
26.69	29.39	29.49	50 FREE	23.19	25.59	25.99
57.19	1:02.09	1:03.69	100 FREE	50.29	55.39	57.29
2:05.69	2:18.29	2:19.99	200 FREE	1:50.99	2:02.09	2:04.19
5:34.99	4:56.39	5:02.79	400 / 500 FREE	5:06.19	4:22.59	4:28.99
11:39.99	10:13.19	10:25.99	800 / 1000 FREE	10:39.99	9:26.39	9:39.19
19:19.99	18:55.99	19:19.99	1500 / 1650 FREE	17:59.99	18:01.99	18:25.99
1:09.09	1:15.99	1:17.99	100 BACK	1:00.39	1:06.49	1:08.49
2:31.99	2:47.19	2:44.89	200 BACK	2:17.59	2:31.39	2:35.39
1:17.99	1:25.79	1:25.39	100 BREAST	1:06.99	1:13.69	1:15.69
2:46.99	3:03.69	3:07.69	200 BREAST	2:29.99	2:44.99	2:48.99
1:03.99	1:10.39	1:12.39	100 FLY	56.99	1:02.69	1:04.19
2:28.99	2:43.89	2:47.89	200 FLY	2:13.99	2:27.39	2:31.39
2:23.49	2:37.89	2:38.79	200 IM	2:06.99	2:19.69	2:23.69
5:12.99	5:44.29	5:52.29	400 IM	4:43.99	5:12.39	5:20.39