

PNS LONG COURSE CHAMPIONSHIPS

July 31 – August 2, 2015

QUALIFYING PERIOD: April 1, 2014 – July 22, 2015

50 METER	G10U	G11	G12	G13	G14	B10U	B11	B12	B13	B14
50 Free	35.29	33.19	31.79	31.09	30.49	35.99	34.39	31.99	29.29	28.29
100 Free	1:19.09	1:14.19	1:10.09	1:07.79	1:06.49	1:20.19	1:15.59	1:10.39	1:05.09	1:01.99
200 Free	2:52.89	2:44.39	2:33.09	2:26.69	2:24.29	2:57.69	2:45.49	2:35.59	2:22.69	2:16.79
400 Free	6:13.29	5:50.29	5:30.99	5:12.79	5:12.49	6:13.29	5:56.39	5:31.49	5:06.89	5:00.39
1500 free		22:15.69	22:15.69	20:54.09	20:11.19		22:15.69	22:15.69	20:16.39	19:31.09
50 Back	42.29	39.59	38.19			43.79	40.99	38.49		
100 Back	1:31.19	1:25.39	1:20.49	1:19.19	1:17.79	1:33.49	1:28.19	1:22.49	1:15.49	1:14.59
200 Back		3:06.29	2:55.19	2:45.79	2:43.59		3:12.49	2:58.79	2:43.49	2:40.59
50 Breast	48.29	45.59	42.39			49.69	46.99	42.29		
100 Breast	1:46.29	1:38.89	1:33.19	1:31.29	1:28.59	1:47.69	1:41.59	1:33.39	1:26.89	1:22.99
200 Breast		3:32.29	3:19.19	3:15.59	3:11.09		3:46.39	3:21.29	3:09.79	2:59.19
50 Fly	41.09	37.19	35.39			41.09	38.89	35.59		
100 Fly	1:38.89	1:30.19	1:22.29	1:16.39	1:15.89	1:42.59	1:30.69	1:22.79	1:12.99	1:10.99
200 Fly		3:26.09	3:07.09	2:54.59	2:54.39		3:23.49	3:17.09	2:52.89	2:52.19
200 IM	3:16.29	3:03.19	2:51.29	2:45.79	2:45.09	3:18.49	3:09.49	2:54.59	2:41.59	2:35.69
400 IM		6:50.49	6:20.89	6:02.19	5:52.99		6:56.99	6:25.39	5:48.59	5:38.39
200 F.R.	2:34.09	2:11.49		2:03.49		2:38.79	2:11.99		1:59.09	
400 F.R.		4:53.49		4:29.79			4:52.39		4:19.39	
200 M.R.	2:56.59	2:27.29		2:22.59		3:01.89	2:29.79		2:13.49	
400 M.R.		5:25.29		5:04.59			5:32.89		4:53.29	

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25 YARD COURSE	G10U	G11	G12	G13	G14	B10U	B11	B12	B13	B14
50 Free	31.99	28.99	27.39	26.39	26.29	31.29	28.99	27.89	25.49	24.59
100 Free	1:11.99	1:04.19	1:00.09	57.19	56.89	1:10.59	1:04.79	1:00.29	55.89	53.89
200 Free	2:36.99	2:19.29	2:13.19	2:05.99	2:03.79	2:36.69	2:22.29	2:11.49	2:03.69	1:57.89
500 Free	7:18.39	6:21.89	6:01.09	5:38.18	5:36.09	7:08.69	6:15.79	5:58.39	5:38.29	5:19.49
1650 Free		20:57.09	20:57.09	19:52.69	19:11.99		20:35.99	20:35.99	18:49.39	18:13.49
50 Back	36.99	33.89	31.59			36.79	34.29	32.19		
100 Back	1:20.69	1:12.59	1:08.59	1:04.79	1:03.69	1:20.69	1:14.59	1:08.59	1:05.29	1:00.19
200 Back		2:39.29	2:29.19	2:19.19	2:16.89		2:52.89	2:27.69	2:20.09	2:10.09
50 Breast	42.09	38.39	35.99			42.99	37.89	36.49		
100 Breast	1:31.79	1:23.29	1:17.89	1:13.69	1:13.39	1:33.29	1:22.59	1:18.79	1:12.29	1:09.39
200 Breast		3:06.19	2:49.69	2:41.19	2:38.39		3:11.09	2:50.19	2:38.09	2:29.29
50 Fly	36.19	32.49	30.09			35.59	31.89	30.89		
100 Fly	1:29.39	1:13.79	1:07.49	1:05.39	1:03.09	1:23.89	1:10.99	1:10.29	1:03.89	59.19
200 Fly		3:06.49	2:38.79	2:28.89	2:22.59		3:00.69	2:46.39	2:28.59	2:14.39
200 IM	2:57.29	2:38.09	2:27.79	2:19.09	2:18.19	2:54.49	2:35.89	2:26.99	2:17.49	2:12.09
400 IM		5:56.99	5:23.59	5:01.39	4:55.99		6:10.49	5:23.09	4:59.99	4:40.29
200 F.R.	2:13.29	1:58.29		1:51.49		2:17.09	2:01.79		1:41.99	
400 F.R.		4:20.69		4:03.79			4:22.19		3:45.59	
200 M.R.	2:36.19	2:10.69		2:05.79		2:37.49	2:09.09		2:01.09	
400 M.R.		4:51.59		4:33.19			4:56.59		4:17.09	

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25 METER	G10U	G11	G12	G13	G14	B10U	B11	B12	B13	B14
50 Free	34.29	32.19	30.79	30.09	29.49	34.99	33.39	30.99	28.29	27.29
100 Free	1:17.09	1:12.19	1:08.09	1:05.79	1:04.49	1:18.19	1:13.59	1:08.39	1:03.09	59.99
200 Free	2:48.89	2:40.39	2:09.09	2:22.69	2:20.29	2:53.69	2:41.49	2:31.59	2:18.69	2:12.79
400 Free	6:05.29	5:42.29	5:22.99	5:04.79	5:04.49	6:05.29	5:48.39	5:23.49	4:58.89	4:52.39
1500 free		21:45.69	21:45.69	20:24.09	19:41.19		21:45.69	21:45.69	19:46.39	19:01.09
50 Back	41.29	38.59	37.19			42.79	39.99	37.49		
100 Back	1:29.19	1:23.39	1:18.49	1:17.19	1:15.79	1:31.49	1:26.19	1:20.49	1:13.49	1:12.59
200 Back		3:02.29	2:51.19	2:41.79	2:39.59		3:08.49	2:54.79	2:39.49	2:36.59
50 Breast	47.29	44.59	41.39			48.69	45.99	41.29		
100 Breast	1:42.29	1:36.89	1:31.19	1:29.29	1:26.59	1:45.69	1:39.59	1:31.39	1:24.89	1:20.99
200 Breast		3:28.29	3:15.19	3:10.59	3:07.09		3:42.39	3:17.29	3:05.79	2:55.19
50 Fly	40.09	36.19	34.39			40.09	37.89	34.59		
100 Fly	1:36.89	1:28.19	1:20.29	1:14.39	1:13.89	1:40.59	1:28.69	1:20.79	1:10.99	1:08.99
200 Fly		3:22.09	3:03.09	2:50.59	2:50.39		3:19.49	3:13.09	2:48.89	2:48.19
200 IM	3:12.29	2:59.19	2:47.29	2:41.79	2:40.09	3:14.49	3:05.49	2:50.59	2:37.59	2:30.69
400 IM		6:42.49	6:12.89	5:54.19	5:44.99		6:48.99	6:17.39	5:40.59	5:30.39
200 F.R.	2:30.09	2:07.49		1:59.49		2:34.79	2:07.99		1:55.09	
400 F.R.		4:45.49		4:21.79			4:44.39		4:11.39	
200 M.R.	2:52.59	2:23.29		2:18.59		2:57.89	2:25.79		2:09.49	
400 M.R.		5:17.29		4:56.59			5:24.89		4:45.29	