

PACIFIC NORTHWEST SHORT COURSE CHAMPIONSHIPS

DECEMBER 19-22, 2019

QUALIFYING PERIOD SEPTEMBER 1, 2018 – DECEMBER 11, 2019

G150	G14	G13	G12	G11	G10U	SCY	B10U	B11	B12	B13	B14	B150
:25.19	:26.09	:26.59	:27.69	:29.19	:31.79	50 Free	:31.69	:29.39	:27.99	:25.29	:24.29	:22.69
:54.59	:56.59	:58.09	1:00.69	1:04.29	1:11.39	100 Free	1:11.49	1:05.39	1:00.39	:55.59	:52.89	:49.69
1:59.29	2:03.89	2:06.99	2:13.79	2:21.19	2:37.99	200 Free	2:38.89	2:24.59	2:12.99	2:02.09	1:56.09	1:48.99
5:23.19	5:36.49	5:45.99	6:04.09	6:28.49	7:16.49	500 Free	7:26.29	6:34.49	6:00.59	5:30.99	5:16.59	4:59.49
19:00.99	19:37.99	20:07.19	21:19.59	22:33.89		1650 Free		22:43.09	20:46.89	19:01.59	18:28.89	17:40.49
:30.19	:30.49	:31.09	:32.09	:33.89	:37.09	50 Back	:37.89	:34.49	:32.49	:30.59	:28.99	:27.09
1:00.89	1:03.59	1:05.79	1:09.39	1:13.39	1:21.09	100 Back	1:22.79	1:14.69	1:10.09	1:03.79	1:00.19	:56.09
2:15.99	2:18.29	2:22.69	2:30.09	2:41.39		200 Back		2:48.09	2:33.59	2:19.29	2:12.29	2:03.59
:34.99	:35.19	:35.19	:36.29	:38.19	:42.19	50 Breast	:42.69	:39.49	:36.39	:33.79	:32.69	:30.49
1:09.79	1:12.99	1:15.19	1:19.49	1:23.49	1:33.09	100 Breast	1:34.29	1:25.89	1:19.19	1:12.59	1:08.29	1:03.09
2:35.39	2:38.99	2:44.79	2:50.89	3:04.49		200 Breast		3:14.69	2:55.09	2:39.49	2:30.69	2:19.39
:29.29	:29.29	:29.59	:30.29	:32.29	:35.49	50 Fly	:36.39	:32.99	:30.59	:29.09	:28.09	:25.69
1:00.19	1:03.29	1:06.09	1:09.99	1:14.79	1:25.89	100 Fly	1:33.29	1:17.79	1:10.69	1:02.99	:59.09	:54.39
2:18.99	2:26.79	2:33.19	2:50.09	3:04.19		200 Fly		3:10.49	2:50.19	2:26.69	2:16.79	2:03.39
			1:09.89	1:13.49	1:20.59	100 IM	1:22.49	1:14.89	1:09.99			
2:13.19	2:18.79	2:23.69	2:29.99	2:39.09	2:57.19	200 IM	3:01.19	2:41.79	2:30.49	2:17.89	2:10.99	2:02.69
4:49.49	5:00.59	5:10.39	5:26.49	5:46.49		400 IM		6:03.89	5:31.89	4:56.19	4:41.39	4:26.29
1:43.59	1:46.69		1:52.49		2:14.59	200 FRR	2:11.19	1:53.29		1:41.39		1:29.89
3:46.99	3:58.49		4:15.09			400 FRR		4:28.99		3:42.39		3:20.39
8:16.39						800 FRR						7:21.89
	1:59.19		2:05.19		2:34.19	200 MR	2:28.89	2:09.39		1:54.39		
4:06.69	4:20.09		4:51.19			400 MR		4:53.19		4:06.69		3:39.89

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DECEMBER 19-22, 2019

QUALIFYING PERIOD SEPTEMBER 1, 2018 – DECEMBER 11, 2019

G150	G14	G13	G12	G11	G10U	LCM	B10U	B11	B12	B13	B14	B150
:28.19	:29.19	:29.89	:31.39	:33.29	:36.89	50 Free	:35.89	:32.99	:31.49	:29.09	:27.49	:25.49
1:01.39	1:03.09	1:05.49	1:07.99	1:13.59	1:24.59	100 Free	1:20.59	1:14.69	1:08.39	1:03.79	1:00.09	:55.79
2:14.79	2:18.99	2:24.89	2:26.69	2:40.49	3:06.79	200 Free	2:58.39	2:43.69	2:30.59	2:21.19	2:12.69	2:02.79
4:48.19	4:54.19	5:07.09	5:17.49	5:40.89	6:45.29	400 Free	6:24.99	5:47.59	5:16.39	5:02.79	4:39.89	4:25.29
19:29.79	19:41.39	21:05.89	21:44.39	22:58.39		1500 Free		23:28.09	22:10.09	21:35.49	20:00.09	17:27.99
:33.49	:35.19	:35.49	:35.89	:38.59	:42.59	50 Back	:41.99	:39.39	:36.99	:35.89	:32.99	:30.39
1:09.99	1:12.59	1:14.79	1:18.79	1:25.69	1:36.09	100 Back	1:33.99	1:26.19	1:19.09	1:15.49	1:08.19	1:03.39
2:33.09	2:36.19	2:42.69	2:49.69	3:22.59		200 Back		3:31.89	2:48.59	2:42.19	2:27.59	2:20.69
:38.19	:38.59	:39.39	:41.59	:44.09	:49.93	50 Breast	:49.79	:45.49	:40.49	:39.89	:38.39	:33.69
1:19.09	1:23.99	1:24.59	1:29.59	1:35.69	1:50.69	100 Breast	1:48.69	1:39.09	1:30.29	1:22.89	1:18.59	1:11.69
2:53.59	2:59.99	3:03.09	3:16.19	3:47.59		200 Breast		3:43.39	3:10.49	3:02.59	2:52.09	2:39.09
:31.19	:32.79	:33.09	:33.99	:36.69	:42.99	50 Fly	:40.49	:38.09	:34.19	:33.09	:31.19	:28.29
1:07.19	1:11.49	1:13.09	1:18.09	1:26.49	1:47.29	100 Fly	1:39.89	1:31.79	1:17.69	1:12.89	1:07.49	:59.99
2:37.39	2:43.69	2:50.19	3:01.99	3:21.59		200 Fly		3:32.69	3:10.39	2:47.19	2:34.79	2:19.79
2:32.19	2:37.79	2:42.39	2:47.39	3:04.09	3:37.19	200 IM	3:23.39	3:06.89	2:46.09	2:39.99	2:26.79	2:18.29
5:30.49	5:36.99	5:45.89	6:02.99	6:14.69		400 IM		6:15.79	6:02.09	5:52.19	5:19.29	4:59.99
2:00.39	2:00.99		2:09.99		2:39.69	200 FRR	2:40.79	2:12.79		1:55.99		1:53.29
4:23.29	4:24.39		4:49.69			400 FRR		4:54.19		4:13.09		4:06.49
9:33.29						800 FRR						8:43.39
	2:16.09		2:26.49		3:00.09	200 MR	3:04.89	2:30.69		2:12.09		
4:56.09	4:54.39		5:27.49			400 MR		5:37.19		4:45.89		4:27.39

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G150	G14	G13	G12	G11	G10U	SCM	B10U	B11	B12	B13	B14	B150
:27.19	:28.19	:28.89	:30.39	:32.29	:35.89	50 Free	:34.89	:31.99	:30.49	:28.09	:26.49	:24.49
:59.39	1:01.09	1:03.49	1:05.99	1:11.59	1:22.59	100 Free	1:18.59	1:12.69	1:06.39	1:01.79	:58.09	:53.79
2:10.79	2:14.99	2:20.89	2:22.69	2:36.49	3:02.79	200 Free	2:54.39	2:39.69	2:26.59	2:17.19	2:08.69	1:58.79
4:40.19	4:46.19	4:59.09	5:09.49	5:32.89	6:37.29	400 Free	6:16.99	5:39.59	5:08.39	4:54.79	4:31.89	4:17.29
18:59.79	19:11.39	20:35.89	21:14.39	22:28.39		1500 Free		22:58.09	21:40.09	21:05.49	19:30.09	16:57.99
:32.49	:34.19	:34.49	:34.89	:37.59	:41.59	50 Back	:40.99	:38.39	:35.99	:34.89	:31.99	:29.39
1:07.99	1:10.59	1:12.79	1:16.79	1:23.69	1:34.09	100 Back	1:31.99	1:24.19	1:17.09	1:13.49	1:06.19	1:01.39
2:29.09	2:32.19	2:38.69	2:45.69	3:18.59		200 Back		3:27.89	2:44.59	2:38.19	2:23.59	2:16.69
:37.19	:37.59	:38.39	:40.59	:43.09	:48.99	50 Breast	:48.79	:44.49	:39.49	:38.89	:37.39	:32.69
1:17.09	1:21.99	1:22.59	1:27.59	1:33.69	1:48.69	100 Breast	1:46.69	1:37.09	1:28.29	1:20.89	1:16.59	1:09.69
2:49.59	2:55.99	2:59.09	3:12.19	3:43.59		200 Breast		3:39.39	3:06.49	2:58.59	2:48.09	2:35.09
:30.19	:31.79	:32.09	:32.99	:35.69	:41.99	50 Fly	:39.49	:37.09	:33.19	:32.09	:30.19	:27.29
1:05.19	1:09.49	1:11.09	1:16.09	1:24.49	1:45.29	100 Fly	1:37.89	1:29.79	1:15.69	1:10.89	1:05.49	:57.99
2:33.39	2:39.69	2:46.19	2:57.99	3:17.59		200 Fly		3:28.69	3:06.39	2:43.19	2:30.79	2:15.79
			1:20.89	1:24.89	1:32.69	100 IM	1:34.79	1:26.39	1:20.99			
2:28.19	2:33.79	2:38.39	2:43.39	3:00.09	3:33.19	200 IM	3:19.39	3:02.89	2:42.09	2:35.99	2:22.79	2:14.29
5:22.49	5:28.99	5:37.89	5:54.99	6:06.69		400 IM		6:07.79	5:54.09	5:44.19	5:11.29	4:51.99
1:56.39	1:56.99	2:05.99	2:35.69			200 FRR	2:36.79	2:08.79	1:51.99		1:49.29	
4:15.29	4:16.39	4:41.69				400 FRR		4:46.19	4:05.09		3:58.49	
9:17.29						800 FRR					8:27.39	
	2:12.09	2:22.49	2:56.09			200 MR	3:00.89	2:26.69	2:08.09			
4:48.09	4:46.39	5:19.49				400 MR		5:29.19	4:37.89		4:19.39	