

PNS SHORT COURSE 14 AND UNDER CHAMPS
DECEMBER 10-12, 2010
QUALIFYING PERIOD: September 1, 2009 – December 1, 2010

GIRLS				BOYS			
G10U	SCY	SCM	LCM	B10U	SCY	SCM	LCM
50 Free	32.29	34.89	35.89	50 Free	32.19	34.69	35.69
100 Free	1:13.29	1:16.59	1:18.59	100 Free	1:12.49	1:17.29	1:19.29
200 Free	2:42.89	2:47.59	2:51.59	200 Free	2:42.89	2:49.39	2:53.99
500 Free	7:24.69	6:04.09	6:12.09	500 Free	7:24.69	6:09.19	6:17.19
50 Back	37.69	41.99	42.99	50 Back	38.29	40.49	41.49
100 Back	1:23.69	1:28.59	1:30.59	100 Back	1:23.19	1:29.09	1:31.09
50 Breast	42.49	46.49	47.49	50 Breast	44.49	48.19	49.19
100 Breast	1:34.99	1:41.09	1:43.09	100 Breast	1:38.09	1:46.99	1:48.99
50 Fly	37.19	39.39	40.39	50 Fly	36.79	38.89	39.89
100 Fly	1:30.49	1:33.39	1:35.39	100 Fly	1:33.19	1:32.49	1:34.49
100 IM	1:22.49	1:30.79	N/A	100 IM	1:23.99	1:32.39	N/A
200 IM	3:01.59	3:09.49	3:13.49	200 IM	3:02.59	3:12.19	3:16.19
200 F.R.	2:19.09	2:32.79	2:36.79	200 F.R.	2:20.99	2:32.79	2:36.79
200 M.R.	2:36.59	2:57.89	3:01.89	200 M.R.	2:41.09	2:57.89	3:01.89
G11	SCY	SCM	LCM	B11	SCY	SCM	LCM
50 Free	30.59	33.09	34.09	50 Free	30.59	32.69	33.69
100 Free	1:09.59	1:13.99	1:15.99	100 Free	1:08.89	1:13.39	1:15.39
200 Free	2:32.19	2:44.79	2:48.79	200 Free	2:32.29	2:41.69	2:45.69
500 Free	6:43.49	5:53.69	6:01.69	500 Free	6:50.29	5:54.79	6:02.79
1650 Free	20:51.89	20:48.19	21:23.99	1650 Free	20:57.09	20:53.39	21:29.39
50 Back	36.59	39.99	40.99	50 Back	36.59	39.39	40.39
100 Back	1:18.89	1:26.29	1:28.29	100 Back	1:19.59	1:24.59	1:26.59
200 Back	2:56.29	3:20.89	3:24.89	200 Back	2:54.19	3:14.49	3:18.49
50 Breast	41.79	45.39	46.39	50 Breast	42.29	46.89	47.89
100 Breast	1:32.09	1:39.19	1:41.19	100 Breast	1:32.09	1:41.29	1:43.29
200 Breast	3:22.89	3:40.29	3:44.29	200 Breast	3:24.09	3:53.89	3:57.89
50 Fly	35.19	38.09	39.09	50 Fly	35.89	37.29	38.29
100 Fly	1:22.49	1:31.19	1:33.19	100 Fly	1:20.99	1:29.99	1:31.99
200 Fly	3:06.59	3:29.49	3:33.49	200 Fly	3:03.89	3:24.79	3:28.79
100 IM	1:18.79	1:26.69	N/A	100 IM	1:19.29	1:27.29	N/A
200 IM	2:54.79	3:06.19	3:10.19	200 IM	2:51.99	3:03.49	3:07.49
400 IM	6:17.79	7:05.39	7:13.39	400 IM	6:16.49	7:04.19	7:12.19
200 F.R.	1:57.49	2:11.59	2:15.59	200 F.R.	2:01.89	2:18.99	2:22.99
400 F.R.	4:23.89	4:48.39	4:56.39	400 F.R.	4:35.19	4:56.39	5:04.39
200 M.R.	2:11.29	2:27.09	2:31.09	200 M.R.	2:19.99	2:40.39	2:44.39
400 M.R.	4:54.49	5:38.19	5:45.19	400 M.R.	5:13.99	5:50.09	5:58.09
G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50 Free	28.99	30.99	31.99	50 Free	29.09	31.69	32.69
100 Free	1:04.29	1:08.59	1:10.59	100 Free	1:05.69	1:09.99	1:11.99
200 Free	2:19.79	2:29.09	2:33.09	200 Free	2:25.49	2:32.79	2:36.79
500 Free	6:19.69	5:23.29	5:31.29	500 Free	6:42.09	5:32.79	5:40.79
1650 Free	20:51.89	20:48.19	21:23.99	1650 Free	20:57.09	20:53.39	21:29.39
50 Back	33.59	36.89	37.89	50 Back	34.69	37.09	38.09
100 Back	1:12.89	1:19.69	1:21.69	100 Back	1:15.59	1:20.79	1:22.79
200 Back	2:38.79	2:50.99	2:54.99	200 Back	2:53.89	2:59.09	3:03.09
50 Breast	38.29	42.39	43.39	50 Breast	39.39	43.79	44.79
100 Breast	1:23.59	1:30.49	1:32.49	100 Breast	1:28.29	1:34.19	1:36.19
200 Breast	3:04.69	3:16.49	3:20.49	200 Breast	3:14.09	3:20.69	3:32.99

PNS SHORT COURSE 14 AND UNDER CHAMPS

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G12...	SCY	SCM	LCM	B12...	SCY	SCM	LCM
50 Fly	32.29	34.69	35.69	50 Fly	34.09	36.29	37.29
100 Fly	1:14.19	1:19.69	1:21.69	100 Fly	1:20.89	1:28.89	1:30.89
200 Fly	3:06.59	3:14.69	3:18.69	200 Fly	3:03.49	3:24.79	3:28.79
100 IM	1:13.09	1:20.39	N/A	100 IM	1:15.39	1:22.99	N/A
200 IM	2:35.49	2:48.69	2:52.69	200 IM	2:44.79	2:57.29	3:01.29
400 IM	5:42.59	6:06.69	6:14.69	400 IM	6:15.69	6:44.19	6:52.19
200 F.R.	1:57.49	2:11.59	2:15.59	200 F.R.	2:01.89	2:18.99	2:22.99
400 F.R.	4:23.89	4:48.39	4:56.39	400 F.R.	4:35.19	4:56.39	5:04.39
200 M.R.	2:11.29	2:27.09	2:31.09	200 M.R.	2:19.99	2:40.39	2:44.39
400 M.R.	4:54.49	5:38.19	5:45.19	400 M.R.	5:13.99	5:50.09	5:58.09
G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50 Free	27.69	29.79	30.79	50 Free	27.29	29.29	30.29
100 Free	1:00.29	1:04.89	1:06.89	100 Free	59.69	1:03.79	1:05.79
200 Free	2:10.09	2:23.29	2:27.29	200 Free	2:10.79	2:19.79	2:23.79
500 Free	5:50.69	5:01.19	5:09.19	500 Free	5:56.89	4:55.89	5:03.89
1650 Free	19:54.59	20:00.49	20:24.99	1650 Free	19:54.59	20:00.49	19:47.89
100 Back	1:09.29	1:16.69	1:18.69	100 Back	1:08.79	1:15.49	1:17.49
200 Back	2:28.29	2:42.09	2:46.09	200 Back	2:28.29	2:41.59	2:45.59
100 Breast	1:17.89	1:26.29	1:28.09	100 Breast	1:19.29	1:26.99	1:28.99
200 Breast	2:49.69	3:05.89	3:09.89	200 Breast	2:56.59	3:04.59	3:08.59
100 Fly	1:09.19	1:13.99	1:15.99	100 Fly	1:10.19	1:15.69	1:17.69
200 Fly	2:38.19	2:50.09	2:54.09	200 Fly	2:36.19	2:53.89	2:57.89
200 IM	2:27.39	2:39.99	2:43.99	200 IM	2:29.79	2:38.79	2:42.79
400 IM	5:13.99	5:42.79	5:50.79	400 IM	5:27.89	5:40.89	5:48.89
200 F.R.	1:48.29	2:01.69	2:05.69	200 F.R.	1:45.79	1:59.59	2:03.59
400 F.R.	3:56.49	4:27.99	4:35.99	400 F.R.	3:56.49	4:19.19	4:27.19
200 M.R.	2:01.39	2:16.99	2:20.99	200 M.R.	1:58.79	2:18.79	2:22.79
400 M.R.	4:24.19	5:02.79	5:10.79	400 M.R.	4:26.69	5:01.69	5:09.69
G14	SCY	SCM	LCM	B14	SCY	SCM	LCM
50 Free	26.69	29.09	30.09	50 Free	25.49	27.49	28.49
100 Free	58.19	1:03.19	1:05.19	100 Free	55.09	59.79	1:01.79
200 Free	2:04.59	2:16.89	2:20.89	200 Free	2:00.29	2:11.59	2:15.59
500 Free	5:33.69	4:54.59	5:02.59	500 Free	5:23.89	4:39.59	4:47.59
1650 Free	19:25.09	19:59.99	20:23.79	1650 Free	18:35.49	18:51.99	19:14.19
100 Back	1:06.39	1:13.19	1:15.19	100 Back	1:05.09	1:11.89	1:13.89
200 Back	2:21.69	2:39.69	2:43.69	200 Back	2:20.89	2:34.09	2:38.09
100 Breast	1:16.19	1:26.09	1:28.09	100 Breast	1:12.99	1:21.89	1:23.89
200 Breast	2:45.19	3:02.79	3:06.79	200 Breast	2:40.59	2:57.69	3:01.69
100 Fly	1:05.69	1:11.59	1:13.59	100 Fly	1:03.19	1:09.59	1:11.59
200 Fly	2:27.69	2:44.79	2:48.79	200 Fly	2:33.99	2:49.79	2:53.79
200 IM	2:20.99	2:36.69	2:40.69	200 IM	2:19.09	2:32.79	2:36.79
400 IM	5:04.89	5:34.79	5:42.79	400 IM	5:06.99	5:29.09	5:37.09
200 F.R.	1:48.29	2:01.69	2:05.69	200 F.R.	1:45.79	1:59.59	2:03.59
400 F.R.	3:56.49	4:27.99	4:35.99	400 F.R.	3:56.49	4:19.19	4:27.19
200 M.R.	2:01.39	2:16.99	2:20.99	200 M.R.	1:58.79	2:18.79	2:22.79
400 M.R.	4:24.19	5:02.79	5:10.79	400 M.R.	4:26.69	5:01.69	5:09.69

Swimmers may enter 6 events for the meet, maximum of three per day. One bonus swim for those who have one to five events qualified. All individual qualifying times must be in SWIMS or Pacific Northwest Swimming AD 02-01.

PACIFIC NORTHWEST SWIMMING



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