

PNS LONG COURSE CHAMPS

JULY 29 - AUGUST 1, 2010

QUALIFYING PERIOD: April 1, 2009 – July 21, 2010

G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50 Free	:28.29	30.49	31.49	50 Free	:28.89	31.59	32.59
100 Free	1:01.99	1:06.39	1:08.39	100 Free	1:02.79	1:07.19	1:09.19
200 Free	2:17.09	2:28.79	2:32.79	200 Free	2:16.99	2:32.09	2:36.09
400 Free	6:02.79	5:10.29	5:18.29	400 Free	6:07.59	5:19.19	5:27.19
800 Free	12:39.59	11:14.99	11:28.49	800 Free	12:39.59	11:14.99	11:28.49
1500 Free	20:51.89	20:48.19	21:23.99	1500 Free	20:57.09	20:53.39	21:29.39
50 Back	33.79	36.89	37.89	50 Back	:35.89	38.29	39.29
100 Back	1:11.09	1:19.09	1:21.09	100 Back	1:14.09	1:21.59	1:23.59
200 Back	2:36.99	2:51.59	2:55.59	200 Back	2:42.89	2:53.29	2:57.29
50 Breast	:37.89	41.99	42.99	50 Breast	:38.59	42.69	43.69
100 Breast	1:21.29	1:31.19	1:33.19	100 Breast	1:26.89	1:33.39	1:35.39
200 Breast	2:55.69	3:13.89	3:17.89	200 Breast	3:10.19	3:23.19	3:27.19
50 Fly	:31.99	:34.29	:35.29	50 Fly	:32.99	:36.29	:37.29
100 Fly	1:11.79	1:18.09	1:20.09	100 Fly	1:18.39	1:23.39	1:25.39
200 Fly	2:52.09	3:10.89	3:14.89	200 Fly	3:00.29	3:13.59	3:17.59
200 IM	2:32.29	2:44.89	2:48.89	200 IM	2:37.79	2:49.09	2:53.09
400 IM	5:39.19	6:00.69	6:08.69	400 IM	6:08.39	6:08.59	6:16.59
200 F.R.	1:57.59	2:11.59	2:15.59	200 F.R.	2:00.19	2:20.99	2:22.99
400 F.R.	4:21.49	4:48.39	4:56.39	400 F.R.	4:30.29	4:56.39	5:04.39
200 M.R.	2:11.29	2:27.69	2:31.69	200 M.R.	2:17.99	2:40.39	2:44.39
400 M.R.	4:55.99	5:38.19	5:45.19	400 M.R.	5:07.79	5:50.09	5:58.09
G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50 Free	:27.19	29.49	30.49	50 Free	:26.19	28.89	29.89
100 Free	:58.79	1:04.09	1:06.09	100 Free	:57.09	1:03.59	1:05.59
200 Free	2:07.29	2:18.89	2:22.89	200 Free	2:05.09	2:18.99	2:22.99
400 Free	5:41.09	4:53.09	5:01.09	400 Free	5:34.29	4:54.59	5:02.59
800 Free	11:38.19	10:24.19	10:36.99	800 Free	11:25.19	10:37.29	10:49.99
1500 Free	20:05.99	20:00.49	20:24.99	1500 Free	20:00.09	20:00.49	20:24.99
100 Back	1:07.79	1:15.79	1:17.79	100 Back	1:06.89	1:16.49	1:18.49
200 Back	2:23.59	2:37.99	2:41.99	200 Back	2:24.09	2:43.29	2:47.29
100 Breast	1:17.29	1:27.79	1:29.79	100 Breast	1:16.49	1:25.59	1:27.59
200 Breast	2:46.99	3:06.09	3:10.09	200 Breast	2:49.49	3:08.49	3:12.49
100 Fly	1:06.29	1:13.39	1:15.39	100 Fly	1:06.59	1:13.29	1:15.29
200 Fly	2:31.59	2:49.79	2:53.79	200 Fly	2:37.69	2:45.09	2:49.09
200 IM	2:23.69	2:36.19	2:40.19	200 IM	2:24.69	2:40.69	2:44.69
400 IM	5:08.99	5:35.19	5:43.19	400 IM	5:11.59	5:51.99	5:59.99
200 F.R.	1:49.09	2:02.49	2:06.49	200 F.R.	1:46.99	2:03.29	2:07.29
400 F.R.	3:56.49	4:28.79	4:36.79	400 F.R.	3:52.49	4:19.19	4:27.19
200 M.R.	2:01.39	2:17.39	2:21.39	200 M.R.	1:58.79	2:23.49	2:27.49
400 M.R.	4:24.19	5:02.79	5:10.79	400 M.R.	4:21.69	5:01.79	5:09.79

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G14	SCY	SCM	LCM	B14	SCY	SCM	LCM
50 Free	:26.69	29.09	30.09	50 Free	:25.29	:28.49	:29.49
100 Free	56.89	1:03.39	1:05.39	100 Free	55.29	1:00.69	1:02.69
200 Free	2:05.09	2:18.59	2:22.59	200 Free	1:59.89	2:12.29	2:16.29
400 Free	5:35.99	4:51.39	4:59.39	400 Free	5:27.19	4:48.59	4:56.59
800 Free	11:38.19	10:24.19	10:36.99	800 Free	11:25.19	10:37.29	10:49.99
1500 Free	19:58.49	20:00.49	20:24.99	1500 Free	19:52.89	20:00.49	20:24.99
100 Back	1:03.29	1:11.99	1:13.99	100 Back	1:04.49	1:13.09	1:15.09
200 Back	2:21.09	2:36.59	2:40.59	200 Back	2:19.99	2:36.39	2:40.39
100 Breast	1:14.59	1:24.79	1:26.79	100 Breast	1:10.99	1:22.19	1:24.19
200 Breast	2:43.29	3:05.99	3:09.99	200 Breast	2:32.89	2:53.29	2:57.29
100 Fly	1:05.59	1:11.89	1:13.89	100 Fly	1:03.99	1:09.79	1:11.79
200 Fly	2:31.59	2:48.29	2:52.29	200 Fly	2:30.29	2:44.69	2:48.69
200 IM	2:19.49	2:34.59	2:38.59	200 IM	2:18.79	2:30.79	2:34.79
400 IM	5:05.79	5:30.09	5:38.09	400 IM	4:56.99	5:29.19	5:37.19
200 F.R.	1:49.09	2:02.49	2:06.49	200 F.R.	1:46.99	2:03.29	2:07.29
400 F.R.	3:56.49	4:28.79	4:36.79	400 F.R.	3:52.49	4:19.19	4:27.19
200 M.R.	2:01.79	2:17.39	2:21.39	200 M.R.	1:58.79	2:23.49	2:27.49
400 M.R.	4:24.19	5:02.79	5:10.79	400 M.R.	4:21.69	5:01.79	5:09.79
G15-16	SCY	SCM	LCM	B15-16	SCY	SCM	LCM
50 Free	25.79	:27.99	:28.99	50 Free	:23.79	:25.99	26.99
100 Free	:55.19	1:00.69	1:02.69	100 Free	:51.09	:56.49	:58.49
200 Free	1:59.29	2:13.09	2:17.09	200 Free	1:50.19	2:05.39	2:09.39
400 Free	5:17.19	4:39.69	4:47.69	400 Free	5:04.49	4:24.79	4:32.69
800 Free	11:19.09	9:39.39	9:55.39	800 Free	10:20.79	9:13.79	9:29.79
1500 Free	18:47.69	18:39.09	19:09.49	1500 Free	17:33.49	17:37.59	18:07.59
100 Back	1:02.29	1:10.59	1:12.59	100 Back	:58.09	1:05.99	1:07.99
200 Back	2:15.19	2:31.49	2:35.49	200 Back	2:05.59	2:25.19	2:29.19
100 Breast	1:10.29	1:21.89	1:23.39	100 Breast	1:05.29	1:15.29	1:17.29
200 Breast	2:36.19	2:55.89	2:59.89	200 Breast	2:24.79	2:41.99	2:45.99
100 Fly	1:00.79	1:07.69	1:09.69	100 Fly	:57.39	1:02.69	1:04.69
200 Fly	2:15.79	2:31.09	2:35.09	200 Fly	2:18.49	2:26.09	2:30.09
200 IM	2:15.29	2:29.69	2:33.69	200 IM	2:07.39	2:19.89	2:23.89
400 IM	4:51.99	5:19.79	5:27.79	400 IM	4:33.59	5:01.49	5:09.49
200 F.R.	1:42.99	1:53.49	1:57.49	200 F.R.	1:35.29	1:42.39	1:46.39
400 F.R.	3:42.79	4:02.99	4:10.99	400 F.R.	3:27.09	3:45.89	3:53.89
200 M.R.	1:54.59	2:05.89	2:09.89	200 M.R.	1:45.59	1:53.89	1:57.89
400 M.R.	4:04.49	4:46.09	4:54.09	400 M.R.	3:52.69	4:37.39	4:45.39

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QUALIFYING PERIOD: April 1, 2009 – July 21, 2010

G170	SCY	SCM	LCM	B170	SCY	SCM	LCM
50 Free	25.79	:27.99	:28.99	50 Free	:22.99	24.99	:25.99
100 Free	:55.19	1:00.69	1:02.69	100 Free	:49.89	54.89	:56.89
200 Free	1:59.29	2:13.09	2:17.09	200 Free	1:50.19	1:59.19	2:03.19
400 Free	5:17.19	4:39.99	4:47.99	400 Free	4:59.49	4:18.69	4:26.39
800 Free	11:19.09	9:39.39	9:55.39	800 Free	10:20.79	9:13.79	9:29.79
1500 Free	18:47.69	18:39.09	19:09.49	1500 Free	17:33.49	17:37.59	18:07.59
100 Back	1:02.29	1:10.59	1:12.59	100 Back	:57.69	1:04.69	1:06.69
200 Back	2:15.19	2:31.49	2:35.49	200 Back	2:05.59	2:21.59	2:25.59
100 Breast	1:10.29	1:21.89	1:23.39	100 Breast	1:05.29	1:12.89	1:14.89
200 Breast	2:36.19	2:55.89	2:59.89	200 Breast	2:24.79	2:41.99	2:45.99
100 Fly	1:00.79	1:07.69	1:09.69	100 Fly	:55.09	1:00.09	1:02.09
200 Fly	2:15.79	2:31.09	2:35.09	200 Fly	2:06.79	2:23.79	2:27.79
200 IM	2:14.79	2:29.69	2:33.69	200 IM	2:05.59	2:17.09	2:21.09
400 IM	4:51.99	5:19.79	5:27.79	400 IM	4:33.69	5:01.49	5:09.49
200 F.R.	1:42.99	1:53.49	1:57.49	200 F.R.	1:35.29	1:42.39	1:46.39
400 F.R.	3:42.79	4:02.99	4:10.99	400 F.R.	3:27.09	3:45.89	3:53.89
200 M.R.	1:54.59	2:05.39	2:09.89	200 M.R.	1:45.59	1:53.89	1:57.89
400 M.R.	4:04.49	4:46.09	4:54.09	400 M.R.	3:52.69	4:37.39	4:45.39

Individual entry limit: Eight (8) events for the meet with a maximum of three (3) per day.

All individual qualifying times must be in SWIMS or Pacific Northwest Swimming AD 02-01.

Age groups for relays: 10U, 11-12, 13-14, 15 and over.