



## PNS LONG COURSE CHAMPS

JULY 23-26, 2009

QUALIFYING PERIOD: April 1, 2008 – July 15, 2009

G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50 Free	:28.29	31.39	:32.39	50 Free	:28.89	:31.79	:32.79
100 Free	1:01.99	1:08.99	1:10.99	100 Free	1:04.09	1:09.29	1:11.29
200 Free	2:17.09	2:29.69	2:33.69	200 Free	2:16.99	2:34.89	2:38.89
400 Free	6:02.79	5:15.39	5:23.39	400 Free	6:07.59	5:27.69	5:35.69
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	20:51.89	21:30.29	1500 Free	20:57.09	20:57.09	21:49.69
50 Back	:34.49	37.49	:38.49	50 Back	:35.89	:39.19	:40.19
100 Back	1:13.19	1:19.09	1:21.09	100 Back	1:14.09	1:24.79	1:26.79
200 Back	2:36.99	2:54.09	2:58.09	200 Back	2:46.89	3:05.59	3:09.59
50 Breast	:37.89	:42.69	:43.69	50 Breast	:38.59	:43.39	:44.39
100 Breast	1:21.29	1:32.19	1:34.19	100 Breast	1:27.49	1:37.69	1:39.69
200 Breast	2:55.69	3:20.79	3:24.79	200 Breast	3:11.69	3:42.99	3:46.99
50 Fly	:31.99	:34.29	:35.29	50 Fly	:32.99	:36.29	:37.29
100 Fly	1:14.09	1:21.49	1:23.49	100 Fly	1:18.39	1:24.19	1:26.19
200 Fly	2:52.09	3:11.39	3:15.39	200 Fly	3:00.29	3:13.59	3:17.59
200 IM	2:32.29	2:48.19	2:52.19	200 IM	2:37.79	2:58.39	3:02.39
400 IM	5:39.19	6:12.79	6:20.79	400 IM	6:09.99	6:42.49	6:50.49
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	4:49.19	4:57.19	400 F.R.	4:30.29	4:56.39	5:04.39
200 M.R.	2:11.29	2:28.09	2:32.09	200 M.R.	2:17.99	2:42.89	2:44.89
400 M.R.	4:56.09	5:40.79	5:48.79	400 M.R.	5:07.79	5:50.09	5:58.09
G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50 Free	:27.29	:30.29	:31.29	50 Free	:26.99	:29.79	:30.79
100 Free	:59.79	1:05.59	1:07.59	100 Free	:59.69	1:04.79	1:06.79
200 Free	2:08.89	2:23.79	2:27.79	200 Free	2:09.29	2:21.09	2:25.09
400 Free	5:46.09	4:59.89	5:07.89	400 Free	5:51.79	5:02.39	5:10.39
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	20:05.99	20:24.99	1500 Free	20:00.09	20:00.09	20:24.99
100 Back	1:07.79	1:16.69	1:18.69	100 Back	1:06.89	1:17.29	1:19.29
200 Back	2:25.19	2:43.09	2:47.09	200 Back	2:29.59	2:45.79	2:49.79
100 Breast	1:17.29	1:27.79	1:29.79	100 Breast	1:16.59	1:25.59	1:27.59
200 Breast	2:49.29	3:08.79	3:12.79	200 Breast	2:49.49	3:08.49	3:12.49
100 Fly	1:08.39	1:13.39	1:15.39	100 Fly	1:07.89	1:14.19	1:16.19
200 Fly	2:38.39	2:49.79	2:53.79	200 Fly	2:37.69	2:45.09	2:49.09
200 IM	2:23.69	2:40.99	2:44.99	200 IM	2:24.69	2:43.99	2:47.99
400 IM	5:08.99	5:41.99	5:49.99	400 IM	5:23.79	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.	3:56.69	4:32.39	4:40.39	400 F.R.	3:52.49	4:19.19	4:27.19
200 M.R.	2:01.79	2:17.79	2:21.79	200 M.R.	1:59.49	2:23.89	2:27.89
400 M.R.	4:25.39	5:03.49	5:11.49	400 M.R.	4:21.69	5:01.89	5:09.89

## PNS LONG COURSE CHAMPS

JULY 23-26, 2009

QUALIFYING PERIOD: April 1, 2008 – July 15, 2009

<b>G14</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>B14</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
50 Free	:26.69	:29.29	:30.29	50 Free	:25.89	:28.49	:29.49
100 Free	:57.79	1:04.09	1:06.09	100 Free	:56.19	1:01.59	1:03.59
200 Free	2:05.09	2:19.29	2:23.29	200 Free	1:59.89	2:16.59	2:20.59
400 Free	5:35.99	4:53.09	5:01.09	400 Free	5:27.19	4:49.59	4:57.59
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	19:58.49	20:24.99	1500 Free	19:52.89	19:52.89	19:18.69
100 Back	1:07.79	1:15.09	1:17.09	100 Back	1:04.49	1:13.09	1:15.09
200 Back	2:25.19	2:41.29	2:45.29	200 Back	2:21.19	2:39.19	2:43.19
100 Breast	1:17.19	1:25.69	1:27.69	100 Breast	1:15.29	1:24.99	1:26.99
200 Breast	2:47.79	3:01.99	3:09.99	200 Breast	2:47.39	3:04.29	3:08.29
100 Fly	1:05.59	1:12.69	1:14.69	100 Fly	1:04.19	1:12.09	1:14.09
200 Fly	2:34.09	2:48.29	2:52.29	200 Fly	2:30.59	2:44.69	2:48.69
200 IM	2:23.39	2:39.19	2:43.19	200 IM	2:19.89	2:33.29	2:37.29
400 IM	5:08.99	5:37.39	5:45.39	400 IM	4:56.99	5:35.09	5:43.09
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.	3:56.69	4:32.39	4:40.39	400 F.R.	3:52.49	4:19.19	4:27.19
200 M.R.	2:01.79	2:17.79	2:21.79	200 M.R.	1:59.49	2:23.89	2:27.89
400 M.R.	4:25.39	5:03.49	5:11.49	400 M.R.	4:21.69	5:01.89	5:09.89
<b>G15-16</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>B15-16</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
50 Free	25.89	:28.29	:29.29	50 Free	:24.09	:26.29	:27.29
100 Free	:55.49	1:01.59	1:03.59	100 Free	:51.99	:56.59	:58.59
200 Free	1:59.39	2:15.19	2:19.19	200 Free	1:50.19	2:05.39	2:09.39
400 Free	5:20.29	4:40.89	4:48.89	400 Free	5:05.59	4:29.79	4:37.79
800 Free	11:29.09	10:01.19	10:01.99	800 Free	10:48.89	9:28.09	9:42.79
1500 Free	19:19.29	19:24.69	19:31.39	1500 Free	18:19.49	18:28.09	18:41.89
100 Back	1:03.89	1:12.49	1:14.49	100 Back	:59.49	1:08.29	1:10.29
200 Back	2:19.49	2:35.89	2:39.89	200 Back	2:08.69	2:26.19	2:30.19
100 Breast	1:14.19	1:22.89	1:24.89	100 Breast	1:07.89	1:17.99	1:19.99
200 Breast	2:40.79	2:58.89	3:02.89	200 Breast	2:29.89	2:51.99	2:55.99
100 Fly	1:02.99	1:09.09	1:11.09	100 Fly	:59.29	1:04.09	1:06.09
200 Fly	2:19.69	2:35.89	2:39.89	200 Fly	2:18.49	2:28.39	2:32.39
200 IM	2:17.69	2:32.99	2:36.99	200 IM	2:07.89	2:24.09	2:28.09
400 IM	4:51.99	5:26.39	5:34.39	400 IM	4:37.29	5:09.59	5:17.59
200 F.R.		1:55.29	1:59.29	200 F.R.		1:44.89	1:48.89
400 F.R.		4:06.39	4:14.39	400 F.R.		3:51.99	3:59.99
200 M.R.	1:55.39	2:08.39	2:12.39	200 M.R.	1:46.29		
400 M.R.	4:09.49	4:46.09	4:54.09	400 M.R.	3:52.69	4:37.39	4:45.39

**PNS LONG COURSE CHAMPS**
**JULY 23-26, 2009**
**QUALIFYING PERIOD: April 1, 2008 – July 15, 2009**

<b>G170</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>B170</b>	<b>SCY</b>	<b>SCM</b>	<b>LCM</b>
50 Free	25.89	:28.29	:29.29	50 Free	:23.29	24.99	:25.99
100 Free	:55.49	1:00.99	1:02.99	100 Free	:50.49	54.89	:56.89
200 Free	1:59.39	2:12.59	2:16.59	200 Free	1:53.49	2:02.09	2:06.09
400 Free	5:20.89	4:39.99	4:47.99	400 Free	5:05.59	4:29.79	4:37.79
800 Free	11:29.09	10:01.19	10:01.99	800 Free	10:48.89	9:28.09	9:42.79
1500 Free	19:19.29	19:24.69	19:31.39	1500 Free	18:19.49	18:28.09	18:41.89
100 Back	1:03.89	1:12.49	1:14.49	100 Back	:58.89	1:07.29	1:09.29
200 Back	2:19.49	2:33.59	2:37.59	200 Back	2:08.69	2:23.09	2:27.09
100 Breast	1:13.99	1:21.39	1:23.39	100 Breast	1:06.79	1:13.89	1:15.89
200 Breast	2:40.79	2:56.79	3:00.79	200 Breast	2:29.89	2:46.19	2:50.19
100 Fly	1:02.59	1:08.09	1:10.09	100 Fly	:57.69	1:00.79	1:02.79
200 Fly	2:19.69	2:34.99	2:38.99	200 Fly	2:18.49	2:28.39	2:32.39
200 IM	2:14.79	2:30.09	2:34.09	200 IM	2:07.89	2:21.99	2:25.99
400 IM	4:51.99	5:23.79	5:31.79	400 IM	4:37.29	5:09.59	5:17.59
200 F.R.	1:43.89	1:55.29	1:59.29	200 F.R.	1:35.29	1:44.89	1:48.89
400 F.R.	3:45.09	4:06.39	4:14.39	400 F.R.	3:28.59	3:51.99	3:59.99
200 M.R.	1:55.39	2:08.39	2:12.39	200 M.R.	1:46.29	1:57.19	1:59.49
400 M.R.	4:09.49	4:46.09	4:54.09	400 M.R.	3:52.69	4:37.39	4:45.39

Swimmers may swim 8 events for the meet, maximum of three per day.

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