



PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

CHAMPIONSHIP TIME STANDARDS 2007-2008

2007 PACIFIC NORTHWEST SWIMMING SHORT COURSE CHAMPS													
SHORT COURSE YARDS													
Qualifying 9-1-06 to 11- -07													
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	32.39	1:13.79	2:42.09	7:25.69	1:25.29		1:37.39		1:32.19		2:56.19		
G11	30.59	1:09.29	2:32.59	6:38.89	1:18.29	2:56.09	1:31.59	3:17.79	1:22.79	3:06.49	2:46.49	6:18.69	
G12	28.69	1:03.79	2:22.49	6:24.49	1:16.49	2:42.59	1:24.49	3:01.29	1:19.19	3:06.09	2:37.19	5:26.09	
G13	27.79	1:01.99	2:13.69	5:52.89	1:09.69	2:33.79	1:19.29	2:53.79	1:11.69	2:43.39	2:27.69	5:18.69	
G14	27.19	59.19	2:07.49	5:41.39	1:09.29	2:30.49	1:17.19	2:53.79	1:08.69	2:41.39	2:27.59	5:18.69	
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	32.89	1:13.49	2:49.29	7:09.59	1:25.09		1:39.89		1:33.09		3:03.19		
B11	31.49	1:10.49	2:30.49	6:44.49	1:19.69	2:50.29	1:31.09	3:21.19	1:19.99	3:00.69	2:50.49	6:10.49	
B12	30.09	1:08.59	2:28.29	6:34.69	1:17.79	2:50.29	1:29.79	3:12.59	1:19.89	3:00.29	2:47.59	6:09.99	
B13	27.89	1:01.19	2:14.19	6:00.59	1:09.99	2:36.49	1:21.19	3:02.79	1:12.69	2:41.69	2:29.69	5:26.89	
B14	26.89	58.29	2:04.19	5:34.89	1:08.29	2:28.89	1:19.19	2:56.59	1:09.49	2:34.49	2:25.59	5:12.39	
EVENTS	50 BA	50 BR	50 FL	100 IM		EVENTS	1650 FR		200 FR-R	200 MD-R	400 FR-R	400 MD-R	
G10U	38.49	44.29	37.39	1:24.69		G14U	19:50.69		G10U	2:22.69	2:39.79		
G11	36.59	41.79	36.19	1:18.89					G11-12	2:01.49	2:17.49	4:40.09	5:20.09
G12	35.39	39.29	33.19	1:15.99					G13-14	1:52.59	2:05.79	4:08.49	4:40.89
EVENTS	50 BA	50 BR	50 FL	100 IM		EVENTS	1650 FR		200 FR-R	200 MD-R	400 FR-R	400-MR	
B10U	39.89	45.99	38.89	1:26.19		B14U	19:58.19		B10U	2:25.99	2:48.89		
B11	37.49	41.59	36.19	1:19.29					B11-12	2:07.99	2:29.09	4:40.09	5:20.09
B12	37.39	40.69	34.29	1:19.19					B13-14	1:53.99	2:06.39	4:08.49	4:40.89

2007 PACIFIC NORTHWEST SWIMMING SHORT COURSE CHAMPS												
LONG COURSE METERS												
Qualifying 9-1-06 to 11- -07												
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
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
EVENTS	50 BA	50 BR	50 FL		EVENTS	1500 FR		EVENTS	200 FR-R	200 MD-R	400 FR-R	400 MD-R
G10U	43.99	49.39	41.59		G14U	20:24.99		G10U	2:36.79	3:01.89		
G11	40.39	46.29	38.69					G11-12	2:16.19	2:36.49	5:17.39	6:01.69
G12	38.69	43.09	36.19					G13-14	2:06.79	2:23.09	4:42.29	5:12.89
EVENTS	50 BA	50 BR	50 FL		EVENTS	1500 FR		EVENTS	200 FR-R	200 MD-R	400 FR-R	400 MD-R
B10U	44.79	51.49	43.49		B14U	20:58.59		B10U	2:36.79	3:01.89		
B11	42.09	46.49	39.69					B11-12	2:23.59	2:48.29	5:17.39	6:01.69
B12	40.19	44.39	37.99					B13-14	2:07.79	2:27.89	4:42.29	5:12.89



PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

CHAMPIONSHIP TIME STANDARDS 2007-2008

2008 PACIFIC NORTHWEST SWIMMING SHORT COURSE CHAMPS

SHORT 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	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
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
EVENTS	50 BA	50 BR	50 FL		EVENTS	800 FR	1500 FR	EVENTS	200 FR-R	200 MD-R	400 FR-R	400 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					G11-12	2:12.99	2:33.29	5:10.99	5:55.39
G12	38.09	42.09	35.49					G13-14	2:03.59	2:19.89	4:35.89	5:06.49
EVENTS	50 BA	50 BR	50 FL		EVENTS	800 FR	1500 FR	EVENTS	200 FR-R	200 MD-R	400 FR-R	400 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					B11-12	2:23.59	2:45.09	5:10.99	5:55.39
B12	39.59	43.39	37.29					B13-14	2:07.79	2:24.69	4:35.89	5:06.49