

**PACIFIC NORTHWEST SWIMMING  
GOLD/SILVER TIME STANDARDS  
LONG COURSE METERS  
2015-2016**

<b>PACIFIC NORTHWEST SWIMMING GOLD STANDARDS</b>				
<b>EVENT</b>	<b>G10U</b>	<b>G11-12</b>	<b>G13-14</b>	<b>G15-O</b>
50 FR	41.49	36.59	33.39	32.89
100 FR	1:30.79	1:20.99	1:12.79	1:11.39
200 FR	3:13.09	2:52.09	2:41.59	2:38.69
400 FR	6:57.69	6:08.39	5:44.69	5:39.59
800 FR		13:00.79	12:02.49	11:49.89
1500 FR		24:33.99	22:39.79	22:22.79
50 BA	47.99	42.69	39.99	39.39
100 BA	1:43.69	1:30.89	1:24.79	1:23.49
200 BA		3:18.09	3:04.99	3:02.79
50 BR	54.49	48.39	45.69	45.09
100 BR	1:59.09	1:44.09	1:37.59	1:36.29
200 BR		3:47.19	3:30.69	3:27.89
50 FL	47.69	42.29	38.49	37.79
100 FL	1:47.99	1:33.19	1:25.19	1:23.69
200 FL		3:29.29	3:08.39	3:05.89
200 IM	3:43.79	3:17.39	3:05.19	3:02.19
400 IM		7:04.99	6:32.89	6:28.09

<b>PACIFIC NORTHWEST SWIMMING SILVER STANDARDS</b>				
<b>EVENT</b>	<b>G10U</b>	<b>G11-12</b>	<b>G13-14</b>	<b>G15-O</b>
50 FR	49.19	43.79	40.69	39.99
100 FR	1:46.89	1:34.39	1:27.59	1:25.99
200 FR	3:50.89	3:22.49	3:07.69	3:03.89
400 FR	8:17.59	7:13.79	6:40.69	6:33.29
800 FR		15:08.49	13:50.09	13:33.79
1500 FR		28:36.99	25:07.29	23:52.59
50 BA	56.39	49.79	45.99	45.39
100 BA	2:01.39	1:43.29	1:37.29	1:35.19
200 BA		3:47.79	3:29.09	3:26.69
50 BR	1:02.89	55.29	51.69	51.09
100 BR	2:16.89	1:58.99	1:49.89	1:47.99
200 BR		4:19.09	3:56.79	3:53.09
50 FL	56.89	48.99	43.69	42.89
100 FL	2:08.19	1:47.59	1:36.29	1:34.09
200 FL		4:00.59	3:31.69	3:26.89
200 IM	4:22.19	3:49.09	3:32.39	3:28.29
400 IM		8:09.79	7:27.99	7:20.79

<b>PACIFIC NORTHWEST SWIMMING GOLD STANDARDS</b>				
<b>EVENT</b>	<b>B10U</b>	<b>B11-12</b>	<b>B13-14</b>	<b>B15-O</b>
50 FR	42.79	37.09	32.69	31.29
100 FR	1:31.19	1:20.99	1:11.69	1:06.99
200 FR	3:14.29	2:52.89	2:36.09	2:29.29
400 FR	6:58.79	6:16.19	5:39.19	5:28.09
800 FR		13:04.39	11:45.49	11:20.59
1500 FR		25:03.99	22:27.09	21:40.09
50 BA	48.79	42.89	37.89	36.19
100 BA	1:44.39	1:31.39	1:21.09	1:17.69
200 BA		3:15.69	2:53.99	2:47.49
50 BR	54.29	47.69	42.09	40.29
100 BR	1:58.29	1:43.99	1:32.49	1:28.59
200 BR		3:49.19	3:23.39	3:15.49
50 FL	46.69	41.59	36.79	34.99
100 FL	1:48.59	1:31.69	1:20.19	1:15.99
200 FL		3:26.49	3:03.59	2:50.39
200 IM	3:41.69	3:15.19	2:55.29	2:48.29
400 IM		7:02.69	6:19.59	6:01.49

<b>PACIFIC NORTHWEST SWIMMING SILVER STANDARD</b>				
<b>EVENT</b>	<b>B10U</b>	<b>B11-12</b>	<b>B13-14</b>	<b>B15-O</b>
50 FR	48.99	42.49	37.89	35.39
100 FR	1:46.39	1:31.69	1:27.59	1:16.59
200 FR	3:49.89	3:18.99	2:56.99	2:46.49
400 FR	8:18.79	7:10.09	6:24.89	6:04.19
800 FR		15:04.49	13:18.69	12:41.29
1500 FR		28:36.99	25:07.29	23:52.59
50 BA	56.59	48.69	42.49	40.59
100 BA	2:01.59	1:42.89	1:27.09	1:24.39
200 BA		3:43.79	3:17.19	3:03.29
50 BR	1:03.99	54.19	46.99	45.09
100 BR	2:19.19	1:57.09	1:43.29	1:35.39
200 BR		4:16.59	3:44.59	3:27.89
50 FL	56.49	47.69	41.39	39.39
100 FL	2:06.09	1:45.09	1:36.29	1:23.29
200 FL		3:57.19	3:18.29	3:04.99
200 IM	4:20.39	3:44.69	3:18.99	3:06.09
400 IM		8:03.59	7:03.79	6:38.29