



**NORTHWEST AGE GROUP REGIONALS**  
**MARCH 21-24, 2019**  
**TIME STANDARDS**  
**WEYERHAEUSER KING COUNTY AQUATIC CENTER**  
**QUALIFYING TIME PERIOD 2/1/2018**

G15-18	G14	G13	G12	G11	G10U	SCY	B10U	B11	B12	B13	B14	B15-18
25.99	:25.59	:26.09	:26.79	:28.09	:29.69	50 Free	:30.19	:28.39	:26.09	:24.59	:23.59	:22.19
56.19	:55.29	:56.59	:58.39	1:01.49	1:06.29	100 Free	1:07.19	1:02.19	:57.29	:53.69	:51.29	:50.29
2:01.59	2:00.59	2:03.59	2:08.29	2:15.59	2:25.59	200 Free	2:27.79	2:16.19	2:06.09	1:57.69	1:52.29	1:50.49
5:28.79	5:22.79	5:31.89	5:43.29	6:04.09		500 Free	6:01.09		5:35.49	5:15.79	5:01.29	5:03.69
19:14.79	18:47.69	19:22.19	20:11.99			1650 Free		19:42.79		18:21.29	17:38.29	18:04.89
			:30.79	:32.49	:34.79	50 Back	:35.39	:30.79	:30.39			
1:02.39	1:01.89	1:03.69	1:06.39	1:10.29	1:15.79	100 Back	1:17.49	1:11.19	1:05.59	1:01.19	:58.09	:56.59
2:14.19	2:15.09	2:17.89	2:25.09			200 Back		2:24.99		2:12.89	2:07.39	2:04.09
			:34.89	:36.69	:39.49	50 Breast	:40.69	:37.59	:34.29			
1:11.19	1:10.89	1:12.69	1:15.49	1:20.19	1:26.29	100 Breast	1:29.09	1:21.99	1:14.59	1:08.89	1:05.59	1:02.99
2:35.39	2:31.19	2:37.89	2:45.39			200 Breast		2:45.39		2:30.59	2:23.89	2:19.49
			:29.39	:31.09	:33.29	50 Fly	:34.19	:31.69	:29.09			
1:01.39	1:01.39	1:03.29	1:05.99	1:11.19	1:18.09	100 Fly	1:20.69	1:12.29	1:05.09	1:00.09	:56.89	:54.89
2:18.39	2:19.89	2:23.89	2:34.39			200 Fly		2:34.79		2:17.69	2:10.29	2:04.49
			1:07.29	1:11.09	1:15.99	100 IM	1:17.19	1:11.69	1:05.99			
2:17.29	2:15.79	2:19.09	2:25.09	2:33.69	2:44.49	200 IM	2:47.69	2:33.19	2:22.39	2:12.49	2:06.19	2:04.29
4:53.39	4:49.89	4:57.39	5:08.79			400 IM		5:03.19		4:41.19	4:29.09	4:26.39
1:49.99	1:43.39		1:49.69		2:05.69	200 FRR	2:07.49	1:47.79		1:36.19		1:37.69
4:00.59	3:46.59		4:02.59			400 FRR		4:02.39		3:32.99		3:35.79
2:02.19	1:54.79		2:02.39		2:21.99	200 MR	2:24.29	2:00.79		1:46.99		1:49.99
4:21.99	4:11.09		4:32.29			400 MR		4:33.59		3:54.19		3:58.89

G15-18	G14	G13	G12	G11	G10U	LCM	B10U	B11	B12	B13	B14	B15-18
:29.59	:29.19	:29.79	:30.49	:31.99	:33.69	50 Free	:34.29	:32.29	:29.79	:28.09	:26.99	:26.49
1:03.79	1:02.89	1:04.29	1:06.29	1:09.69	1:14.89	100 Free	1:15.99	1:10.49	1:04.89	1:01.09	:58.49	:57.39
2:17.69	2:16.69	2:19.99	2:25.19	2:33.19	2:44.19	200 Free	2:46.59	2:33.89	2:22.79	2:13.49	2:07.59	2:05.49
5:01.39	4:56.09	5:04.09	5:14.19	5:32.49		400 Free	5:29.79		5:07.29	4:49.99	4:37.19	4:39.19
19:44.79	19:17.69	19:52.29	20:41.99			1500 Free		20:12.79		18:51.29	18:08.29	18:34.89
			:33.89	:36.79	:39.29	50 Back	:39.99	:37.29	:34.49			
1:12.89	1:10.29	1:12.09	1:15.09	1:19.39	1:25.39	100 Back	1:27.29	1:20.39	1:14.19	1:09.39	1:05.99	1:04.29
2:31.69	2:32.69	2:35.69	2:43.69			200 Back		2:43.49		2:30.19	2:24.19	2:20.49
			:39.39	:41.39	:44.49	50 Breast	:45.79	:42.39	:38.79			
1:20.29	1:19.99	1:21.99	1:25.09	1:30.29	1:36.99	100 Breast	1:40.09	1:32.19	1:24.09	1:17.79	1:14.19	1:11.29
2:54.99	2:50.39	2:57.69	3:05.99			200 Breast		3:05.99		2:49.69	2:42.29	2:37.49
			:33.39	:35.29	:37.69	50 Fly	:38.69	:35.89	:33.09			
1:09.59	1:09.59	1:11.69	1:14.59	1:20.39	1:27.99	100 Fly	1:30.79	1:21.59	1:13.69	1:08.19	1:04.59	1:02.39
2:36.19	2:37.89	2:42.29	2:53.89			200 Fly		2:54.29		2:35.49	2:27.39	2:20.99
2:34.99	2:33.39	2:37.09	2:43.69	2:53.09	3:04.99	200 IM	3:08.49	2:52.59	2:40.69	2:29.79	2:22.89	2:20.69
5:30.69	5:26.89	5:35.19	5:47.69			400 IM		5:41.59		5:17.39	5:04.09	5:01.09
2:04.99	1:53.79		2:04.69		2:22.29	200 FRR	2:24.29	2:02.59		1:49.89		1:51.49
4:32.69	4:17.29		4:34.89			400 FRR		4:34.69		4:02.29		4:05.39
2:18.39	2:10.29		2:18.69		2:40.19	200 MR	2:42.79	2:16.89		2:01.69		2:04.99
4:56.19	4:44.29		4:59.59			400 MR		5:08.99		4:25.69		4:30.79

G15-18	G14	G13	G12	G11	G10U	SCM	B10U	B11	B12	B13	B14	B15-18
:28.59	:28.19	:28.79	:29.49	:30.99	:32.69	50 Free	:33.29	:31.29	:28.79	:27.09	:25.99	:25.49
1:01.79	1:00.89	1:02.29	1:04.29	1:07.69	1:12.89	100 Free	1:13.99	1:08.49	1:02.89	:59.09	:56.49	:55.39
2:13.69	2:12.69	2:15.99	2:21.19	2:29.19	2:40.19	200 Free	2:42.59	2:29.89	2:18.79	2:09.49	2:03.59	2:01.49
4:49.39	4:44.09	4:52.09	5:02.19	5:20.49		400 Free	5:17.79		4:55.29	4:37.99	4:25.19	4:27.19
18:50.59	18:24.09	18:57.89	19:46.59			1500 Free		19:17.99		17:58.19	17:16.09	17:42.09
			:33.89	:35.79	:38.29	50 Back	:38.99	:36.29	:33.49			
1:08.69	1:08.09	1:10.09	1:13.09	1:17.39	1:23.39	100 Back	1:25.29	1:18.39	1:12.19	1:07.39	1:03.99	1:02.29
2:27.69	2:28.69	2:31.69	2:39.69			200 Back		2:39.49		2:26.19	2:20.19	2:16.49
			:38.39	:40.39	:43.49	50 Breast	:44.79	:41.39	:37.79			
1:18.29	1:17.99	1:19.99	1:23.09	1:28.29	1:34.99	100 Breast	1:38.09	1:30.19	1:22.09	1:15.79	1:12.19	1:09.29
2:50.99	2:46.39	2:53.69	3:01.99			200 Breast		3:01.99		2:45.69	2:38.29	2:33.49
			:32.39	:34.29	:36.69	50 Fly	:37.69	:34.89	:32.09			
1:07.59	1:07.59	1:09.69	1:12.59	1:18.39	1:25.99	100 Fly	1:28.79	1:19.59	1:11.69	1:06.19	1:02.59	1:00.39
2:32.19	2:33.89	2:38.29	2:49.89			200 Fly		2:50.29		2:31.49	2:23.39	2:16.99
			1:14.09	1:18.29	1:23.59	100 IM	1:24.99	1:18.89	1:12.59			
2:30.99	2:29.39	2:33.09	2:39.69	2:49.09	3:00.99	200 IM	3:04.49	2:48.59	2:36.69	2:25.79	2:18.89	2:16.69
5:22.69	5:18.89	5:27.19	5:39.69			400 IM		5:33.59		5:09.39	4:56.09	4:53.09
2:00.99	1:53.79		2:00.69		2:18.29	200 FRR	2:20.29	1:58.59		1:45.89		1:47.49
4:24.69	4:09.29		4:26.89			400 FRR		4:26.69		3:54.29		3:57.39
2:14.39	2:06.29		2:14.69		2:36.19	200 MR	2:38.79	2:12.89		1:57.69		2:00.99
4:48.19	4:36.29		4:59.59			400 MR		5:00.99		4:17.69		4:22.79