

**WASHINGTON STATE SENIOR SHORT COURSE CHAMPIONSHIPS**  
**DECEMBER 15-18, 2022**  
**QUALIFYING PERIOD SEPTEMBER 1, 2021 – DECEMBER 7, 2022**

GIRLS				BOYS		
LCM	SCM	SCY		SCY	SCM	LCM
29.89	29.09	26.09	50 Y Free	23.29	26.19	26.79
1:04.99	1:03.19	56.59	100 Y Free	51.19	57.09	59.19
2:20.09	2:16.09	2:02.69	200 Y Free	1:52.09	2:04.69	2:09.29
4:54.49	4:48.09	5:29.09	500 Y Free	5:04.39	4:27.89	4:34.19
10:08.99	9:56.09	11:21.19	1000 Y Free	10:34.99	9:15.69	9:35.09
19:29.59	18:51.19	18:57.79	1650 Y Free	17:44.09	17:37.89	18:11.69
34.49	33.29	29.99	50 Y Back	26.79	29.89	30.99
1:11.79	1:08.49	1:01.39	100 Y Back	55.99	1:02.09	1:05.89
2:34.79	2:28.99	2:13.89	200 Y Back	2:01.59	2:15.99	2:22.69
38.49	37.39	33.79	50 Y Breast	30.09	33.39	34.49
1:21.69	1:18.89	1:10.49	100 Y Breast	1:02.89	1:10.49	1:13.79
2:57.39	2:50.79	2:32.79	200 Y Breast	2:18.19	2:33.09	2:40.49
32.39	31.89	28.69	50 Y Fly	25.79	28.59	29.19
1:10.09	1:08.39	1:01.39	100 Y Fly	55.49	1:01.99	1:03.59
2:33.89	2:31.39	2:15.79	200 Y Fly	2:04.29	2:17.49	2:21.49
2:37.59	2:32.69	2:16.99	200 Y IM	2:04.69	2:18.69	2:25.09
5:35.09	5:24.59	4:52.29	400 Y IM	4:28.59	4:58.69	5:07.29
2:00.59	1:57.19	1:44.99	200 FRR	1:33.59	1:44.49	1:48.89
4:36.39	4:28.69	4:00.69	400 FRR	3:25.19	3:49.09	3:58.59
9:49.99	9:35.49	8:35.59	800 FRR	7:32.39	8:24.99	8:41.79
2:16.39	2:12.29	1:58.49	200 MR	1:43.39	1:55.39	2:00.59
5:27.29	5:17.09	4:44.09	400 MR	3:50.79	4:17.59	4:29.69