

WASHINGTON STATE SENIOR CHAMPIONSHIPS
DECEMBER 17-20, 2015
QUALIFYING PERIOD: September 1, 2014 – December 9, 2015

EVENT	WOMEN			EVENT	MEN		
	SCY	SCM	LCM		SCY	SCM	LCM
50 Free	26.14	28.42	29.42	50 Free	23.54	26.21	27.21
100 Free	56.19	1:01.49	1:03.49	100 Free	51.27	56.84	58.84
200 Free	2:02.99	2:15.08	2:19.08	200 Free	1:53.61	2:06.13	2:10.13
500 Free	5:35.65	4:51.49	4:59.49	500 Free	5:15.83	4:34.89	4:42.89
1000 Free	11:33.47	10:14.25	10:34.25	1000 Free	10:54.43	9:39.89	9:59.89
1650 Free	19:24.70	19:24.49	19:54.49	1650 Free	18:30.86	18:27.75	19:00.85
50 Back	30.44	33.40	34.33	50 Back	27.78	31.05	32.05
100 Back	1:04.58	1:10.79	1:12.79	100 Back	59.68	1:06.86	1:08.66
200 Back	2:20.39	2:36.29	2:40.29	200 Back	2:13.02	2:27.19	2:31.19
50 Breast	34.58	37.98	38.98	50 Breast	30.66	33.99	34.99
100 Breast	1:13.97	1:21.36	1:23.36	100 Breast	1:07.55	1:15.04	1:17.04
200 Breast	2:40.96	2:57.05	3:01.05	200 Breast	2:30.36	2:45.39	2:49.39
50 Fly	28.56	31.40	32.40	50 Fly	26.58	28.96	29.96
100 Fly	1:03.24	1:09.75	1:11.75	100 Fly	57.84	1:03.19	1:05.19
200 Fly	2:26.08	2:40.68	2:44.68	200 Fly	2:18.30	2:26.89	2:30.89
200 IM	2:19.32	2:32.43	2:36.43	200 IM	2:08.67	2:22.27	2:26.27
400 IM	5:01.50	5:31.65	5:39.65	400 IM	4:46.69	5:15.35	5:23.35
200 F.R.	1:46.59	1:57.24	2:01.24	200 F.R.	1:37.29	1:47.01	1:51.01
400 F.R.	3:54.22	4:17.64	4:25.64	400 F.R.	3:45.09	4:07.59	4:15.59
800 F.R.	8:32.29	9:23.51	9:39.51	800 F.R.	8:07.19	8:42.87	8:58.87
200 M.R.	1:57.49	2:09.23	2:13.23	200 M.R.	1:48.29	1:59.11	2:03.11
400 M.R.	4:15.58	4:41.13	4:49.13	400 M.R.	4:08.39	4:33.22	4:41.22

Swimmers may swim 6 events for the meet, maximum of three per day. One bonus swim for those who have one to five events qualified.
 All individual qualifying times must be in SWIMS or Pacific Northwest Swimming AD 02-01.