



NORTHWEST AGE GROUP REGIONALS
MARCH 16-20, 2023
TIME STANDARDS
WEYERHAEUSER KING COUNTY AQUATIC
CENTER QUALIFYING TIME PERIOD 12/1/2021

15-18	14	13	12	11	10	SCY	10	11	12	13	14	15-18
:25.89	:26.29	:26.79	:27.29	:28.39	:29.79	50 Free	:30.29	:28.49	:26.29	:25.19	:24.09	:23.09
:55.99	:56.89	:57.99	:59.49	1:01.69	1:06.29	100 Free	1:07.49	1:02.59	:57.29	:54.69	:52.79	:50.29
2:01.49	2:02.49	2:05.59	2:09.79	2:15.59	2:26.29	200 Free	2:28.39	2:17.09	2:06.09	1:58.99	1:54.69	1:49.99
5:28.79	5:29.19	5:34.09	5:46.39	6:04.09		500 Free	6:06.39	5:37.79	5:20.09	5:10.09	5:02.69	
19:14.79	18:54.49	19:22.19	20:11.99			1650 Free		19:45.49	18:32.79	18:20.89	17:54.39	
			:30.89	:32.49	:34.89	50 Back	:35.59	:33.19	:30.49			
1:01.99	1:01.89	1:03.69	1:07.09	1:10.39	1:15.99	100 Back	1:17.89	1:11.49	1:05.59	1:01.19	:58.09	:56.19
2:14.19	2:15.09	2:18.19	2:25.09			200 Back		2:24.99	2:12.89	2:07.39	2:03.39	
			:34.89	:36.69	:39.49	50 Breast	:40.69	:37.69	:34.29			
1:10.79	1:10.89	1:12.69	1:15.79	1:20.19	1:26.49	100 Breast	1:29.09	1:22.39	1:14.99	1:08.99	1:05.39	1:02.79
2:34.69	2:33.59	2:38.69	2:45.39			200 Breast		2:45.39	2:30.99	2:23.89	2:17.79	
			:29.49	:31.09	:33.89	50 Fly	:34.39	:31.79	:29.19			
1:01.19	1:01.39	1:03.29	1:06.49	1:11.19	1:18.39	100 Fly	1:21.29	1:12.89	1:05.09	1:00.09	:57.29	:54.69
2:18.39	2:19.99	2:24.59	2:34.39			200 Fly		2:34.79	2:17.69	2:10.29	2:03.79	
			1:08.09	1:11.09	1:15.99	100 IM	1:17.59	1:12.89	1:05.99			
2:16.89	2:16.59	2:20.79	2:26.09	2:33.69	2:44.49	200 IM	2:48.79	2:33.69	2:22.59	2:12.49	2:08.59	2:03.39
4:53.39	4:52.29	4:59.09	5:11.59			400 IM		5:03.49	4:44.29	4:34.59	4:24.69	
1:49.99	1:46.79		1:49.49	2:05.99		200 FRR	2:07.49	1:48.09	1:35.89		1:37.69	
4:00.59	3:46.09		4:02.49			400 FRR		4:03.19	3:32.09		3:35.79	
2:02.19	1:54.29		2:01.69	2:21.79		200 MR	2:23.39	2:01.39	1:46.99		1:49.99	
4:21.99	4:09.99		4:30.89			400 MR		4:34.89	3:53.39		3:58.89	
15-18	14	13	12	11	10U	LCM	10U	11	12	13	14	15-18
:29.69	:30.19	:30.79	:31.39	:32.59	:34.29	50 Free	:35.29	:33.19	:30.59	:29.29	:28.09	:26.69
1:04.09	1:05.09	1:06.39	1:08.09	1:10.59	1:15.89	100 Free	1:18.29	1:12.59	1:06.39	1:03.39	1:01.19	:58.29
2:18.99	2:20.19	2:23.79	2:28.59	2:35.19	2:47.39	200 Free	2:51.59	2:38.49	2:25.79	2:17.59	2:12.59	2:07.49
4:57.39	4:56.09	5:00.49	5:11.59	5:27.49		500 Free	5:31.59	5:05.69	4:49.69	4:40.69	4:35.49	
19:51.29	19:23.59	19:51.99	20:43.09			1650 Free		20:28.49	19:13.19	19:00.89	18:24.69	
			:36.29	:38.09	:40.99	50 Back	:42.69	:39.79	:36.59			
1:12.19	1:12.59	1:14.69	1:18.69	1:22.59	1:29.09	100 Back	1:33.29	1:25.69	1:18.59	1:13.29	1:09.59	1:06.79
2:36.09	2:37.69	2:41.29	2:49.39			200 Back		2:50.79	2:36.59	2:30.09	2:26.79	
			:40.19	:42.19	:45.39	50 Breast	:47.59	:44.09	:40.09			
1:23.59	1:21.49	1:23.59	1:27.19	1:32.19	1:39.49	100 Breast	1:44.09	1:36.29	1:27.69	1:20.69	1:16.39	1:15.89
3:02.39	2:54.99	3:00.79	3:08.39			200 Breast		3:12.79	2:55.99	2:47.79	2:45.99	
			:33.69	:35.49	:38.69	50 Fly	:39.69	:36.69	:33.69			
1:09.69	1:10.09	1:12.19	1:15.89	1:21.19	1:29.69	100 Fly	1:33.69	1:23.99	1:14.99	1:09.29	1:06.09	1:02.89
2:40.39	2:38.99	2:44.19	2:55.29			200 Fly		2:58.79	2:39.09	2:30.49	2:24.59	
2:38.69	2:37.59	2:42.39	2:48.59	2:57.29	3:09.79	200 IM	3:16.99	2:59.39	2:46.39	2:34.69	2:30.09	2:24.29
5:37.79	5:33.69	5:41.49	5:55.79			400 IM		5:50.89	5:28.69	5:17.49	5:11.39	
2:05.29	2:01.49		2:04.49	2:22.59		200 FRR	2:24.29	2:02.99	1:49.49		1:52.29	
4:30.19	4:16.79		4:34.79			400 FRR		4:35.59	4:01.39		4:06.39	
2:20.69	2:09.29		2:17.89	2:39.99		200 MR	2:41.79	2:17.59	2:01.69		2:05.69	
5:02.89	4:42.99		5:05.99			400 MR		5:10.39	4:24.79		4:36.59	
15-18	14	13	12	11	10U	SCM	10U	11	12	13	14	15-18
:28.79	:29.39	:29.09	:30.49	:31.69	:33.29	50 Free	:33.89	:31.89	:29.39	:28.19	:26.89	:25.49
1:01.59	1:03.49	1:04.79	1:06.49	1:08.89	1:13.99	100 Free	1:15.39	1:09.89	1:03.99	1:01.09	:58.99	:55.49
2:13.79	2:16.79	2:20.19	2:24.89	2:31.39	2:43.29	200 Free	2:45.59	2:33.09	2:20.79	2:12.89	2:08.09	2:01.79
4:43.89	4:48.09	4:52.29	5:03.09	5:18.59		500 Free	5:20.59	4:55.59	4:40.09	4:32.29	4:21.89	
19:02.39	18:51.19	19:18.79	20:08.39			1650 Free		19:41.99	18:29.49	18:17.69	17:34.49	
			:34.49	:36.29	:38.99	50 Back	:39.79	:37.09	:34.09			
1:08.99	1:09.09	1:11.09	1:14.89	1:18.59	1:24.89	100 Back	1:26.99	1:19.79	1:13.29	1:08.29	1:04.89	1:02.49
2:30.09	2:30.79	2:34.29	2:41.99			200 Back		2:41.89	2:28.39	2:22.19	2:18.49	
			:38.99	:40.99	:44.09	50 Breast	:45.49	:42.09	:38.29			
1:17.89	1:19.19	1:21.19	1:24.59	1:29.59	1:36.59	100 Breast	1:39.49	1:31.99	1:23.69	1:17.09	1:12.99	1:08.59
2:50.09	2:51.49	2:57.19	3:04.59			200 Breast		3:04.59	2:48.59	2:40.59	2:30.99	
			:32.99	:34.79	:37.89	50 Fly	:38.39	:35.49	:32.59			
1:07.19	1:08.59	1:10.69	1:14.29	1:19.49	1:27.49	100 Fly	1:30.79	1:21.39	1:12.69	1:07.09	1:03.99	1:00.99
2:33.39	2:36.29	2:41.39	2:52.39			200 Fly		2:52.79	2:33.69	2:25.49	2:17.19	
			1:15.99	1:19.39	1:24.89	100 IM	1:26.69	1:21.39	1:13.69			
2:31.09	2:32.49	2:37.19	2:43.09	2:51.59	3:03.59	200 IM	3:08.39	2:51.59	2:39.19	2:27.89	2:23.59	2:16.49
5:23.49	5:26.29	5:33.89	5:47.79			400 IM		5:38.79	5:17.29	5:06.49	4:53.39	
2:02.79	1:57.49		2:00.49	2:18.59		200 FRR	2:20.29	1:58.99	1:45.49		1:48.99	
4:24.79	4:08.79		4:26.79			400 FRR		4:27.59	3:53.29		3:58.19	
2:17.59	2:05.79		2:13.89	2:35.99		200 MR	2:37.79	2:13.59	1:57.69		2:01.29	
4:59.19	4:34.99		4:57.99			400 MR		5:02.39	4:16.79		4:28.59	