

## NORTHWEST AGE GROUP REGIONALS

MARCH 18-20, 2011

QUALIFYING PERIOD – MARCH 10, 2010 – MARCH 9, 2011

G10U	SCY	SCM	LCM	B10U	SCY	SCM	LCM
50 FR	30.39	33.99	34.69	50 FR	30.79	34.39	35.29
100 FR	1:07.69	1:15.59	1:16.99	100 FR	1:08.49	1:16.49	1:18.79
200 FR	2:27.89	2:45.29	2:48.39	200 FR	2:29.49	2:46.89	2:50.79
500/400 FR	6:07.09	5:21.19	5:27.79	500/400 FR	6:16.09	5:29.09	5:40.29
50 BA	35.79	39.99	40.79	50 BA	36.59	40.89	42.09
100 BA	<b>1:16.89</b>	<b>1:25.89</b>	<b>1:26.89</b>	100 BA	<b>1:18.59</b>	<b>1:27.89</b>	<b>1:30.59</b>
50 BR	40.79	45.59	46.49	50 BR	42.09	46.99	48.39
100 BR	1:28.99	1:39.29	1:42.29	100 BR	1:30.99	1:41.59	1:45.29
50 FL	34.49	38.49	39.29	50 FL	35.29	39.39	40.59
100 FL	1:19.29	1:28.49	1:29.19	100 FL	<b>1:22.29</b>	<b>1:31.99</b>	<b>1:33.09</b>
100 IM	1:17.19	1:26.19	N/A	100 IM	1:18.99	1:27.79	N/A
200 IM	2:45.89	3:05.19	3:08.59	200 IM	2:50.29	3:10.09	3:16.99
200 FR R	2:12.39	2:27.79	2:29.59	200 FR R	2:13.19	2:28.69	2:32.19
200 M.R.	<b>2:29.69</b>	<b>2:47.09</b>	<b>2:50.19</b>	200 M.R.	2:32.39	2:50.09	2:56.29
G11	SCY	SCM	LCM	B11	SCY	SCM	LCM
50 FR	<b>28.69</b>	<b>32.09</b>	<b>32.69</b>	50 FR	29.19	32.59	33.59
100 FR	1:03.29	1:10.69	1:11.99	100 FR	1:04.49	1:11.99	1:14.19
200 FR	2:18.19	2:34.29	2:36.19	200 FR	2:19.49	2:35.69	2:39.39
500/400 FR	6:07.09	5:21.19	5:27.79	500/400 FR	6:16.09	5:29.09	5:40.29
1650/1500 FR	20:20.59	20:16.99	20:41.89	1650/1500 FR	20:18.09	20:14.49	20:55.89
50 BA	33.39	37.29	37.99	50 BA	34.19	38.19	39.39
100 BA	1:11.79	1:20.19	1:21.19	100 BA	1:13.89	1:22.49	1:24.99
200 BA	2:26.79	2:43.89	2:45.89	200 BA	2:28.59	2:45.89	2:50.79
50 BR	37.59	41.99	42.79	50 BR	39.39	44.19	45.59
100 BR	1:22.09	1:31.69	1:34.39	100 BR	<b>1:25.79</b>	<b>1:35.79</b>	<b>1:38.69</b>
200 BR	2:45.89	3:05.19	3:07.49	200 BR	<b>2:53.19</b>	<b>3:13.39</b>	<b>3:20.39</b>
50 FL	31.79	35.59	36.19	50 FL	33.29	37.19	38.29
100 FL	<b>1:12.99</b>	<b>1:21.49</b>	<b>1:22.09</b>	100 FL	1:16.49	1:25.39	1:26.49
200 FL	2:33.69	2:51.59	2:52.79	200 FL	2:36.49	2:54.69	2:57.89
100 IM	1:12.19	1:20.59	N/A	100 IM	1:14.49	1:23.19	N/A
200 IM	2:35.79	2:53.89	2:57.09	200 IM	2:40.69	2:59.29	3:05.89
400 IM	5:14.59	5:51.19	5:55.49	400 IM	5:18.69	5:55.69	6:06.39
200 FR R	<b>1:53.19</b>	<b>2:06.39</b>	<b>2:07.89</b>	200 FR R	1:54.79	2:08.19	2:11.19
400 FR R	<b>4:08.09</b>	<b>4:36.99</b>	<b>4:40.39</b>	400 FR R	4:18.19	4:48.19	4:54.99
200 M.R.	<b>2:06.29</b>	<b>2:20.89</b>	<b>2:23.49</b>	200 M.R.	2:10.49	2:25.69	2:30.99
400 M.R.	<b>4:37.89</b>	<b>5:10.29</b>	<b>5:15.99</b>	400 M.R.	4:43.69	5:16.69	5:26.09

## NORTHWEST AGE GROUP REGIONALS

MARCH 18-20, 2011

QUALIFYING PERIOD – MARCH 10, 2010 – MARCH 9, 2011

G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50 FR	27.09	30.29	30.89	50 FR	27.29	30.49	31.09
100 FR	59.49	1:06.49	1:07.69	100 FR	59.49	1:06.49	1:07.69
200 FR	2:09.99	2:25.19	2:26.89	200 FR	2:10.79	2:25.99	2:27.79
500/400 FR	5:47.69	5:04.19	5:10.49	500/400 FR	5:50.59	5:06.69	5:12.99
1650/1500 FR	20:20.59	20:16.99	20:41.89	1650/1500 FR	20:18.09	20:14.49	20:55.89
50 BA	31.79	35.49	36.19	50 BA	31.99	35.79	36.39
100 BA	1:07.59	1:15.49	1:16.39	100 BA	1:08.09	1:16.09	1:17.19
200 BA	2:26.79	2:43.89	2:45.89	200 BA	2:28.59	2:45.89	2:50.79
50 BR	35.49	39.69	40.39	50 BR	35.99	40.19	40.99
100 BR	1:16.79	1:25.79	1:28.29	100 BR	1:18.69	1:27.89	1:30.09
200 BR	2:45.89	3:05.19	3:07.49	200 BR	2:53.19	3:13.39	3:20.39
50 FL	30.19	33.79	34.39	50 FL	30.39	33.99	34.69
100 FL	1:07.69	1:15.59	1:16.19	100 FL	1:08.99	1:17.09	1:17.59
200 FL	2:33.69	2:51.59	2:52.79	200 FL	2:36.49	2:54.69	2:57.89
100 IM	1:08.19	1:16.19	N/A	100 IM	1:08.89	1:16.99	N/A
200 IM	2:26.69	2:43.79	2:46.79	200 IM	2:27.59	2:44.79	2:47.79
400 IM	5:14.59	5:51.19	5:55.49	400 IM	5:18.69	5:55.69	6:06.39
200 FR R	1:53.19	2:06.39	2:07.89	200 FR R	1:54.79	2:08.19	2:11.19
400 FR R	4:08.09	4:36.99	4:40.39	400 FR R	4:18.19	4:48.19	4:54.99
200 M.R.	2:06.29	2:20.89	2:23.49	200 M.R.	2:10.49	2:25.69	2:30.99
400 M.R.	4:37.89	5:10.29	5:15.99	400 M.R.	4:43.69	5:16.69	5:26.09
G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50 FR	26.49	29.59	30.19	50 FR	25.59	28.59	29.19
100 FR	57.49	1:04.29	1:05.49	100 FR	55.69	1:02.19	1:03.39
200 FR	2:04.39	2:19.09	2:20.89	200 FR	2:01.19	2:15.89	2:18.59
500/400 FR	5:34.29	4:52.19	4:58.19	500/400 FR	5:27.59	4:45.99	4:51.89
1650/1500 FR	19:11.29	19:07.89	19:31.29	1650/1500 FR	18:42.49	18:35.79	18:59.79
100 BA	1:04.99	1:12.59	1:13.49	100 BA	1:04.59	1:11.79	1:12.69
200 BA	2:19.89	2:36.19	2:38.19	200 BA	2:19.09	2:35.29	2:37.19
100 BR	1:14.59	1:23.29	1:25.79	100 BR	1:13.59	1:22.19	1:24.69
200 BR	2:41.19	2:59.99	3:03.29	200 BR	2:39.89	2:58.59	3:01.89
100 FL	1:04.39	1:11.89	1:12.39	100 FL	1:03.59	1:11.09	1:11.59
200 FL	2:25.89	2:42.89	2:44.09	200 FL	2:27.99	2:45.29	2:46.39
200 IM	2:20.59	2:36.99	2:39.89	200 IM	2:18.59	2:34.79	2:37.59
400 IM	4:58.19	5:32.89	5:36.89	400 IM	4:57.99	5:32.79	5:36.79
200 FR R	1:45.39	1:57.99	1:59.39	200 FR R	1:41.59	1:53.59	1:54.89
400 FR R	3:50.99	4:17.89	4:21.09	400 FR R	3:42.39	4:09.49	4:13.39
200 M.R.	1:57.79	2:11.59	2:13.99	200 M.R.	1:54.29	2:07.69	2:10.09
400 M.R.	4:18.79	4:48.89	4:52.49	400 M.R.	4:06.09	4:35.59	4:38.59

### NORTHWEST AGE GROUP REGIONALS

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QUALIFYING PERIOD – MARCH 10, 2010 – MARCH 9, 2011

G14	SCY	SCM	LCM	B14	SCY	SCM	LCM
50 FR	26.19	29.29	29.89	50 FR	24.49	27.39	27.89
100 FR	56.49	1:03.09	1:04.29	100 FR	53.19	59.39	1:00.49
200 FR	<b>2:01.89</b>	<b>2:16.09</b>	<b>2:17.79</b>	200 FR	<b>1:55.69</b>	<b>2:08.19</b>	<b>2:10.59</b>
500/400 FR	5:29.19	4:48.09	4:53.89	500/400 FR	<b>5:14.09</b>	<b>4:34.09</b>	<b>4:30.09</b>
1650/1500 FR	18:58.59	18:55.49	19:18.69	1650/1500 FR	<b>18:04.69</b>	<b>18:01.39</b>	<b>18:23.89</b>
100 BA	<b>1:03.99</b>	<b>1:11.49</b>	<b>1:12.29</b>	100 BA	<b>1:00.99</b>	<b>1:08.29</b>	<b>1:09.09</b>
200 BA	<b>2:17.99</b>	<b>2:34.09</b>	<b>2:35.89</b>	200 BA	<b>2:11.79</b>	<b>2:27.09</b>	<b>2:28.89</b>
100 BR	1:13.19	1:21.69	1:24.19	100 BR	<b>1:09.59</b>	<b>1:17.69</b>	<b>1:20.09</b>
200 BR	2:36.89	2:55.10	2:58.39	200 BR	<b>2:31.79</b>	<b>2:49.59</b>	<b>2:52.89</b>
100 FL	<b>1:02.59</b>	<b>1:09.99</b>	<b>1:10.49</b>	100 FL	59.49	1:06.49	1:06.89
200 FL	<b>2:22.49</b>	<b>2:39.39</b>	<b>2:40.39</b>	200 FL	2:16.59	2:32.49	2:33.59
200 IM	<b>2:17.89</b>	<b>2:33.89</b>	<b>2:36.69</b>	200 IM	<b>2:11.29</b>	<b>2:26.59</b>	<b>2:29.29</b>
400 IM	4:54.59	5:28.79	5:32.79	400 IM	4:43.59	5:16.89	5:20.89
200 FR R	<b>1:45.39</b>	<b>1:57.99</b>	<b>1:59.39</b>	200 FR R	<b>1:43.09</b>	<b>1:55.19</b>	<b>1:56.59</b>
400 FR R	<b>3:50.99</b>	<b>4:17.89</b>	<b>4:21.09</b>	400 FR R	<b>3:46.59</b>	<b>4:13.89</b>	<b>4:17.79</b>
200 M.R.	<b>1:57.79</b>	<b>2:11.59</b>	<b>2:13.99</b>	200 M.R.	<b>1:55.49</b>	<b>2:08.89</b>	<b>2:11.29</b>
400 M.R.	4:18.79	4:48.89	4:52.49	400 M.R.	<b>4:13.59</b>	<b>4:43.09</b>	<b>4:46.49</b>
G15-18	SCY	SCM	LCM	B15-18	SCY	SCM	LCM
50 FR	<b>25.99</b>	<b>29.09</b>	<b>29.59</b>	50 FR	<b>23.29</b>	<b>26.09</b>	<b>26.59</b>
100 FR	<b>56.29</b>	<b>1:02.89</b>	<b>1:04.09</b>	100 FR	<b>50.79</b>	<b>56.69</b>	<b>58.09</b>
200 FR	<b>2:02.39</b>	<b>2:16.69</b>	<b>2:18.29</b>	200 FR	1:53.19	2:06.39	2:07.89
500/400 FR	5:27.59	4:46.69	4:52.49	500/400 FR	<b>5:05.29</b>	<b>4:26.49</b>	<b>4:32.29</b>
1650/1500 FR	18:56.99	18:53.59	19:16.79	1650/1500 FR	<b>17:54.69</b>	<b>17:51.49</b>	<b>18:13.49</b>
100 BA	<b>1:03.69</b>	<b>1:11.19</b>	<b>1:12.09</b>	100 BA	<b>58.59</b>	<b>1:05.49</b>	<b>1:06.29</b>
200 BA	<b>2:18.59</b>	<b>2:34.79</b>	<b>2:36.69</b>	200 BA	<b>2:08.79</b>	<b>2:22.69</b>	<b>2:24.49</b>
100 BR	<b>1:12.59</b>	<b>1:21.09</b>	<b>1:23.49</b>	100 BR	1:06.79	1:14.59	1:16.79
200 BR	2:37.99	2:56.39	2:59.59	200 BR	<b>2:26.59</b>	<b>2:43.59</b>	<b>2:46.59</b>
100 FL	<b>1:02.29</b>	<b>1:09.69</b>	<b>1:10.09</b>	100 FL	<b>57.49</b>	<b>1:04.19</b>	<b>1:04.69</b>
200 FL	<b>2:22.49</b>	<b>2:39.09</b>	<b>2:40.19</b>	200 FL	2:13.49	2:28.99	2:30.09
200 IM	<b>2:19.49</b>	<b>2:35.79</b>	<b>2:38.59</b>	200 IM	<b>2:08.39</b>	<b>2:23.39</b>	<b>2:25.99</b>
400 IM	4:57.69	5:32.29	5:38.39	400 IM	4:39.29	5:11.79	5:15.59
200 FR R	1:50.19	2:02.99	2:04.49	200 FR R	<b>1:38.79</b>	<b>1:50.29</b>	<b>1:51.69</b>
400 FR R	<b>3:57.79</b>	<b>4:25.39</b>	<b>4:28.09</b>	400 FR R	<b>3:35.99</b>	<b>4:01.09</b>	<b>4:03.99</b>
200 M.R.	2:02.89	2:17.19	2:19.69	200 M.R.	1:51.19	2:04.19	2:06.39
400 M.R.	4:27.79	4:58.89	5:02.59	400 M.R.	<b>4:02.39</b>	<b>4:30.59</b>	<b>4:33.89</b>

BOLD FACE = CHANGED STANDARDS