



# PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

## CHAMPIONSHIP TIME STANDARDS 2007-2008

### 2008 PACIFIC NORTHWEST SWIMMING LONG COURSE CHAMPS

#### LONG COURSE METERS

Qualifying 4-1-07 to 7- -08

EVENTS	50 FR	100 FR	200 FR	400 FR	100 BA	200 BA	100 BR	200 BR	100 FL	200 FL	200 IM	400 IM
G10U	36.19	1:19.59	2:57.29	6:14.79	1:33.29		1:45.69		1:38.99		3:16.09	
G11	33.39	1:14.89	2:42.39	5:46.89	1:27.59	3:10.09	1:39.49	3:42.79	1:29.09	3:20.09	3:06.29	6:52.09
G12	32.89	1:12.39	2:36.39	5:32.19	1:21.79	2:59.19	1:34.89	3:29.59	1:25.79	3:15.39	2:55.69	6:24.39
G13	31.39	1:08.09	2:27.79	5:07.89	1:18.79	2:49.59	1:29.79	3:12.79	1:15.39	2:53.79	2:45.09	5:49.99
G14	30.39	1:06.19	2:24.59	5:05.09	1:17.39	2:45.99	1:29.29	3:11.69	1:15.39	2:53.79	2:45.09	5:49.99
G15-16	29.49	1:03.99	2:20.99	4:51.79	1:15.89	2:43.09	1:25.29	3:06.39	1:11.99	2:40.09	2:39.49	5:37.09
G17-O	29.39	1:03.69	2:18.29	4:51.79	1:14.99	2:39.79	1:25.29	3:06.19	1:10.49	2:38.99	2:36.79	5:34.89
EVENTS	50 FR	100 FR	200 FR	400 FR	100 BA	200 BA	100 BR	200 BR	100 FL	200 FL	200 IM	400 IM
B10U	37.19	1:22.39	2:58.39	6:20.59	1:36.19		1:50.39		1:39.29		3:23.19	
B11	34.29	1:17.49	2:43.59	5:57.69	1:31.19	3:16.99	1:42.69	3:49.69	1:28.79	3:20.69	3:12.49	7:03.69
B12	33.39	1:11.89	2:42.89	5:43.89	1:27.89	3:12.79	1:39.69	3:49.69	1:26.19	3:17.59	3:05.99	6:50.49
B13	31.29	1:07.79	2:26.89	5:14.69	1:19.29	2:50.49	1:29.69	3:15.59	1:16.19	2:49.09	2:44.69	6:00.49
B14	29.79	1:04.09	2:22.59	5:03.39	1:15.59	2:47.49	1:26.99	3:12.29	1:14.49	2:48.69	2:39.89	5:44.49
B15-16	27.79	59.79	2:10.49	4:42.49	1:11.39	2:32.79	1:21.69	3:01.49	1:07.39	2:38.49	2:31.39	5:24.19
B17-O	26.79	58.49	2:07.39	4:42.49	1:09.89	2:27.59	1:17.19	2:53.39	1:03.39	2:38.49	2:27.29	5:23.39
EVENTS	50 BA	50 BR	50 FL		EVENTS	800 FR	1500 FR		EVENTS	200 FR-R	200 MD-R	
G10U	43.99	49.39	41.59		G14U	10:36.99	20:24.99		G10U	2:36.79	3:01.89	
G11	40.39	46.29	38.69		G15O	10:07.39	19:35.59		G11-12	2:16.19	2:36.49	
G12	38.69	43.09	36.19						G13-14	2:06.79	2:23.09	
									G15O	2:00.49	2:16.39	
EVENTS	50 BA	50 BR	50 FL		EVENTS	800 FR	1500 FR		EVENTS	200 FR-R	200 MD-R	
B10U	44.79	51.49	43.49		B14U	10:49.99	20:58.59		B10U	2:36.79	3:01.89	
B11	42.09	46.49	39.69		B15O	9:53.59	19:04.39		B11-12	2:23.59	2:48.29	
B12	40.19	44.39	37.99						B13-14	2:07.79	2:27.89	
									B15O	1:49.99	2:03.89	

### 2008 PACIFIC NORTHWEST SWIMMING LONG COURSE CHAMPS

#### SHORT COURSE YARDS

Qualifying 4-1-07 to 7- -08

EVENTS	50 FR	100 FR	200 FR	500 FR	100 BA	200 BA	100 BR	200 BR	100 FL	200 FL	200 IM	400 IM
G10U	31.99	1:12.79	2:40.09	7:12.69	1:22.69		1:38.29		1:26.29		2:53.19	
G11	30.39	1:06.99	2:24.09	6:38.89	1:16.49	2:47.39	1:28.89	3:17.79	1:22.79	3:06.49	2:43.29	6:18.69
G12	28.29	1:02.39	2:18.59	6:09.99	1:14.59	2:36.49	1:21.59	2:55.99	1:14.79	2:52.09	2:33.59	5:26.09
G13	27.29	1:00.69	2:11.59	5:46.09	1:08.09	2:28.69	1:17.29	2:49.79	1:09.49	2:38.39	2:25.09	5:08.99
G14	26.79	58.29	2:05.09	5:35.99	1:08.09	2:28.19	1:17.19	2:49.79	1:06.69	2:34.29	2:25.09	5:08.99
G15-O	25.99	55.88	2:01.19	5:20.79	1:04.79	2:18.89	1:13.39	2:36.69	1:03.19	2:21.39	2:18.39	4:50.69
EVENTS	50 FR	100 FR	200 FR	500 FR	100 BA	200 BA	100 BR	200 BR	100 FL	200 FL	200 IM	400 IM
B10U	32.09	1:12.59	2:41.69	7:02.29	1:24.39		1:38.29		1:32.09		3:00.39	
B11	30.79	1:10.19	2:28.49	6:36.99	1:19.69	2:50.29	1:29.79	3:21.19	1:19.99	3:00.69	2:49.39	6:10.49
B12	29.19	1:05.79	2:20.69	6:18.49	1:14.09	2:50.29	1:29.79	3:12.59	1:19.89	3:00.29	2:39.69	6:09.99
B13	27.19	1:00.39	2:10.69	5:52.49	1:07.19	2:33.19	1:17.19	2:53.99	1:09.29	2:37.69	2:25.39	5:26.89
B14	26.19	56.89	2:00.79	5:28.59	1:05.09	2:22.99	1:16.79	2:50.49	1:05.79	2:30.59	2:20.69	4:56.99
B15-O	23.59	51.49	1:52.19	5:07.79	58.69	2:06.89	1:10.09	2:29.18	59.39	2:14.99	2:08.39	4:37.59
EVENTS	50 BA	50 BR	50 FL		EVENTS	800 FR	1500 FR		EVENTS	200 FR-R	200 MD-R	
G10U	37.99	43.69	36.29		G14U	11:38.19	19:24.19		G10U	2:36.79	3:01.89	
G11	36.59	39.99	34.69		G15O		19:23.29		G11-12	2:16.19	2:36.49	
G12	34.79	37.89	32.39						G13-14	2:06.79	2:23.09	
									G15O	2:00.49	2:16.39	
EVENTS	50 BA	50 BR	50 FL		EVENTS	800 FR	1500 FR		EVENTS	200 FR-R	200 MD-R	
B10U	37.99	43.69	36.29		B14U	11:25.59	19:37.09		B10U	2:36.79	3:01.89	
B11	37.49	41.59	35.29		B15O		17:58.29		B11-12	2:23.59	2:48.29	
B12	35.89	38.59	33.29						B13-14	2:07.79	2:27.89	
									B15O	1:49.99	2:03.89	



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Qualifying 4-1-07 to 7- -08

EVENTS	50 FR	100 FR	200 FR	400 FR	100 BA	200 BA	100 BR	200 BR	100 FL	200 FL	200 IM	400 IM
G10U	35.39	1:17.99	2:54.09	6:08.39	1:32.09		1:43.69		1:37.59		3:12.89	
G11	32.59	1:13.29	2:39.19	5:40.49	1:26.39	3:08.89	1:37.49	3:38.79	1:27.69	3:17.29	3:03.09	6:45.69
G12	32.09	1:10.79	2:33.19	5:25.79	1:20.59	2:55.99	1:32.89	3:25.59	1:24.39	3:12.59	2:52.49	6:17.99
G13	30.59	1:06.49	2:24.59	5:01.49	1:17.59	2:46.39	1:27.79	3:08.79	1:13.99	2:50.99	2:41.89	5:43.59
G14	29.59	1:04.59	2:21.39	4:58.69	1:16.19	2:42.79	1:27.29	3:07.69	1:13.99	2:50.99	2:41.89	5:43.59
G15-16	28.69	1:02.39	2:17.79	4:45.19	1:14.69	2:39.89	1:23.29	3:02.39	1:10.59	2:37.29	2:36.29	5:30.69
G17-O	28.59	1:02.09	2:15.09	4:45.19	1:13.79	2:36.59	1:23.29	3:02.19	1:09.09	2:36.19	2:33.59	5:28.49
EVENTS	50 FR	100 FR	200 FR	400 FR	100 BA	200 BA	100 BR	200 BR	100 FL	200 FL	200 IM	400 IM
B10U	36.39	1:20.79	2:55.19	6:14.19	1:34.99		1:48.39		1:37.89		3:19.99	
B11	33.49	1:15.89	2:40.39	5:51.29	1:29.99	3:13.79	1:40.69	3:45.69	1:27.39	3:17.49	3:09.29	6:57.29
B12	32.59	1:10.29	2:39.69	5:37.29	1:26.69	3:09.59	1:37.69	3:45.69	1:24.79	3:14.89	3:02.79	6:44.09
B13	30.49	1:06.19	2:23.69	5:08.09	1:18.09	2:44.09	1:27.69	3:11.59	1:14.79	2:46.29	2:41.49	5:54.09
B14	28.99	1:02.49	2:19.39	4:50.59	1:14.39	2:44.09	1:24.99	3:08.29	1:13.09	2:45.89	2:36.69	5:38.09
B15-16	26.99	58.19	2:07.29	4:36.09	1:10.19	2:29.59	1:19.69	2:57.49	1:05.99	2:35.69	2:28.19	5:17.79
B17-O	25.99	56.89	2:04.19	4:36.09	1:08.69	2:24.39	1:15.19	2:49.39	1:01.99	2:35.69	2:24.09	5:16.99
EVENTS	50 BA	50 BR	50 FL		EVENTS	800 FR	1500 FR		EVENTS	200 FR-R	200 MD-R	
G10U	43.39	48.39	40.89		G14U	10:24.19	20:00.99		G10U	2:33.59	2:58.69	
G11	39.79	45.29	37.99		G15O	9:54.59	19:11.59		G11-12	2:12.99	2:33.29	
G12	38.09	42.09	35.49						G13-14	2:03.59	2:19.89	
									G15O	1:57.29	2:13.19	
EVENTS	50 BA	50 BR	50 FL		EVENTS	800 FR	1500 FR		EVENTS	200 FR-R	200 MD-R	
B10U	44.19	50.49	42.79		B14U	10:37.19	20:34.59		B10U	2:36.79	2:58.69	
B11	41.49	45.49	38.99		B15O	9:40.79	18:40.39		B11-12	2:23.59	2:45.09	
B12	39.59	43.39	37.29						B13-14	2:07.79	2:24.69	
									B15O	1:49.99	2:00.69	