



2020 NORTHWEST SPRING SPEEDO SECTIONALS * FEDERAL WAY, WA * MARCH 12 - 15, 2020



2020 USA Swimming Speedo Championship Series Northwest Spring Sectional Time Standards						
March 12 - 15, 2020 * King County Aquatic Center * Federal Way, WA						
Women				Men		
SCY	SCM	LCM	EVENTS	SCY	SCM	LCM
24.62	27.41	28.19	50 Free	21.97	24.28	25.41
53.29	58.66	1:00.99	100 Free	47.86	52.82	55.45
1:55.63	2:07.40	2:12.32	200 Free	1:44.68	1:55.95	2:01.35
5:13.13	4:30.36	4:43.21	400/500 Free	4:48.26	4:09.40	4:22.32
10:52.09	9:27.77	9:48.19	800/1000 Free	10:10.58	8:54.20	9:19.51
18:19.78	18:07.90	18:54.49	1500/1650 Free	17:03.19	16:44.18	17:32.04
58.99	1:05.68	1:08.75	100 Back	53.48	59.44	1:03.59
2:07.80	2:22.92	2:28.61	200 Back	1:57.51	2:11.82	2:19.76
1:07.37	1:14.10	1:19.54	100 Breast	59.79	1:05.29	1:12.24
2:27.29	2:41.96	2:53.67	200 Breast	2:11.19	2:23.78	2:38.06
58.25	1:03.98	1:06.33	100 Fly	52.09	58.05	59.84
2:11.77	2:26.01	2:32.74	200 Fly	1:57.40	2:10.59	2:17.64
2:10.35	2:23.87	2:31.13	200 Ind. Medley	1:57.48	2:09.91	2:17.41
4:39.34	5:08.00	5:21.68	400 Ind. Medley	4:12.08	4:39.38	4:56.53
1:44.69	1:56.89	1:59.29	200 Free Relay	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 Free Relay	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 Free Relay	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 Medley Relay	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 Medley Relay	3:47.49	4:15.75	4:23.39