

PNS SHORT COURSE 14 AND UNDER CHAMPS
DECEMBER 12-14, 2008
QUALIFYING PERIOD: September 1, 2007 – December 3, 2008

GIRLS				BOYS			
G10U	SCY	SCM	LCM	B10U	SCY	SCM	LCM
50 Free	33.09	35.19	36.19	50 Free	33.99	36.19	37.19
100 Free	1:12.79	1:17.59	1:19.59	100 Free	1:13.49	1:20.39	1:22.39
200 Free	2:39.29	2:50.49	2:54.49	200 Free	2:38.99	2:52.19	2:56.19
500 Free	7:18.59	6:43.19	6:51.19	500 Free	7:18.19	6:43.69	6:51.69
50 Back	39.69	42.29	43.29	50 Back	40.49	43.29	44.29
100 Back	1:23.29	1:31.09	1:33.09	100 Back	1:24.99	1:34.19	1:36.19
50 Breast	43.89	47.69	48.69	50 Breast	45.59	49.59	50.59
100 Breast	1:36.09	1:43.69	1:45.69	100 Breast	1:39.39	1:48.39	1:50.39
50 Fly	38.59	40.49	41.49	50 Fly	39.99	41.49	42.49
100 Fly	1:31.99	1:36.89	1:38.89	100 Fly	1:33.29	1:37.29	1:39.29
100 IM	1:22.99	1:31.29	N/A	100 IM	1:29.39	1:38.39	N/A
200 IM	2:57.59	3:12.09	3:16.09	200 IM	3:05.59	3:19.19	3:23.19
200 F.R.	2:22.49	2:32.79	2:36.79	200 F.R.	2:25.99	2:32.79	2:36.79
200 M.R.	2:39.09	2:57.89	3:01.89	200 M.R.	2:48.89	2:57.89	3:01.89
G11	SCY	SCM	LCM	B11	SCY	SCM	LCM
50 Free	30.69	32.39	33.39	50 Free	31.79	33.29	34.29
100 Free	1:08.69	1:11.39	1:13.39	100 Free	1:11.19	1:13.49	1:15.49
200 Free	2:31.19	2:38.09	2:42.09	200 Free	2:32.49	2:39.59	2:43.59
500 Free	6:38.89	5:36.29	5:44.29	500 Free	6:50.29	5:41.69	5:49.69
1650 Free	20:51.89	20:51.89	22:28.69	1650 Free	20:57.09	20:57.09	22:53.09
50 Back	37.79	39.29	40.29	50 Back	37.89	41.09	42.09
100 Back	1:19.29	1:24.39	1:26.39	100 Back	1:20.59	1:28.49	1:30.49
200 Back	2:54.89	3:06.09	3:10.09	200 Back	2:54.19	3:12.99	3:16.99
50 Breast	42.29	45.19	46.19	50 Breast	42.29	45.49	46.49
100 Breast	1:29.99	1:34.79	1:36.79	100 Breast	1:32.09	1:40.69	1:42.69
200 Breast	3:18.19	3:34.29	3:38.29	200 Breast	3:24.09	3:45.69	3:49.69
50 Fly	35.89	37.59	38.59	50 Fly	36.49	38.69	39.69
100 Fly	1:21.69	1:27.09	1:29.09	100 Fly	1:20.99	1:26.79	1:28.79
200 Fly	3:06.29	3:16.09	3:20.09	200 Fly	3:03.89	3:16.69	3:20.69
100 IM	1:19.29	1:27.29	N/A	100 IM	1:20.49	1:28.59	N/A
200 IM	2:46.59	3:01.19	3:05.19	200 IM	2:53.39	3:05.29	3:09.29
400 IM	6:17.79	6:36.09	6:44.09	400 IM	6:16.49	6:57.69	7:03.69
200 F.R.	1:58.49	2:10.99	2:14.99	200 F.R.	2:03.49	2:18.29	2:22.29
400 F.R.	4:27.39	4:45.59	4:53.59	400 F.R.	4:39.99	4:53.99	5:01.99
200 M.R.	2:13.99	2:28.09	2:32.09	200 M.R.	2:21.99	2:40.89	2:44.89
400 M.R.	5:04.09	5:37.69	5:45.69	400 M.R.	5:20.09	5:49.49	5:57.49
G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50 Free	29.19	31.39	32.39	50 Free	30.19	31.89	32.89
100 Free	1:03.19	1:08.79	1:10.79	100 Free	1:06.19	1:09.89	1:11.89
200 Free	2:21.09	2:29.29	2:33.29	200 Free	2:29.39	2:37.99	2:41.99
500 Free	6:22.19	5:14.39	5:22.39	500 Free	6:47.49	5:28.39	5:36.39
1650 Free	20:51.89	20:51.89	21:30.29	1650 Free	20:57.09	20:57.09	21:49.69
50 Back	35.49	37.69	38.69	50 Back	37.09	39.19	40.19
100 Back	1:13.59	1:20.19	1:22.19	100 Back	1:18.99	1:25.39	1:27.39
200 Back	2:41.39	2:57.59	3:01.59	200 Back	2:53.39	3:08.79	3:12.79
50 Breast	38.89	42.09	43.09	50 Breast	42.29	43.39	44.39
100 Breast	1:24.69	1:32.89	1:34.89	100 Breast	1:30.59	1:37.69	1:39.69
200 Breast	3:08.49	3:20.69	3:24.69	200 Breast	3:23.19	3:45.29	3:49.29
50 Fly	33.19	34.89	35.89	50 Fly	35.49	36.99	37.99

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G12...	SCY	SCM	LCM	B12...	SCY	SCM	LCM
100 Fly	1:16.99	1:20.99	1:22.99	100 Fly	1:20.59	1:24.19	1:26.19
200 Fly	3:06.29	3:14.89	3:16.89	200 Fly	3:03.49	3:13.59	3:17.59
100 IM	1:14.29	1:21.79	N/A	100 IM	1:20.29	1:28.39	N/A
200 IM	2:35.59	2:50.29	2:54.29	200 IM	2:46.39	3:00.59	3:04.59
400 IM	5:53.29	6:14.59	6:22.59	400 IM	6:15.69	6:42.49	6:50.49
200 F.R.	1:58.49	2:10.99	2:14.99	200 F.R.	2:03.49	2:18.29	2:22.29
400 F.R.	4:27.39	4:45.59	4:53.59	400 F.R.	4:39.99	4:53.99	5:01.99
200 M.R.	2:13.99	2:28.09	2:32.09	200 M.R.	2:21.99	2:40.89	2:44.89
400 M.R.	5:04.09	5:37.69	5:45.69	400 M.R.	5:20.09	5:49.49	5:57.49
G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50 Free	27.99	29.99	30.99	50 Free	27.69	29.49	30.49
100 Free	1:00.79	1:05.39	1:07.39	100 Free	1:01.29	1:04.19	1:06.19
200 Free	2:10.99	2:23.59	2:27.59	200 Free	2:11.39	2:20.39	2:24.39
500 Free	5:59.09	4:59.19	5:07.19	500 Free	5:58.49	5:03.39	5:11.39
1650 Free	20:05.99	20:05.99	20:37.49	1650 Free	20:00.09	20:00.09	20:10.39
100 Back	1:09.99	1:16.79	1:18.79	100 Back	1:11.59	1:17.29	1:19.29
200 Back	2:33.19	2:42.89	2:46.89	200 Back	2:37.79	2:44.29	2:48.29
100 Breast	1:19.99	1:27.79	1:29.79	100 Breast	1:21.69	1:27.69	1:29.69
200 Breast	2:52.29	3:08.49	3:12.49	200 Breast	3:01.59	3:09.79	3:13.79
100 Fly	1:11.59	1:13.19	1:15.19	100 Fly	1:14.49	1:14.19	1:16.19
200 Fly	2:46.89	2:49.79	2:53.79	200 Fly	2:36.19	2:55.39	2:59.39
200 IM	2:29.09	2:40.99	2:44.99	200 IM	2:29.29	2:40.69	2:44.69
400 IM	5:23.89	5:41.99	5:49.99	400 IM	5:44.09	5:51.49	5:59.49
200 F.R.	1:50.99	2:02.09	2:06.09	200 F.R.	1:50.09	2:02.89	2:06.89
400 F.R.	4:02.69	4:21.59	4:29.59	400 F.R.	4:03.89	4:16.79	4:24.79
200 M.R.	2:03.89	2:17.79	2:21.79	200 M.R.	2:03.99	2:23.89	2:27.89
400 M.R.	4:32.19	5:03.19	5:11.19	400 M.R.	4:34.59	5:03.39	5:11.39
G14	SCY	SCM	LCM	B14	SCY	SCM	LCM
50 Free	27.49	29.39	30.39	50 Free	26.29	28.79	29.79
100 Free	59.89	1:04.19	1:06.19	100 Free	57.29	1:02.09	1:04.09
200 Free	2:09.79	2:20.59	2:24.59	200 Free	2:05.09	2:17.19	2:21.19
500 Free	5:46.69	4:55.79	5:03.79	500 Free	5:55.49	4:47.49	4:55.49
1650 Free	19:58.49	19:58.49	19:48.09	1650 Free	19:52.59	19:52.59	19:18.69
100 Back	1:09.49	1:15.39	1:17.39	100 Back	1:07.29	1:13.59	1:15.59
200 Back	2:29.59	2:41.99	2:45.99	200 Back	2:27.39	2:39.69	2:43.69
100 Breast	1:16.99	1:25.39	1:27.39	100 Breast	1:16.39	1:24.99	1:26.99
200 Breast	2:49.49	3:06.19	3:10.19	200 Breast	2:50.89	3:08.29	3:12.29
100 Fly	1:08.19	1:13.19	1:15.19	100 Fly	1:10.29	1:12.29	1:14.49
200 Fly	2:42.39	2:49.79	2:53.79	200 Fly	2:35.79	2:44.69	2:48.69
200 IM	2:27.99	2:40.29	2:44.29	200 IM	2:20.99	2:35.29	2:39.29
400 IM	5:17.59	5:37.99	5:45.99	400 IM	5:15.99	5:36.49	5:44.49
200 F.R.	1:50.99	2:02.09	2:06.09	200 F.R.	1:50.09	2:02.89	2:06.89
400 F.R.	4:02.69	4:21.59	4:29.59	400 F.R.	4:03.89	4:16.79	4:24.79
200 M.R.	2:03.89	2:17.79	2:21.79	200 M.R.	2:03.99	2:23.89	2:27.89
400 M.R.	4:32.19	5:03.19	5:11.19	400 M.R.	4:34.59	5:03.39	5:11.39

Swimmers may swim 6 events for the meet, maximum of three per day. One bonus swim for those who have one to five events qualified.