

PNS LONG COURSE CHAMPS
JULY 28-31, 2011
QUALIFYING PERIOD: April 1, 2010 – July 20, 2011

G10U	SCY	SCM	LCM	B10U	SCY	SCM	LCM
50 Free	31.89	34.69	35.69	50 Free	31.49	34.69	35.69
100 Free	1:11.39	1:17.69	1:19.69	100 Free	1:09.89	1:17.89	1:19.89
200 Free	2:35.99	2:48.39	2:52.39	200 Free	2:33.19	2:50.09	2:54.09
400 Free	7:03.09	6:05.29	6:13.29	400 Free	7:01.29	6:05.29	6:13.29
50 Back	37.39	41.59	42.59	50 Back	37.39	41.99	42.99
100 Back	1:21.79	1:30.29	1:32.29	100 Back	1:21.79	1:30.09	1:32.09
50 Breast	41.59	46.49	47.49	50 Breast	43.29	49.79	50.79
100 Breast	1:31.29	1:41.89	1:43.89	100 Breast	1:34.79	1:48.49	1:50.49
50 Fly	36.39	39.39	40.39	50 Fly	36.29	39.89	40.89
100 Fly	1:24.89	1:32.59	1:34.59	100 Fly	1:26.59	1:37.29	1:39.29
200 IM	2:55.19	3:09.49	3:13.49	200 IM	2:56.89	3:12.89	3:16.89
200 F.R.	2:17.59	2:32.79	2:36.79	200 F.R.	2:20.99	2:32.79	2:36.79
200 M.R.	2:35.09	2:57.89	3:01.89	200 M.R.	2:41.09	2:57.89	3:01.89

G11	SCY	SCM	LCM	B11	SCY	SCM	LCM
50 Free	30.09	33.09	34.09	50 Free	30.09	33.39	34.39
100 Free	1:05.89	1:13.09	1:15.09	100 Free	1:06.59	1:13.79	1:15.79
200 Free	2:24.79	2:42.19	2:46.19	200 Free	2:25.89	2:42.99	2:46.99
400 Free	6:38.19	5:40.19	5:48.19	400 Free	6:38.59	5:42.59	5:50.59
800 Free	12:39.59	10:59.99	11:15.99	800 Free	12:39.59	11:14.99	11:28.49
1500 Free	20:51.89	20:48.19	21:23.99	1500 Free	20:58.69	20:53.39	21:29.39
50 Back	35.29	39.69	40.69	50 Back	34.49	39.39	40.39
100 Back	1:15.99	1:24.69	1:27.29	100 Back	1:15.09	1:25.29	1:27.29
200 Back	2:47.79	3:02.99	3:06.99	200 Back	2:51.79	3:12.29	3:16.29
50 Breast	39.49	45.29	46.29	50 Breast	40.89	46.69	47.69
100 Breast	1:26.39	1:36.99	1:38.99	100 Breast	1:28.49	1:40.89	1:42.89
200 Breast	3:13.59	3:35.19	3:39.19	200 Breast	3:21.69	3:45.69	3:49.69
50 Fly	33.69	37.29	38.29	50 Fly	33.69	37.29	38.29
100 Fly	1:17.59	1:25.59	1:27.59	100 Fly	1:19.79	1:29.29	1:31.29
200 Fly	3:06.49	3:16.09	3:20.09	200 Fly	3:00.69	3:16.19	3:20.19
200 IM	2:44.89	3:01.49	3:05.49	200 IM	2:46.09	3:06.39	3:10.39
400 IM	6:18.69	6:40.59	6:48.59	400 IM	6:10.49	6:55.69	7:03.69
200 F.R.	1:57.09	2:11.59	2:15.59	200 F.R.	2:00.99	2:20.99	2:22.99
400 F.R.	4:22.39	4:48.39	4:56.39	400 F.R.	4:35.19	4:56.39	5:04.39
200 M.R.	2:10.59	2:27.39	2:31.39	200 M.R.	2:17.69	2:40.39	2:44.39
400 M.R.	4:53.29	5:38.19	5:45.19	400 M.R.	5:12.59	5:50.09	5:58.09

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G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50 Free	28.29	30.79	31.79	50 Free	28.79	31.29	32.29
100 Free	1:01.99	1:08.79	1:10.79	100 Free	1:02.39	1:10.09	1:12.09
200 Free	2:15.59	2:29.99	2:33.99	200 Free	2:18.49	2:32.99	2:36.99
400 Free	6:07.39	5:10.39	5:18.39	400 Free	6:16.69	5:19.19	5:27.19
800 Free	12:39.59	10:59.99	11:15.99	800 Free	12:39.59	11:14.99	11:28.49
1500 Free	20:51.89	20:48.19	21:23.99	1500 Free	20:57.09	20:53.39	21:29.39
50 Back	32.79	36.69	37.69	50 Back	33.69	37.89	38.89
100 Back	1:11.09	1:19.59	1:21.59	100 Back	1:12.79	1:20.89	1:22.89
200 Back	2:33.49	2:52.79	2:56.79	200 Back	2:37.69	2:53.49	2:57.49
50 Breast	37.19	42.19	43.19	50 Breast	37.99	41.79	42.79
100 Breast	1:20.89	1:30.69	1:32.69	100 Breast	1:23.39	1:33.79	1:35.79
200 Breast	2:53.79	3:15.99	3:19.99	200 Breast	2:59.89	3:23.79	3:27.79
50 Fly	31.49	34.39	35.39	50 Fly	32.59	35.59	36.59
100 Fly	1:12.29	1:19.09	1:21.09	100 Fly	1:12.79	1:22.69	1:24.69
200 Fly	2:48.29	3:02.09	3:06.09	200 Fly	3:02.99	3:13.59	3:17.59
200 IM	2:34.59	2:49.69	2:53.69	200 IM	2:38.19	2:52.19	2:56.19
400 IM	5:33.89	6:01.59	6:09.59	400 IM	5:49.49	6:08.59	6:16.59
200 F.R.	1:57.09	2:11.59	2:15.59	200 F.R.	2:00.99	2:20.99	2:22.99
400 F.R.	4:22.39	4:48.39	4:56.39	400 F.R.	4:35.19	4:56.39	5:04.39
200 M.R.	2:10.59	2:27.39	2:31.39	200 M.R.	2:17.69	2:40.39	2:44.39
400 M.R.	4:53.29	5:38.19	5:45.19	400 M.R.	5:12.59	5:50.09	5:58.09

G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50 Free	27.19	29.69	30.69	50 Free	26.19	29.29	30.29
100 Free	:58.69	1:04.29	1:06.29	100 Free	56.79	1:03.09	1:05.09
200 Free	2:07.59	2:19.19	2:23.19	200 Free	2:04.89	2:18.59	2:22.59
400 Free	5:41.09	4:58.49	5:06.49	400 Free	5:19.99	4:54.69	5:02.69
800 Free	11:38.19	10:07.39	10:23.39	800 Free	11:25.19	9:57.49	10:13.49
1500 Free	19:35.09	19:53.89	20:17.89	1500 Free	18:48.99	18:48.39	19:14.39
100 Back	1:07.29	1:15.29	1:17.29	100 Back	1:06.29	1:15.09	1:17.09
200 Back	2:23.59	2:40.49	2:44.49	200 Back	2:21.99	2:43.29	2:45.49
100 Breast	1:16.59	1:26.89	1:28.89	100 Breast	1:13.59	1:24.49	1:26.49
200 Breast	2:44.99	3:05.99	3:09.99	200 Breast	2:41.99	3:02.49	3:06.49
100 Fly	1:07.09	1:12.99	1:14.99	100 Fly	1:05.89	1:14.19	1:16.19
200 Fly	2:33.09	2:48.89	2:52.89	200 Fly	2:37.39	2:50.99	2:54.99
200 IM	2:24.79	2:40.19	2:44.19	200 IM	2:22.59	2:38.79	2:42.79
400 IM	5:09.59	5:42.79	5:50.79	400 IM	5:02.89	5:43.69	5:51.69
200 F.R.	1:47.99	2:01.69	2:05.69	200 F.R.	1:44.19	1:59.59	2:03.59
400 F.R.	3:56.39	4:27.99	4:35.99	400 F.R.	3:51.79	4:19.19	4:27.19
200 M.R.	2:01.39	2:16.99	2:20.99	200 M.R.	1:58.19	2:18.79	2:22.79
400 M.R.	4:23.39	5:02.79	5:10.79	400 M.R.	4:18.59	5:01.69	5:09.69

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G14	SCY	SCM	LCM	B14	SCY	SCM	LCM
50 Free	26.49	28.99	29.99	50 Free	24.69	27.89	28.89
100 Free	56.79	1:03.49	1:05.49	100 Free	54.39	1:00.69	1:02.69
200 Free	2:05.09	2:16.59	2:20.59	200 Free	1:57.69	2:11.69	2:15.69
400 Free	5:35.19	4:51.19	4:59.19	400 Free	5:27.19	4:43.89	4:51.89
800 Free	11:38.19	10:07.39	10:23.39	800 Free	11:25.19	9:57.49	10:13.49
1500 Free	19:35.09	19:53.89	20:17.89	1500 Free	18:48.99	18:48.39	19:14.39
100 Back	1:05.09	1:13.19	1:15.19	100 Back	1:02.99	1:11.99	1:13.99
200 Back	2:19.89	2:35.99	2:39.99	200 Back	2:16.59	2:33.89	2:37.89
100 Breast	1:14.39	1:24.59	1:26.59	100 Breast	1:11.69	1:21.89	1:23.89
200 Breast	2:40.09	3:02.99	3:06.99	200 Breast	2:35.59	2:58.09	3:02.09
100 Fly	1:04.89	1:10.99	1:12.99	100 Fly	1:01.89	1:09.69	1:11.69
200 Fly	2:25.19	2:41.59	2:45.59	200 Fly	2:22.99	2:42.59	2:46.59
200 IM	2:21.59	2:36.99	2:40.99	200 IM	2:15.99	2:32.79	2:36.79
400 IM	4:57.19	5:28.89	5:36.89	400 IM	4:48.69	5:27.19	5:35.19
200 F.R.	1:47.99	2:01.69	2:05.69	200 F.R.	1:44.19	1:59.59	2:03.59
400 F.R.	3:56.39	4:27.99	4:35.99	400 F.R.	3:51.79	4:19.19	4:27.19
200 M.R.	2:01.39	2:16.99	2:20.99	200 M.R.	1:58.19	2:18.79	2:22.79
400 M.R.	4:23.39	5:02.79	5:10.79	400 M.R.	4:18.59	5:01.69	5:09.69

G15-16	SCY	SCM	LCM	B15-16	SCY	SCM	LCM
50 Free	25.39	27.99	28.99	50 Free	23.29	25.99	26.99
100 Free	54.89	1:00.39	1:02.39	100 Free	50.39	56.49	58.49
200 Free	1:59.29	2:11.29	2:15.29	200 Free	1:50.79	2:03.99	2:07.99
400 Free	5:19.79	4:38.99	4:46.99	400 Free	4:59.29	4:25.89	4:33.89
800 Free	11:07.69	9:36.99	9:52.99	800 Free	10:20.79	9:13.79	9:29.79
1500 Free	18:42.09	18:39.09	19:09.49	1500 Free	17:33.49	17:37.59	18:07.59
100 Back	1:01.49	1:09.69	1:11.69	100 Back	57.29	1:05.99	1:07.99
200 Back	2:13.19	2:29.39	2:33.39	200 Back	2:05.69	2:21.99	2:25.99
100 Breast	1:11.49	1:21.39	1:23.39	100 Breast	1:04.09	1:14.09	1:16.09
200 Breast	2:35.39	2:55.89	2:59.29	200 Breast	2:22.49	2:43.39	2:47.39
100 Fly	1:00.79	1:07.19	1:09.19	100 Fly	57.09	1:03.89	1:05.89
200 Fly	2:16.49	2:33.29	2:37.29	200 Fly	2:06.99	2:25.99	2:29.99
200 IM	2:13.99	2:29.69	2:33.69	200 IM	2:03.59	2:20.69	2:24.69
400 IM	4:45.39	5:19.79	5:27.79	400 IM	4:29.79	5:03.49	5:11.49
200 F.R.	1:42.99	1:52.99	1:56.99	200 F.R.	1:35.29	1:42.09	1:46.09
400 F.R.	3:42.79	4:02.59	4:10.59	400 F.R.	3:27.09	3:45.79	3:53.79
200 M.R.	1:54.59	2:04.79	2:08.79	200 M.R.	1:45.59	1:53.19	1:57.19
400 M.R.	4:04.49	4:38.69	4:44.69	400 M.R.	3:52.69	4:14.99	4:22.99

PNS LONG COURSE CHAMPS
JULY 28-31, 2011
QUALIFYING PERIOD: April 1, 2010 – July 20, 2011

G170	SCY	SCM	LCM	B170	SCY	SCM	LCM
50 Free	25.29	27.79	28.79	50 Free	22.79	24.99	25.99
100 Free	54.59	59.99	1:01.99	100 Free	49.29	54.29	56.29
200 Free	1:56.79	2:09.89	2:13.89	200 Free	1:48.19	2:00.19	2:04.19
400 Free	5:16.69	4:37.39	4:45.39	400 Free	4:59.29	4:20.59	4:28.59
800 Free	11:07.69	9:36.99	9:52.99	800 Free	10:20.79	9:06.59	9:22.59
1500 Free	18:42.09	18:39.09	19:09.49	1500 Free	17:33.49	17:37.59	18:07.59
100 Back	1:01.29	1:09.39	1:11.39	100 Back	56.39	1:04.59	1:06.59
200 Back	2:12.69	2:29.39	2:33.39	200 Back	2:01.49	2:19.69	2:23.69
100 Breast	1:10.59	1:19.89	1:21.89	100 Breast	1:04.09	1:12.39	1:14.39
200 Breast	2:34.29	2:53.69	2:57.69	200 Breast	2:22.49	2:41.79	2:45.79
100 Fly	1:00.39	1:05.79	1:07.79	100 Fly	54.59	59.79	1:01.79
200 Fly	2:16.29	2:31.99	2:35.99	200 Fly	2:06.99	2:19.89	2:23.89
200 IM	2:13.89	2:29.59	2:33.59	200 IM	2:03.19	2:16.79	2:20.79
400 IM	4:44.59	5:15.89	5:23.89	400 IM	4:29.79	4:56.09	5:04.09
200 F.R.	1:42.99	1:52.99	1:56.99	200 F.R.	1:35.29	1:42.09	1:46.09
400 F.R.	3:42.79	4:02.59	4:10.59	400 F.R.	3:27.09	3:45.79	3:53.79
200 M.R.	1:54.59	2:04.79	2:08.79	200 M.R.	1:45.59	1:53.19	1:57.19
400 M.R.	4:04.49	4:38.69	4:44.69	400 M.R.	3:52.69	4:14.99	4:22.99

Swimmers may swim 8 events for the meet, maximum of three per day.

All individual qualifying times must be in SWIMS or Pacific Northwest Swimming AD 02-01.

Age groups for relays: 10U, 11-12, 13-14, 15 and over.