

**WASHINGTON STATE SENIOR CHAMPIONSHIPS**
**DECEMBER 13-17, 2018**
**QUALIFYING PERIOD: September 1, 2017-December 5, 2018**

WOMEN				MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
0:29.19	0:28.19	0:25.59	50 Free	0:23.09	0:25.49	0:26.49
1:03.19	1:01.19	0:55.59	100 Free	0:50.19	0:55.29	0:57.29
2:17.29	2:13.29	2:01.09	200 Free	1:50.99	2:02.09	2:06.09
5:02.79	4:50.79	5:30.39	400/500 Free	5:07.39	4:30.59	4:42.59
10:40.19	10:16.19	11:40.19	800/1000 Free	10:50.59	9:32.59	9:56.59
19:44.99	17:29.89	19:14.99	1500/1650 Free	17:45.59	16:08.69	18:15.59
0:34.39	0:33.39	0:30.29	50 Back	0:27.99	0:30.79	0:31.79
1:11.29	1:09.29	1:02.99	100 Back	0:57.89	1:03.69	1:05.69
2:36.59	2:32.59	2:18.69	200 Back	2:07.29	2:20.09	2:24.09
0:40.79	0:39.79	0:36.09	50 Breast	0:31.69	0:34.89	0:35.89
1:22.19	1:20.19	1:12.89	100 Breast	1:05.19	1:11.79	1:13.79
3:00.39	2:56.39	2:40.29	200 Breast	2:23.99	2:38.39	2:42.39
0:33.49	0:32.49	0:29.49	50 Fly	0:26.49	0:29.19	0:30.19
1:09.69	1:07.69	1:01.49	100 Fly	0:55.59	1:01.19	1:03.19
2:41.29	2:37.29	2:22.99	200 Fly	2:09.09	2:22.09	2:26.09
2:34.99	2:30.99	2:17.19	200 IM	2:05.29	2:17.89	2:21.89
5:38.49	5:30.49	5:00.39	400 IM	4:34.79	5:02.49	5:10.29
1:56.99	1:55.99	1:45.39	200 FRR	1:36.99	1:46.69	1:48.69
4:21.29	4:13.29	3:50.19	400 FRR	3:31.09	3:52.29	4:00.29
9:32.69	9:08.69	8:18.79	800 FRR	7:41.09	8:27.29	8:51.29
2:09.29	2:08.29	1:56.59	200 MR	1:47.39	1:58.19	2:00.19
4:46.09	4:38.09	4:12.79	400 MR	4:02.69	4:26.99	4:34.99

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.