PACIFIC NORTHWEST SWIMMING

PNS 14&U SHORT COURSE CHAMPIONSHIPS
DECEMBER 9-11, 2016
QUALIFYING PERIOD: September 1, 2015-November 30, 2016

G14	G13	G12	G11	G10U	SCY	B10U	B11	B12	B13	B14
26.49	27.09	27.79	29.29	31.39	50 Free	31.49	29.69	27.59	25.89	24.79
57.99	58.89	1:01.09	1:04.99	1:10.99	100 Free	1:10.99	1:05.89	1:00.69	56.99	54.09
2:05.89	2:08.79	2:14.49	2:23.89	2:37.79	200 Free	2:38.49	2:25.29	2:12.79	2:04.59	1:58.89
5:38.39	5:49.99	6:05.99	6:32.69	7:16.59	500 Free	7:14.39	6:42.09	6:00.89	5:40.19	5:25.79
19:14.09	19:31.99	20:32.89	23:14.59		1650 Free		22:34.69	20:12.79	19:07.49	18:05.99
		32.39	34.29	37.19	50 Back	37.59	35.09	32.29		
1:05.59	1:06.99	1:09.99	1:14.49	1:20.69	100 Back	1:21.39	1:16.39	1:09.89	1:05.29	1:02.09
2:21.39	2:24.89	2:31.46	2:45.79		200 Back		2:50.59	2:32.49	2:20.79	2:15.19
		36.79	39.29	42.19	50 Breast	42.79	40.19	36.79		
1:15.49	1:16.49	1:20.09	1:25.39	1:32.59	100 Breast	1:34.59	1:28.09	1:20.49	1:14.19	1:10.29
2:43.09	2:45.69	2:54.59	3:09.59		200 Breast		3:17.89	2:54.29	2:42.49	2:33.79
		30.59	32.79	35.69	50 Fly	35.79	33.79	30.99		
1:05.09	1:06.79	1:10.19	1:16.39	1:27.79	100 Fly	1:27.79	1:19.99	1:10.19	1:04.49	1:00.99
2:30.19	2:33.89	2:44.89	3:01.89		200 Fly		3:01.99	2:54.09	2:32.99	2:20.29
		1:10.29	1:14.39	1:20.79	100 IM	1:20.69	1:16.39	1:10.09		
2:21.79	2:25.39	2:30.79	2:41.49	2:56.19	200 IM	2:56.69	2:43.39	2:30.79	2:21.09	2:14.79
5:04.79	5:11.09	5:29.89	5:51.89		400 IM		6:02.09	5:28.49	5:02.99	4:50.99
1:48.49		1:55.09		2:14.99	200 FRR	2:16.79	1:55.79		1:42.39	
3:56.69		4:23.49			400 FRR		4:17.09		3:44.99	
2:00.69		2:09.49		2:31.49	200 MR	2:34.29	2:11.09		1:57.69	
4:24.09		4:48.89			400 MR		4:47.59		4:12.49	

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G14	G13	G12	G11	G10U	LCM	B10U	B11	B12	B13	B14
29.79	29.89	31.09	32.69	34.89	50 Free	34.69	32.99	30.79	28.49	27.49
1:03.89	1:05.09	1:09.59	1:12.69	1:18.69	100 Free	1:15.59	1:12.99	1:08.09	1:01.99	59.89
2:20.09	2:21.89	2:30.99	2:40.39	2:48.39	200 Free	2:47.79	2:38.39	2:27.99	2:14.59	2:12.29
4:57.89	5:05.19	5:30.09	5:43.19	6:33.69	400 Free	5:58.59	5:42.09	5:15.99	4:48.69	4:45.19
20:04.89	20:33.99	21:45.69	22:38.69		1500 Free		22:42.94	21:36.09	18:52.89	18:36.39
		36.89	37.99	41.19	50 Back	40.89	39.19	36.79		
1:12.29	1:15.49	1:19.69	1:22.29	1:30.59	100 Back	1:28.89	1:23.89	1:19.49	1:12.59	1:08.99
2:37.89	2:42.69	2:52.39	3:04.99		200 Back		3:07.79	2:54.29	2:36.69	2:30.09
		41.59	43.69	47.19	50 Breast	46.99	44.89	40.09		
1:22.79	1:24.99	1:31.49	1:36.39	1:42.59	100 Breast	1:39.49	1:39.19	1:28.39	1:20.09	1:19.09
3:00.59	3:04.69	3:17.79	3:36.79		200 Breast		3:50.89	3:10.49	2:52.19	2:52.19
		34.29	36.59	39.39	50 Fly	38.79	36.69	33.49		
1:10.89	1:13.09	1:20.19	1:27.69	1:32.29	100 Fly	1:33.49	1:24.99	1:16.99	1:10.19	1:06.89
2:42.29	2:51.19	3:22.59	3:23.69		200 Fly		3:20.19	2:58.89	2:40.69	2:36.29
2:36.29	2:41.99	2:53.49	3:02.59	3:18.19	200 IM	3:09.09	3:01.09	2:47.49	2:31.59	2:29.29
5:36.79	5:52.69	6:14.29	6:52.39		400 IM		7:23.69	5:59.19	5:26.19	5:23.69
2:03.09		2:07.59		2:30.49	200 FRR	2:29.79	2:10.99		1:53.59	
4:28.89		4:45.79			400 FRR		4:47.79		4:11.49	
2:16.89		2:25.09		2:55.19	200 MR	2:52.49	2:33.29		2:08.39	
5:00.89		5:20.89			400 MR		5:25.89		4:40.39	

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G14	G13	G12	G11	G10U	SCM	B10U	B11	B12	B13	B14
28.99	29.09	30.29	31.89	34.09	50 Free	33.89	32.19	29.99	27.69	26.69
1:02.29	1:03.49	1:07.99	1:11.09	1:17.09	100 Free	1:13.99	1:11.39	1:06.49	1:00.39	58.29
2:16.89	2:18.69	2:27.79	2:37.19	2:45.19	200 Free	2:44.59	2:35.19	2:24.79	2:11.39	2:09.09
4:51.89	4:58.79	5:23.69	5:36.79	6:27.29	400 Free	5:52.19	5:35.69	5:09.59	4:42.29	4:38.79
19:40.89	20:09.99	21:21.69	22:14.69		1500 Free		22:18.99	21:12.09	18:28.89	18:12.39
		36.29	37.39	40.59	50 Back	40.29	38.59	36.19		
1:11.09	1:14.29	1:18.49	1:21.09	1:29.39	100 Back	1:27.79	1:22.69	1:18.29	1:11.39	1:07.79
2:35.49	2:40.29	2:49.99	3:02.59		200 Back		3:05.39	2:51.89	2:34.29	2:27.69
		40.59	42.69	46.19	50 Breast	45.99	43.89	39.09		
1:20.79	1:22.99	1:29.49	1:34.39	1:40.59	100 Breast	1:37.49	1:37.19	1:26.39	1:18.09	1:17.09
2:56.59	3:00.69	3:13.79	3:32.79		200 Breast		3:46.89	3:06.49	2:48.19	2:48.19
		33.59	35.89	38.69	50 Fly	38.09	35.99	32.79		
1:09.49	1:11.69	1:18.79	1:26.29	1:30.89	100 Fly	1:32.09	1:23.59	1:15.59	1:08.79	1:05.49
2:39.49	2:48.39	3:19.79	3:20.89		200 Fly		3:17.39	2:56.09	2:37.89	2:33.49
		1:19.49	1:24.79	1:33.09	100 IM	1:31.39	1:26.49	1:20.49		
2:33.09	2:38.79	2:50.29	2:59.39	3:14.99	200 IM	3:05.89	2:57.89	2:44.29	2:28.39	2:26.09
5:30.19	5:46.29	6:07.89	6:45.99		400 IM		7:17.29	5:52.79	5:19.79	5:20.49
1:59.89		2:04.39		2:27.39	200 FRR	2:26.59	2:07.79		1:50.39	
4:22.49		4:39.39			400 FRR		4:41.39		4:05.09	
2:13.69		2:21.89		2:51.99	200 MR	2:49.29	2:30.09		2:05.19	
4:54.49		5:14.49			400 MR		5:19.49		4:33.99	