

PACIFIC NORTHWEST SHORT COURSE 14&U CHAMPIONSHIPS
DECEMBER 9-11, 2022
QUALIFYING PERIOD SEPTEMBER 1, 2021 – NOVEMBER 30, 2022

G13-14	G11-12	G10U	SCY	B10U	B11-12	B13-14
27.89	28.99	31.39	50 Free	30.99	27.89	25.69
1:00.49	1:03.09	1:10.49	100 Free	1:09.69	1:00.89	56.29
2:10.39	2:17.49	2:35.39	200 Free	2:29.39	2:12.49	2:02.59
5:49.59	6:07.59	6:44.29	500 Free	6:37.39	5:57.69	5:31.39
20:02.99	21:20.59		1650 Free		20:52.99	19:07.59
	32.69	36.69	50 Back	36.99	32.09	
1:05.69	1:11.39	1:19.29	100 Back	1:18.79	1:09.19	1:01.29
2:22.99	2:31.39		200 Back		2:27.39	2:13.99
	36.89	41.69	50 Breast	40.99	36.09	
1:15.39	1:20.19	1:31.89	100 Breast	1:29.99	1:17.49	1:09.69
2:43.69	2:52.19		200 Breast		2:46.39	2:31.39
	31.29	36.19	50 Fly	35.39	31.19	
1:05.49	1:10.89	1:24.09	100 Fly	1:22.79	1:09.29	1:00.99
2:24.89	2:34.29		200 Fly		2:28.39	2:15.59
	1:12.09	1:20.79	100 IM	1:18.99	1:09.09	
2:25.49	2:34.29	2:52.69	200 IM	2:50.99	2:30.69	2:17.09
5:11.69	5:29.29		400 IM		5:19.79	4:52.69
1:47.79	2:01.09	2:30.49	200 FRR	2:46.49	1:58.09	1:42.59
3:59.59	4:29.49		400 FRR		4:20.99	3:53.09
2:02.29	2:18.69	2:57.59	200 MR	3:13.19	2:17.39	1:53.39
4:30.19	5:05.79		400 MR		5:25.59	4:21.09

PACIFIC NORTHWEST SHORT COURSE 14&U CHAMPIONSHIPS
DECEMBER 9-11, 2022
QUALIFYING PERIOD SEPTEMBER 1, 2021 – NOVEMBER 30, 2022

G13-14	G11-12	G10U	LCM	B10U	B11-12	B13-14
31.79	32.99	35.59	50 Free	35.49	31.99	29.49
1:08.99	1:12.09	1:20.29	100 Free	1:19.79	1:09.69	1:04.49
2:29.39	2:36.19	2:56.29	200 Free	2:50.79	2:32.19	2:20.59
5:14.39	5:29.09	6:05.39	400 Free	5:59.49	5:21.89	4:59.19
20:39.79	22:04.99		1500 Free		21:37.39	19:48.39
	37.69	42.89	50 Back	42.99	36.99	
1:17.09	1:23.19	1:32.69	100 Back	1:30.99	1:20.49	1:11.89
2:44.89	2:55.29		200 Back		2:50.99	2:36.09
	41.99	47.49	50 Breast	46.99	41.29	
1:27.49	1:32.79	1:44.89	100 Breast	1:42.69	1:30.29	1:21.29
3:08.29	3:19.39		200 Breast		3:12.59	2:56.09
	35.39	40.79	50 Fly	40.19	35.19	
1:14.29	1:20.79	1:35.99	100 Fly	1:34.49	1:18.59	1:09.69
2:45.49	2:55.59		200 Fly		2:51.89	2:35.09
2:47.79	2:56.59	3:17.09	200 IM	3:15.39	2:53.19	2:38.29
5:56.19	6:16.89		400 IM		6:08.49	5:36.59
2:03.79	2:19.09	2:52.79	200 FRR	3:13.59	2:17.39	1:59.29
4:35.09	5:09.49		400 FRR		5:03.49	4:31.09
2:20.79	2:39.69	3:24.39	200 MR	3:45.19	2:40.19	2:12.19
5:11.29	5:52.29		400 MR		6:20.39	5:05.09

PACIFIC NORTHWEST SHORT COURSE 14&U CHAMPIONSHIPS
DECEMBER 9-11, 2022
QUALIFYING PERIOD SEPTEMBER 1, 2021 – NOVEMBER 30, 2022

G13-14	G11-12	G10U	SCM	B10U	B11-12	B13-14
30.89	32.19	34.69	50 Free	34.19	30.89	28.39
1:07.09	1:09.69	1:17.89	100 Free	1:16.99	1:07.29	1:02.19
2:25.09	2:32.69	2:51.89	200 Free	2:44.99	2:27.49	2:15.39
5:07.09	5:21.89	5:54.29	400 Free	5:47.79	5:12.99	4:49.99
19:55.99	21:13.09		1500 Free		20:45.69	19:00.89
	36.29	40.59	50 Back	40.99	35.69	
1:13.09	1:19.29	1:27.69	100 Back	1:27.49	1:16.59	1:08.19
2:38.49	2:47.29		200 Back		2:43.49	2:28.79
	40.79	46.19	50 Breast	45.29	39.99	
1:23.99	1:28.89	1:41.49	100 Breast	1:39.59	1:26.59	1:17.09
3:01.89	3:12.39		200 Breast		3:04.59	2:48.89
	34.79	39.99	50 Fly	39.09	34.49	
1:12.89	1:18.99	1:32.99	100 Fly	1:32.29	1:16.89	1:07.69
2:41.09	2:51.29		200 Fly		2:47.29	2:29.99
	1:19.89	1:29.19	100 IM	1:27.89	1:16.39	
2:42.39	2:51.19	3:10.79	200 IM	3:08.89	2:46.69	2:31.59
5:46.49	6:03.89		400 IM		5:53.00	5:23.79
2:00.39	2:15.19	2:47.99	200 FRR	3:05.89	2:11.89	1:54.59
4:27.49	5:00.79		400 FRR		4:51.29	4:20.19
2:16.49	2:34.79	3:18.29	200 MR	3:35.69	2:33.39	2:06.59
5:01.59	5:41.29		400 MR		6:03.39	4:51.49