

PACIFIC NORTHWEST LONG COURSE 14 & UNDER CHAMPIONSHIPS

JULY 28-31, 2017

QUALIFYING PERIOD: April 1, 2016 – July 19, 2017

G14	G13	G12	G11	G10U	50 Meter	B10U	B11	B12	B13	B14
:29.99	:30.39	:31.29	:32.79	:35.39	50 Fr	:35.59	:33.59	:31.19	:29.09	:27.79
1:05.09	1:06.49	1:09.19	1:12.99	1:20.09	100 Fr	1:19.59	1:14.19	1:08.59	1:03.79	1:00.79
2:21.79	2:25.09	2:30.89	2:41.69	2:55.19	200 Fr	2:54.09	2:43.09	2:31.19	2:20.49	2:14.39
5:02.39	5:08.79	5:23.59	5:48.79	6:20.09	400 Fr	6:05.09	5:53.29	5:20.49	5:00.89	4:49.59
20:02.69	20:47.79	22:35.59	22:35.59		1500 Fr		21:52.99	21:52.99	20:16.49	19:45.39
		:36.89	:39.09	:42.19	50 Bk	:42.29	:39.69	:36.99		
1:14.69	1:16.49	1:19.69	1:24.99	1:31.99	100 Bk	1:31.99	1:25.89	1:20.29	1:14.49	1:11.29
2:40.79	2:46.59	2:51.69	3:03.39		200 Bk		3:11.09	2:53.39	2:41.49	2:34.89
		:41.69	:44.19	:47.79	50 Br	:48.89	:45.49	:41.19		
1:26.69	1:27.69	1:31.09	1:36.89	1:44.69	100 Br	1:46.49	1:38.89	1:30.09	1:23.49	1:20.29
3:05.29	3:08.79	3:15.29	3:30.09		200 Br		3:36.49	3:14.79	3:01.69	2:54.79
		:34.49	:36.79	:40.59	50 Fly	:40.89	:37.69	:34.69		
1:13.09	1:14.39	1:18.59	1:27.39	1:39.29	100 Fly	1:37.59	1:28.49	1:19.69	1:12.19	1:08.29
2:47.69	2:52.19	3:08.69	3:20.19		200 Fly		3:13.09	3:16.29	2:47.69	2:38.99
2:39.99	2:43.49	2:49.99	3:00.89	3:18.09	200 IM	3:17.39	3:03.59	2:49.09	2:38.69	2:31.69
5:43.89	5:52.09	6:09.09	6:34.99		400 IM		6:44.19	6:13.99	5:40.79	5:29.09
2:02.79		2:11.69		2:36.79	200 FRR	2:40.89	2:10.39		1:55.59	
4:32.39		4:55.79			400 FRR		4:51.79		4:17.99	
2:19.99		2:27.39		3:01.59	200 MR	3:05.89	2:33.79		2:09.39	
5:05.09		5:37.59			400 MR		5:41.39		4:50.99	

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G14	G13	G12	G11	G10U	25 YARD	B10U	B11	B12	B13	B14
:25.79	:26.19	:27.49	:29.29	:31.79	50 Free	:32.09	:29.59	:27.19	:25.39	:24.19
:55.99	:57.39	:59.59	1:04.99	1:10.19	100 Free	1:12.49	1:04.89	:59.29	:54.69	:52.49
2:02.29	2:05.09	2:12.09	2:21.69	2:36.39	200 Free	2:42.59	2:21.09	2:11.49	2:00.59	1:55.59
5:32.89	5:42.69	5:57.79	6:29.69	7:00.49	500 Free	7:41.99	6:32.29	5:54.29	5:23.49	5:09.49
19:44.69	20:33.49	21:39.99	21:39.99		1650 Free		21:05.59	21:05.59	19:28.69	18:23.69
		:31.59	:34.49	:36.89	50 Back	:38.29	:34.29	:31.99		
1:02.19	1:04.49	1:07.69	1:14.39	1:21.39	100 Back	1:24.59	1:14.79	1:09.09	1:02.79	:59.29
2:16.69	2:19.29	2:27.79	2:42.89		200 Back		3:04.79	2:29.49	2:16.69	2:09.09
		:35.49	:38.69	:42.59	50 Breast	:43.59	:39.09	:36.39		
1:11.39	1:13.59	1:17.59	1:23.59	1:34.59	100 Breast	1:35.69	1:25.79	1:19.79	1:10.29	1:06.49
2:35.19	2:38.69	2:50.49	3:11.89		200 Breast		3:28.99	2:54.39	2:32.79	2:22.89
		:29.69	:32.59	:35.69	50 Fly	:36.79	:32.19	:29.89		
1:01.69	1:03.59	1:09.09	1:15.59	1:23.09	100 Fly	1:29.29	1:17.09	1:08.69	1:01.69	:58.59
2:19.49	2:25.79	2:44.69	3:08.69		200 Fly		3:09.69	2:52.89	2:17.89	2:12.59
2:16.89	2:19.19	2:28.19	2:39.69	2:56.89	200 IM	3:04.59	2:41.29	2:30.49	2:13.49	2:07.89
4:51.59	5:02.59	5:26.69	5:45.59		400 IM		6:10.09	5:31.09	4:44.29	4:32.29
1:48.19		1:57.09		2:14.79	200 FRR	2:24.09	1:53.79		1:40.99	
3:59.29		4:13.99			400 FRR		4:25.39		3:58.29	
1:59.89		2:08.09		2:32.29	200 MR	2:39.39	2:13.59		1:52.49	
4:28.59		4:47.99			400 MR		5:00.89		4:08.59	

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G14	G13	G12	G11	G10U	25 Meter	B10U	B11	B12	B13	B14
:29.49	:29.89	:30.79	:32.29	:34.89	50 Fr	:35.09	:33.09	:30.69	:28.59	:27.29
1:04.19	1:05.59	1:08.29	1:12.09	1:19.19	100 Fr	1:18.69	1:13.29	1:07.69	1:02.89	:59.89
2:20.79	2:24.09	2:29.89	2:40.69	2:54.19	200 Fr	2:53.09	2:42.09	2:30.19	2:19.49	2:13.39
4:58.59	5:04.99	5:19.79	5:44.99	6:16.29	400 Fr	6:01.29	5:49.49	5:16.69	4:57.09	4:45.79
19:42.69	20:27.79	22:15.59	22:15.59		1500 Fr		21:32.99	21:32.99	19:56.49	19:25.39
		:36.19	:38.39	:41.49	50 Bk	:41.59	:38.99	:36.29		
1:13.19	1:14.99	1:18.19	1:23.49	1:30.49	100 Bk	1:30.49	1:24.39	1:18.79	1:12.99	1:09.79
2:37.79	2:43.59	2:48.69	3:00.39		200 Bk		3:08.09	2:50.39	2:38.49	2:31.89
		:41.09	:43.59	:47.19	50 Br	:48.29	:44.89	:40.59		
1:25.19	1:26.19	1:29.59	1:35.39	1:43.19	100 Br	1:44.99	1:37.39	1:28.59	1:21.99	1:18.79
3:01.79	3:05.29	3:11.79	3:26.59		200 Br		3:32.99	3:11.29	2:58.19	2:51.29
		:33.89	:36.19	:39.99	50 Fly	:40.29	:37.09	:34.09		
1:11.79	1:13.09	1:17.29	1:26.09	1:37.99	100 Fly	1:36.29	1:27.19	1:18.39	1:10.89	1:06.99
2:44.39	2:48.89	3:05.39	3:16.89		200 Fly		3:09.79	3:12.99	2:44.39	2:35.69
2:31.89	2:35.39	2:41.89	2:52.79	3:09.99	200 IM	3:09.29	2:55.49	2:40.99	2:30.59	2:23.59
5:32.59	5:40.79	5:57.79	6:23.69		400 IM		6:32.89	6:02.69	5:29.49	5:17.79
2:01.79		2:10.69		2:35.79	200 FRR	2:39.89	2:09.39		1:54.59	
4:28.59		4:51.99			400 FRR		4:47.99		4:14.19	
2:11.89		2:19.29		2:53.49	200 MR	2:57.79	2:25.69		2:01.29	
4:53.79		5:26.29			400 MR		5:30.09		4:39.69	