

**2008 NORTHWEST SECTION AGE GROUP CHAMP TIME STANDARDS  
SHORT COURSE YARDS  
MARCH 14-16, 2008**

Event	G10U	G11	G12	G13	G14	G15-18
50 Free	30.19	28.99	27.39	26.59	26.09	26.29
100 Free	1:07.79	1:03.39	59.79	57.99	56.19	56.69
200 Free	2:27.79	2:17.49	2:10.69	2:05.39	2:03.29	2:02.69
500 Free	6:04.09		5:47.69	5:35.29	5:30.19	5:27.59
1650 Free		19:11.29			19:08.59	19:00.69
50 Back	35.99	33.79	31.99			
100 Back	1:17.59	1:11.79	1:07.99	1:06.39	1:05.09	1:04.69
200 Back		2:21.19			2:18.79	2:20.49
50 Breast	40.79	37.29	35.49			
100 Breast	1:28.79	1:21.69	1:16.99	1:14.89	1:13.39	1:13.29
200 Breast		2:39.69			2:36.89	2:39.09
50 Fly	34.49	31.99	30.39			
100 Fly	1:19.09	1:12.89	1:08.49	1:05.39	1:04.39	1:03.79
200 Fly		2:27.99			2:24.19	2:23.39
100 IM	1:17.29	1:11.29	1:08.29			
200 IM	2:45.99	2:34.59	2:26.99	2:21.49	2:18.79	2:19.79
400 IM		4:58.39			4:54.89	4:57.69
200 Free Relay	2:12.19	1:53.49		1:46.29		1:50.49
400 Free Relay		4:10.89		3:52.79		3:58.69
200 Medley Relay	2:29.79	2:06.79		1:58.99		2:02.89
400 Medley Relay		4:38.69		4:19.99		4:28.89

EVENT	B10U	B11	B12	B13	B14	B15-18
50 Free	30.79	29.19	27.49	25.89	24.59	23.69
100 Free	1:08.39	1:04.39	59.79	56.39	53.29	51.79
200 Free	2:29.79	2:18.99	2:10.89	2:04.29	1:57.59	1:53.29
500 Free	6:15.09		5:50.99	5:32.89	5:17.29	5:08.39
1650 Free		19:13.19			18:27.99	18:05.39
50 Back	36.59	34.19	31.99			
100 Back	1:19.19	1:13.79	1:09.59	1:05.29	1:01.59	59.19
200 Back		2:20.29			2:13.29	2:09.69
50 Breast	42.09	39.29	35.69			
100 Breast	1:31.59	1:25.89	1:19.99	1:14.19	1:10.59	1:06.89
200 Breast		2:40.19			2:36.09	2:27.19
50 Fly	35.29	33.49	30.89			
100 Fly	1:22.89	1:14.59	1:09.29	1:04.79	59.49	57.59
200 Fly		2:27.49			2:16.59	2:13.49
100 IM	1:18.59	1:13.49	1:09.59			
200 IM	2:50.79	2:39.19	2:29.79	2:20.39	2:13.09	2:08.79
400 IM		5:02.49			4:46.89	4:39.69
200 Free Relay	2:13.19	1:55.29		1:44.09		1:40.59
400 Free Relay		4:21.39		3:47.49		3:36.39
200 Medley Relay	2:32.39	2:11.19		1:56.79		1:51.19
400 Medley Relay		4:44.69		4:15.09		4:03.49

**2008 NORTHWEST SECTION AGE GROUP CHAMP TIME STANDARDS  
LONG COURSE METERS  
MARCH 14-16, 2008**

Event	G10U	G11	G12	G13	G14	G15-18
50 Free	34.39	32.99	31.29	30.39	29.79	29.99
100 Free	1:16.89	1:11.99	1:07.99	1:05.99	1:03.99	1:04.59
200 Free	2:47.29	2:35.89	2:28.29	2:22.39	2:20.09	2:19.39
400 Free	5:24.99		5:10.39	4:59.29	4:54.69	4:52.39
1500 Free	19:34.39			19:31.59		19:23.59
50 Back	40.59	38.19	36.19			
100 Back	1:27.39	1:20.89	1:16.69	1:14.89	1:13.49	1:13.09
200 Back	2:39.19			2:36.49		2:38.39
50 Breast	46.29	42.39	40.39			
100 Breast	1:40.59	1:32.69	1:27.49	1:25.19	1:23.49	1:23.39
200 Breast	3:01.29			2:58.19		3:00.59
50 Fly	38.99	36.29	34.49			
100 Fly	1:29.19	1:22.39	1:17.49	1:13.99	1:12.89	1:12.29
200 Fly	2:47.09			2:42.89		2:41.99
200 IM	3:07.49	2:54.79	2:46.39	2:40.29	2:37.29	2:38.39
400 IM	5:37.69			5:33.79		5:36.89
200 Free Relay	2:29.99	2:09.19		2:01.19		2:05.89
400 Free Relay	4:44.89			4:24.89		4:31.39
200 Medley Relay	2:49.49	2:23.99		2:15.29		2:19.69
400 Medley Relay	5:15.79			4:54.99		5:04.89

EVENT	B10U	B11	B12	B13	B14	B15-18
50 Free	34.99	33.29	31.39	29.59	28.09	27.19
100 Free	1:17.59	1:13.09	1:07.99	1:04.19	1:00.79	59.09
200 Free	2:49.49	2:37.49	2:28.49	2:21.19	2:13.79	2:08.99
400 Free	5:34.79		5:13.29	4:57.19	4:43.19	4:35.29
1500 Free	19:36.29			18:50.19		18:27.09
50 Back	41.29	38.59	36.19			
100 Back	1:29.19	1:23.19	1:18.49	1:13.69	1:09.59	1:06.99
200 Back	2:38.19			2:30.39		2:26.39
50 Breast	47.79	44.69	40.69			
100 Breast	1:43.69	1:37.39	1:30.79	1:24.39	1:20.39	1:16.29
200 Breast	3:01.89			2:57.29		2:47.39
50 Fly	39.89	37.89	34.99			
100 Fly	1:33.49	1:24.19	1:18.39	1:13.39	1:07.49	1:05.39
200 Fly	2:46.59			2:34.49		2:30.99
200 IM	3:12.79	2:59.99	2:49.49	2:39.09	2:30.99	2:26.19
400 IM	5:42.19			5:24.89		5:16.89
200 Free Relay	2:31.09	2:11.19		1:58.79		1:54.89
400 Free Relay	4:56.59			4:18.99		4:06.59
200 Medley Relay	2:52.39	2:28.89		2:12.89		2:06.69
400 Medley Relay	5:22.49			4:49.59		4:36.69

**2008 NORTHWEST SECTION AGE GROUP CHAMP TIME STANDARDS  
SHORT COURSE METERS  
MARCH 14-16, 2008**

Event	G10U	G11	G12	G13	G14	G15-18
50 Free	33.59	32.19	30.49	29.59	28.99	29.19
100 Free	1:15.29	1:10.39	1:06.39	1:04.39	1:03.39	1:02.99
200 Free	2:43.59	2:32.19	2:25.09	2:19.19	2:16.89	2:16.19
400 Free	5:18.59		5:03.99	4:52.89	4:48.29	4:45.99
1500 Free	19:10.39			19:07.59		18:59.59
50 Back	39.99	37.59	35.59			
100 Back	1:26.19	1:19.69	1:15.49	1:13.69	1:12.29	1:11.89
200 Back	2:36.79			2:34.09		2:35.99
50 Breast	45.29	41.39	39.39			
100 Breast	1:38.59	1:30.69	1:25.49	1:23.19	1:21.49	1:21.39
200 Breast	2:57.29			2:54.19		2:56.59
50 Fly	38.29	35.59	33.79			
100 Fly	1:27.79	1:20.99	1:16.09	1:12.59	1:11.49	1:10.89
200 Fly	2:44.29			2:40.09		2:39.19
100 IM	1:25.79	1:19.19	1:15.89			
200 IM	3:04.29	2:51.59	2:43.19	2:37.09	2:34.09	2:35.19
400 IM	5:31.29			5:27.39		5:30.49
200 Free Relay	2:26.79	2:05.99		1:57.79		2:02.69
400 Free Relay	4:38.49		4:18.49		4:24.99	
200 Medley Relay	2:46.29	2:20.79		2:12.09		2:16.49
400 Medley Relay	5:09.39		4:48.59		4:58.49	

EVENT	B10U	B11	B12	B13	B14	B15-18
50 Free	34.19	32.49	30.59	28.79	27.29	26.39
100 Free	1:15.99	1:11.49	1:06.39	1:02.59	59.19	57.49
200 Free	2:46.29	2:34.29	2:25.29	2:17.99	2:10.59	2:05.79
400 Free	5:28.39		5:06.89	4:50.79	4:36.79	4:28.89
1500 Free	19:12.59			18:26.19		18:03.09
50 Back	40.69	37.99	35.59			
100 Back	1:27.99	1:21.99	1:17.29	1:12.49	1:08.39	1:05.79
200 Back	2:35.79			2:27.99		2:23.99
50 Breast	46.79	43.69	39.69			
100 Breast	1:41.69	1:35.39	1:28.79	1:22.39	1:18.39	1:14.29
200 Breast	2:57.89			2:53.29		2:43.39
50 Fly	39.19	37.19	34.29			
100 Fly	1:32.09	1:22.79	1:16.99	1:11.99	1:06.09	1:03.99
200 Fly	2:43.79			2:31.69		2:28.19
100 IM	1:27.29	1:21.59	1:17.29			
200 IM	3:09.59	2:56.79	2:46.29	2:35.89	2:27.79	2:22.99
400 IM	5:35.79			5:18.49		5:10.49
200 Free Relay	2:27.89	2:07.99		1:55.59		1:51.69
400 Free Relay	4:50.19		4:12.59		4:03.89	
200 Medley Relay	2:49.19	2:25.69		2:09.69		2:03.49
400 Medley Relay	5:16.09		4:43.19		4:30.29	