

## 2010 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  |          |

