

**WASHINGTON STATE SENIOR CHAMPIONSHIPS**

**DECEMBER 15-18, 2016**

**QUALIFYING PERIOD: September 1, 2015-December 7, 2016**

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.99	26.09	50 Free	23.49	25.09	25.89
1:02.49	1:00.89	56.49	100 Free	50.89	54.66	56.29
2:16.49	2:13.29	2:03.69	200 Free	1:52.39	2:00.69	2:03.89
4:49.99	4:43.59	5:31.19	500 Free	5:04.19	4:21.49	4:27.89
10:00.19	9:47.39	11:20.89	800/1000 Free	10:59.99	9:04.59	9:17.59
19:09.19	18:45.19	19:05.99	1500/1650 Free	17:30.29	17:07.39	17:31.39
34.89	34.29	31.79	50 Back	28.49	30.49	31.09
1:11.79	1:10.59	1:04.29	100 Back	59.59	1:04.09	1:05.29
2:36.59	2:34.19	2:19.39	200 Back	2:11.99	2:23.19	2:25.59
41.39	40.39	34.39	50 Breast	30.89	35.39	36.59
1:23.39	1:21.39	1:12.49	100 Breast	1:05.29	1:11.79	1:13.79
2:58.69	2:54.69	2:36.79	200 Breast	2:24.29	2:38.19	2:42.19
32.59	31.89	29.39	50 Fly	27.39	29.09	29.79
1:08.89	1:07.49	1:02.59	100 Fly	56.79	59.89	1:01.29
2:39.59	2:36.79	2:22.79	200 Fly	2:09.49	2:21.09	2:23.89
2:35.69	2:32.49	2:19.89	200 IM	2:06.09	2:17.59	2:20.79
5:32.89	5:26.49	4:59.29	400 IM	4:32.69	4:56.19	5:02.59
2:01.79	1:58.59	1:46.79	200 FRR	1:38.99	1:49.89	1:53.09
4:27.19	4:20.79	3:54.89	400 FRR	3:32.99	3:56.49	4:02.89
9:28.89	9:10.09	8:32.49	800 FRR	7:47.69	8:26.39	8:39.19
2:13.29	2:10.09	1:57.19	200 MR	1:48.49	2:00.49	2:03.69
4:52.99	4:46.59	4:18.19	400 MR	4:01.49	4:28.09	4:34.49

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.