

PACER

Minimum Laps to Meet Goal

	20-meter PACER		15-meter PACER	
Age	Girls	Boys	Girls	Boys
10	7	23	9	30
11	15	23	19	30
12	15	32	19	42
13	23	41	30	54
14	23	41	30	54
15	32	51	42	67
16	32	61	42	80
17	41	61	54	80
18+	41	72	54	94