



NORTHWEST AGE GROUP REGIONALS
MARCH 19-22, 2020
TIME STANDARDS
WEYERHAEUSER KING COUNTY AQUATIC CENTER
QUALIFYING TIME PERIOD 2/1/2019

| G15-18 | G14 | G13 | G12 | G11 | G10U | SCY | B10U | B11 | B12 | B13 | B14 | B15-18 |
|----------|----------|----------|----------|---------|---------|------------|----------|---------|---------|----------|----------|----------|
| :25.89 | :25.49 | :25.99 | :26.69 | :28.09 | :29.79 | 50 Free | :30.29 | :28.49 | :26.09 | :24.59 | :23.59 | :23.09 |
| :55.99 | :55.09 | :56.59 | :58.29 | 1:01.59 | 1:06.19 | 100 Free | 1:07.49 | 1:02.59 | :57.29 | :53.59 | :51.19 | :50.29 |
| 2:01.49 | 2:00.49 | 2:03.49 | 2:07.79 | 2:15.59 | 2:25.89 | 200 Free | 2:28.69 | 2:17.09 | 2:05.99 | 1:57.69 | 1:52.09 | 1:49.99 |
| 5:28.79 | 5:24.29 | 5:31.39 | 5:41.19 | 6:04.59 | | 500 Free | 6:06.39 | | 5:36.29 | 5:15.59 | 5:01.29 | 5:02.69 |
| 19:14.79 | 18:54.49 | 19:14.69 | 19:57.99 | | | 1650 Free | 19:45.49 | | | 18:18.09 | 17:42.49 | 17:54.39 |
| | | | :30.69 | :32.49 | :34.89 | 50 Back | :35.39 | :33.19 | :30.39 | | | |
| 1:01.99 | 1:01.89 | 1:03.69 | 1:06.19 | 1:10.39 | 1:15.99 | 100 Back | 1:17.89 | 1:11.49 | 1:05.59 | 1:01.09 | :57.89 | :56.19 |
| 2:14.19 | 2:14.79 | 2:17.99 | 2:23.99 | | | 200 Back | 2:24.99 | | | 2:12.69 | 2:07.09 | 2:03.39 |
| | | | :34.79 | :36.59 | :39.49 | 50 Breast | :40.69 | :37.69 | :34.29 | | | |
| 1:10.79 | 1:10.59 | 1:12.69 | 1:15.49 | 1:19.89 | 1:26.29 | 100 Breast | 1:29.09 | 1:22.39 | 1:14.99 | 1:08.99 | 1:05.39 | 1:02.79 |
| 2:34.69 | 2:30.89 | 2:38.39 | 2:44.79 | | | 200 Breast | 2:44.99 | | | 2:30.99 | 2:23.59 | 2:17.79 |
| | | | :29.39 | :30.89 | :33.29 | 50 Fly | :34.39 | :31.79 | :29.09 | | | |
| 1:01.19 | 1:01.29 | 1:03.29 | 1:06.09 | 1:11.09 | 1:18.39 | 100 Fly | 1:21.29 | 1:12.89 | 1:05.09 | :59.89 | :56.89 | :54.69 |
| 2:18.39 | 2:19.99 | 2:24.59 | 2:33.39 | | | 200 Fly | 2:34.69 | | | 2:17.39 | 2:10.19 | 2:03.29 |
| | | | 1:07.29 | 1:10.89 | 1:15.89 | 100 IM | 1:17.59 | 1:12.09 | 1:05.99 | | | |
| 2:16.89 | 2:15.89 | 2:19.59 | 2:24.69 | 2:33.39 | 2:44.49 | 200 IM | 2:48.79 | 2:33.69 | 2:22.59 | 2:12.39 | 2:05.69 | 2:03.39 |
| 4:53.39 | 4:51.39 | 4:57.89 | 5:06.69 | | | 400 IM | 5:03.49 | | | 4:41.19 | 4:28.79 | 4:24.69 |
| 1:49.99 | 1:46.79 | | 1:49.49 | | 2:05.99 | 200 FRR | 2:07.49 | 1:48.09 | | 1:35.89 | | 1:37.69 |
| 4:00.59 | 3:46.09 | | 4:02.49 | | | 400 FRR | 4:03.19 | | | 3:32.09 | | 3:35.79 |
| 2:02.19 | 1:54.29 | | 2:01.69 | | 2:21.79 | 200 MR | 2:23.39 | 2:01.39 | | 1:46.99 | | 1:49.99 |
| 4:21.99 | 4:09.99 | | 4:30.89 | | | 400 MR | 4:34.89 | | | 3:53.39 | | 3:58.89 |

| G15-18 | G14 | G13 | G12 | G11 | G10U | LCM | B10U | B11 | B12 | B13 | B14 | B15-18 |
|----------|----------|----------|----------|---------|---------|------------|----------|---------|---------|----------|----------|----------|
| 29.49 | 29.09 | 29.59 | 30.39 | 31.99 | 33.79 | 50 Free | 34.39 | 32.39 | 29.79 | 28.09 | 26.99 | 26.49 |
| 1:03.59 | 1:02.69 | 1:04.29 | 1:06.19 | 1:09.79 | 1:14.89 | 100 Free | 1:16.29 | 1:10.89 | 1:05.09 | 1:00.99 | :58.39 | :57.39 |
| 2:17.69 | 2:16.59 | 2:19.89 | 2:24.59 | 2:33.19 | 2:44.49 | 200 Free | 2:47.59 | 2:34.89 | 2:22.59 | 2:13.49 | 2:07.39 | 2:04.99 |
| 5:01.39 | 4:57.39 | 5:03.79 | 5:12.29 | 5:32.89 | | 400 Free | 5:34.49 | | 5:07.99 | 4:49.79 | 4:37.19 | 4:38.39 |
| 19:44.79 | 19:24.49 | 19:44.69 | 20:27.99 | | | 1500 Free | 20:15.49 | | | 18:48.09 | 18:12.49 | 18:24.39 |
| | | | :34.79 | :36.79 | :39.39 | 50 Back | 40.19 | 37.59 | 34.59 | | | |
| 1:10.19 | 1:10.09 | 1:12.09 | 1:14.89 | 1:19.49 | 1:25.59 | 100 Back | 1:27.69 | 1:20.69 | 1:14.19 | 1:09.29 | 1:05.69 | 1:03.89 |
| 2:31.69 | 2:32.29 | 2:35.79 | 2:42.39 | | | 200 Back | 2:43.19 | | | 2:29.99 | 2:23.89 | 2:19.79 |
| | | | :39.29 | :41.29 | :44.49 | 50 Breast | 45.79 | 42.49 | 38.79 | | | |
| 1:19.89 | 1:19.69 | 1:21.99 | 1:25.09 | 1:29.89 | 1:36.99 | 100 Breast | 1:40.09 | 1:32.69 | 1:24.49 | 1:17.89 | 1:13.99 | 1:11.09 |
| 2:54.19 | 2:49.99 | 2:58.29 | 3:05.29 | | | 200 Breast | 3:05.49 | | | 2:50.09 | 2:41.99 | 2:35.59 |
| | | | :33.39 | :34.99 | :37.69 | 50 Fly | 38.89 | 35.99 | 33.09 | | | |
| 1:09.39 | 1:09.49 | 1:11.69 | 1:14.79 | 1:20.29 | 1:28.29 | 100 Fly | 1:31.49 | 1:22.19 | 1:13.69 | 1:07.89 | 1:04.59 | 1:02.19 |
| 2:36.29 | 2:37.99 | 2:43.09 | 2:52.79 | | | 200 Fly | 2:54.19 | | | 2:35.19 | 2:27.29 | 2:19.69 |
| 2:34.59 | 2:33.49 | 2:37.59 | 2:43.19 | 2:52.79 | 3:04.99 | 200 IM | 3:09.69 | 2:53.09 | 2:40.89 | 2:29.69 | 2:22.29 | 2:19.79 |
| 5:30.79 | 5:28.59 | 5:35.69 | 5:45.39 | | | 400 IM | 5:41.89 | | | 5:17.39 | 5:03.69 | 4:59.19 |
| 2:04.99 | 2:01.49 | | 2:04.49 | | 2:22.59 | 200 FRR | 2:24.29 | 2:02.99 | | 1:49.49 | | 1:51.49 |
| 4:32.69 | 4:16.79 | | 4:34.79 | | | 400 FRR | 4:35.59 | | | 4:01.39 | | 4:05.39 |
| 2:18.49 | 2:09.79 | | 2:17.89 | | 2:39.99 | 200 MR | 2:41.79 | 2:17.59 | | 2:01.69 | | 2:04.99 |
| 4:56.19 | 4:42.99 | | 5:05.99 | | | 400 MR | 5:10.39 | | | 4:24.79 | | 4:30.79 |

| G15-18 | G14 | G13 | G12 | G11 | G10U | SCM | B10U | B11 | B12 | B13 | B14 | B15-18 |
|----------|----------|----------|----------|---------|---------|------------|----------|---------|---------|----------|----------|----------|
| 28.49 | 28.09 | 28.49 | 29.39 | 30.99 | 32.79 | 50 Free | 33.39 | 31.39 | 28.79 | 27.09 | 25.99 | 25.49 |
| 1:01.59 | 1:00.69 | 1:02.29 | 1:04.19 | 1:07.79 | 1:12.89 | 100 Free | 1:14.29 | 1:08.89 | 1:03.09 | 58.99 | :56.39 | :55.39 |
| 2:13.69 | 2:12.59 | 2:15.89 | 2:20.59 | 2:29.19 | 2:40.49 | 200 Free | 2:43.59 | 2:30.89 | 2:18.59 | 2:09.49 | 2:03.39 | 2:00.99 |
| 4:49.39 | 4:45.39 | 4:51.79 | 5:00.29 | 5:20.89 | | 400 Free | 5:22.49 | | 4:55.99 | 4:37.79 | 4:25.19 | 4:26.39 |
| 18:50.59 | 18:30.69 | 18:50.49 | 19:32.89 | | | 1500 Free | 19:20.59 | | | 17:55.09 | 17:20.19 | 17:31.89 |
| | | | 33.79 | 35.79 | 38.39 | 50 Back | 39.19 | 36.59 | 33.59 | | | |
| 1:08.19 | 1:08.09 | 1:10.09 | 1:12.89 | 1:17.49 | 1:23.59 | 100 Back | 1:25.69 | 1:18.69 | 1:12.19 | 1:07.29 | 1:03.69 | 1:01.89 |
| 2:27.69 | 2:28.29 | 2:31.79 | 2:38.39 | | | 200 Back | 2:39.19 | | | 2:25.99 | 2:19.89 | 2:15.79 |
| | | | 38.29 | 40.29 | 43.49 | 50 Breast | 44.79 | 41.49 | 37.79 | | | |
| 1:17.89 | 1:17.69 | 1:19.99 | 1:23.09 | 1:27.89 | 1:34.99 | 100 Breast | 1:38.09 | 1:30.69 | 1:22.49 | 1:15.89 | 1:11.99 | 1:09.09 |
| 2:50.19 | 2:45.99 | 2:54.29 | 3:01.29 | | | 200 Breast | 3:01.49 | | | 2:46.09 | 2:37.99 | 2:31.59 |
| | | | 32.39 | 33.99 | 36.69 | 50 Fly | 37.89 | 34.99 | 32.09 | | | |
| 1:07.39 | 1:07.49 | 1:09.69 | 1:12.79 | 1:18.29 | 1:26.29 | 100 Fly | 1:29.49 | 1:20.19 | 1:11.69 | 1:05.89 | 1:02.59 | 1:00.19 |
| 2:32.29 | 2:33.99 | 2:39.09 | 2:48.79 | | | 200 Fly | 2:50.19 | | | 2:31.19 | 2:23.29 | 2:15.69 |
| | | | 1:14.09 | 1:17.99 | 1:24.49 | 100 IM | 1:24.99 | 1:19.39 | 1:12.59 | | | |
| 2:30.59 | 2:29.49 | 2:33.59 | 2:39.19 | 2:48.79 | 3:00.99 | 200 IM | 3:05.69 | 2:49.09 | 2:36.89 | 2:25.69 | 2:18.29 | 2:15.79 |
| 5:22.79 | 5:20.59 | 5:27.69 | 5:37.39 | | | 400 IM | 5:33.89 | | | 5:09.39 | 4:55.69 | 4:51.19 |
| 2:00.99 | 1:57.49 | | 2:00.49 | | 2:18.59 | 200 FRR | 2:20.29 | 1:58.99 | | 1:45.49 | | 1:47.49 |
| 4:24.69 | 4:08.79 | | 4:26.79 | | | 400 FRR | 4:27.59 | | | 3:53.29 | | 3:57.39 |
| 2:14.49 | 2:05.79 | | 2:13.89 | | 2:35.99 | 200 MR | 2:37.79 | 2:13.59 | | 1:57.69 | | 2:00.99 |
| 4:48.19 | 4:34.99 | | 4:57.99 | | | 400 MR | 5:02.39 | | | 4:16.79 | | 4:22.79 |