

## Pentathlon Time Standards

The time standards for the Pentathlon swim meet aim to achieve two goals: making the event accessible to a wide range of swimmers while ensuring a high level of competition. To meet these goals the cumulative times of a swimmer across all five individual strokes must not exceed the specified time standard for their age group.

### GIRLS

<u>Age Group</u>	<u>Max. Cumulative Time</u>
8U	6:25.00
9/10	5:25.00
11/12	5:40.00
13/14	5:20.00
15/18	5:05.00

### BOYS

8U	6:25.00
9/10	5:25.00
11/12	5:40.00
13/14	5:20.00
15/18	4:50.00

Additionally, as per NWAL rules, time trial times are allowed if an official time has not been established.