



# PACIFIC NORTHWEST SWIMMING

A Local Swim Committee of USA Swimming

## SENIOR SHORT COURSE CHAMPIONSHIPS - 2007

WOMEN			EVENT	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
26.69	29.69	30.49	<b>50 FREE</b>	24.69	27.49	28.29
57.39	1:03.79	1:05.39	<b>100 FREE</b>	53.59	59.49	1:01.09
2:04.09	2:17.79	2:20.99	<b>200 FREE</b>	1:57.79	2:10.79	2:13.99
5:34.29	4:51.99	4:58.39	<b>500 FREE</b>	5:24.49	4:43.29	4:49.69
11:16.49	9:50.99	10:03.79	<b>1000 FREE</b>	11:07.29	9:42.79	9:55.59
18:57.69	18:56.39	19:20.39	<b>1650 FREE</b>	18:47.69	18:46.29	19:10.29
1:06.29	1:13.59	1:14.79	<b>100 BACK</b>	1:02.79	1:09.79	1:10.99
2:21.89	2:37.59	2:39.99	<b>200 BACK</b>	2:17.19	2:32.29	2:34.69
1:15.19	1:23.49	1:25.49	<b>100 BREAST</b>	1:12.49	1:20.49	1:22.49
2:44.19	3:02.29	3:06.29	<b>200 BREAST</b>	2:35.19	2:52.29	2:56.29
1:05.19	1:12.39	1:13.79	<b>100 FLY</b>	1:01.49	1:08.29	1:09.69
2:31.39	2:48.09	2:50.89	<b>200 FLY</b>	2:18.09	2:33.29	2:36.09
2:21.19	2:36.79	2:39.99	<b>200 IM</b>	2:13.59	2:28.29	2:31.49
5:03.69	5:37.19	5:43.59	<b>400 IM</b>	4:44.59	5:15.69	5:22.09
3:57.59	4:23.79	4:30.19	<b>400 FREE RELAY</b>	3:42.39	4:06.89	4:13.29
8:32.39	9:23.79	9:28.79	<b>800 FREE RELAY</b>	8:07.19	8:55.79	9:00.79
4:32.09	5:02.09	5:08.49	<b>400 MEDLEY RELAY</b>	4:18.39	4:46.89	4:53.29