

WASHINGTON STATE SENIOR CHAMPIONSHIPS  
DECEMBER 16-19, 2010  
QUALIFYING PERIOD: September 1, 2009 – December 8, 2010

| EVENT         | WOMEN    |          |          | EVENT        | MEN      |          |          |
|---------------|----------|----------|----------|--------------|----------|----------|----------|
|               | SCY      | SCM      | LCM      |              | SCY      | SCM      | LCM      |
| 50 Free       | 26.52    | 29.25    | 30.25    | 50 Free      | 24.66    | 27.12    | 28.12    |
| 100 Free      | 57.47    | 1:03.21  | 1:05.21  | 100 Free     | 53.80    | 59.18    | 1:01.18  |
| 200 Free      | 2:04.61  | 2:17.07  | 2:21.07  | 200 Free     | 1:56.69  | 2:08.32  | 2:12.32  |
| 500 Free      | 5:33.12  | 4:50.25  | 4:58.25  | 500 Free     | 5:16.11  | 4:38.17  | 4:46.17  |
| 1000 Free     | 11:33.47 | 10:02.43 | 10:18.43 | 1000 Free    | 10:54.43 | 9:35.89  | 9:51.89  |
| 1650 Free     | 19:24.49 | 19:23.85 | 19:53.85 | 1650 Free    | 18:30.86 | 18:27.75 | 18:51.94 |
| 50 Back***    | 1:06.85  | 1:13.59  | 1:15.59  | 50 Back***   | 1:02.72  | 1:08.99  | 1:10.99  |
| 100 Back      | 1:06.85  | 1:13.59  | 1:15.59  | 100 Back     | 1:02.72  | 1:08.99  | 1:10.99  |
| 200 Back      | 2:22.89  | 2:37.17  | 2:41.17  | 200 Back     | 2:16.93  | 2:30.62  | 2:34.62  |
| 50 Breast *** | 1:15.99  | 1:23.58  | 1:25.58  | 50 Breast*** | 1:12.19  | 1:19.29  | 1:21.29  |
| 100 Breast    | 1:15.99  | 1:23.58  | 1:25.58  | 100 Breast   | 1:12.19  | 1:19.29  | 1:21.29  |
| 200 Breast    | 2:44.94  | 3:01.43  | 3:05.43  | 200 Breast   | 2:37.73  | 2:53.50  | 2:57.50  |
| 50 Fly***     | 1:05.34  | 1:11.87  | 1:13.87  | 50 Fly***    | 1:00.90  | 1:06.99  | 1:08.99  |
| 100 Fly       | 1:05.34  | 1:11.87  | 1:13.87  | 100 Fly      | 1:00.90  | 1:06.99  | 1:08.99  |
| 200 Fly       | 2:28.46  | 2:43.30  | 2:47.30  | 200 Fly      | 2:20.70  | 2:34.44  | 2:38.44  |
| 200 IM        | 2:22.00  | 2:36.20  | 2:40.20  | 200 IM       | 2:14.05  | 2:27.49  | 2:31.49  |
| 400 IM        | 5:01.50  | 5:31.65  | 5:39.65  | 400 IM       | 4:46.69  | 5:15.39  | 5:23.39  |
| 200 F.R.      | 1:46.59  | 1:57.29  | 2:00.49  | 200 F.R.     | 1:37.29  | 1:47.09  | 1:50.29  |
| 400 F.R.      | 3:54.22  | 4:17.64  | 4:25.64  | 400 F.R.     | 3:45.09  | 4:07.59  | 4:15.59  |
| 800 F.R.      | 8:32.29  | 9:23.51  | 9:39.51  | 800 F.R.     | 8:07.19  | 8:42.87  | 8:58.87  |
| 200 M.R.      | 1:57.49  | 2:09.29  | 2:12.49  | 200 M.R.     | 1:48.29  | 1:59.19  | 2:02.39  |
| 400 M.R.      | 4:15.58  | 4:41.13  | 4:49.13  | 400 M.R.     | 4:08.39  | 4:33.22  | 4:41.22  |

\*\*\* - Entry in to the 50 stroke events (back, breast, fly) will be the 100 times. (50 times will not be accepted)  
Swimmers may swim 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.