



NORTHWEST AGE GROUP REGIONALS
MARCH 19-22, 2020
TIME STANDARDS
WEYERHAEUSER KING COUNTY AQUATIC CENTER
QUALIFYING TIME PERIOD 2/1/2019

G15-18	G14	G13	G12	G11	G10U	SCY	B10U	B11	B12	B13	B14	B15-18
:25.89	:25.49	:25.99	:26.69	:28.09	:29.79	50 Free	:30.29	:28.49	:26.09	:24.59	:23.59	:23.09
:55.99	:55.09	:56.59	:58.29	1:01.59	1:06.19	100 Free	1:07.49	1:02.59	:57.29	:53.59	:51.19	:50.29
2:01.49	2:00.59	2:03.49	2:07.79	2:15.59	2:25.89	200 Free	2:28.69	2:17.09	2:05.99	1:57.69	1:52.09	1:49.99
5:28.79	5:24.29	5:31.39	5:41.19	6:04.09		500 Free	6:06.39	5:36.29	5:15.59	5:01.29	5:02.69	
19:14.79	18:54.49	19:14.69	19:57.99			1650 Free		19:45.49		18:18.09	17:42.49	17:54.39
			:30.69	:32.49	:34.89	50 Back	:35.59	:33.19	:30.49			
1:01.99	1:01.89	1:03.69	1:06.19	1:10.39	1:15.99	100 Back	1:17.89	1:11.49	1:05.59	1:01.09	:57.89	:56.19
2:14.19	2:14.79	2:17.99	2:23.99			200 Back		2:24.69		2:12.69	2:07.09	2:03.39
			:34.79	:36.59	:39.49	50 Breast	:40.69	:37.69	:34.29			
1:10.79	1:10.59	1:12.69	1:15.49	1:19.89	1:26.29	100 Breast	1:29.09	1:22.39	1:14.99	1:08.99	1:05.39	1:02.79
2:34.69	2:30.89	2:38.69	2:44.79			200 Breast		2:44.99		2:30.99	2:23.59	2:17.79
			:29.39	:30.89	:33.29	50 Fly	:34.39	:31.79	:29.09			
1:01.19	1:01.29	1:03.29	1:06.09	1:11.09	1:18.39	100 Fly	1:21.29	1:12.89	1:05.09	:59.89	:56.89	:54.69
2:18.39	2:19.99	2:24.59	2:33.39			200 Fly		2:34.69		2:17.39	2:10.19	2:03.29
			1:07.29	1:10.89	1:15.99	100 IM	1:17.59	1:12.09	1:05.99			
2:16.89	2:15.89	2:19.59	2:24.69	2:33.39	2:44.49	200 IM	2:48.79	2:33.69	2:22.59	2:12.39	2:05.69	2:03.39
4:53.39	4:51.39	4:57.89	5:06.69			400 IM		5:03.49		4:41.19	4:28.79	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

G15-18	G14	G13	G12	G11	G10U	LCM	B10U	B11	B12	B13	B14	B15-18
:29.69	:29.09	:29.59	:30.39	:31.99	:33.79	50 Free	:34.39	:32.39	:29.79	:28.09	:26.99	:26.69
1:04.09	1:02.69	1:04.29	1:06.19	1:09.79	1:14.89	100 Free	1:16.29	1:10.89	1:05.09	1:00.99	:58.39	:57.19
2:18.99	2:16.59	2:19.89	2:24.59	2:33.19	2:44.49	200 Free	2:47.59	2:34.89	2:22.59	2:13.49	2:07.39	2:07.49
4:57.39	4:57.39	5:03.79	5:12.29	5:32.89		400 Free	5:34.49	5:07.99	4:49.79	4:37.19	4:35.49	
19:51.29	19:24.49	19:44.69	20:27.99			1500 Free		20:15.49		18:48.09	18:12.49	18:24.69
			:34.79	:36.79	:39.39	50 Back	:40.19	:37.59	:34.59			
1:12.19	1:10.09	1:12.09	1:14.89	1:19.49	1:25.59	100 Back	1:27.69	1:20.69	1:14.19	1:09.29	1:05.69	1:06.79
2:36.09	2:32.29	2:35.79	2:42.39			200 Back		2:43.19		2:29.99	2:23.89	2:26.79
			:39.29	:41.29	:44.49	50 Breast	:45.79	:42.49	:38.79			
1:23.59	1:19.69	1:21.99	1:25.09	1:29.89	1:36.99	100 Breast	1:40.09	1:32.69	1:24.49	1:17.89	1:13.99	1:15.89
3:02.39	2:49.99	2:58.29	3:05.29			200 Breast		3:05.49		2:50.09	2:41.99	2:45.99
			:33.39	:34.99	:37.69	50 Fly	:38.89	:35.99	:33.09			
1:09.69	1:09.49	1:11.69	1:14.79	1:20.29	1:28.29	100 Fly	1:31.49	1:22.19	1:13.69	1:07.89	1:04.59	1:02.89
2:40.39	2:37.99	2:43.09	2:52.79			200 Fly		2:54.19		2:35.19	2:27.29	2:24.59
2:38.69	2:33.49	2:37.59	2:43.19	2:52.79	3:04.99	200 IM	3:09.69	2:53.09	2:40.89	2:29.69	2:22.29	2:24.29
5:37.79	5:28.59	5:35.69	5:45.39			400 IM		5:41.89		5:17.39	5:03.69	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
2:20.09	2:09.79		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

G15-18	G14	G13	G12	G11	G10U	SCM	B10U	B11	B12	B13	B14	B15-18
:28.79	:28.09	:28.49	:29.39	:30.99	:32.79	50 Free	:33.39	:31.39	:28.79	:27.09	:25.99	:25.49
1:01.59	1:00.69	1:02.29	1:04.19	1:07.79	1:12.89	100 Free	1:14.29	1:08.89	1:03.09	:58.99	:56.39	:55.49
2:13.79	2:12.59	2:15.89	2:20.59	2:29.19	2:40.49	200 Free	2:43.59	2:30.89	2:18.59	2:09.49	2:03.39	2:01.79
4:43.89	4:45.39	4:51.79	5:00.29	5:20.89		400 Free	5:22.49	4:55.99	4:37.79	4:25.19	4:21.89	
19:02.39	18:30.69	18:50.49	19:32.89			1500 Free		19:20.59		17:55.09	17:20.19	17:34.39
			:33.79	:35.79	:38.39	50 Back	:39.19	:36.59	:33.59			
1:08.99	1:08.09	1:10.09	1:12.89	1:17.49	1:23.59	100 Back	1:25.69	1:18.69	1:12.19	1:07.29	1:03.69	1:02.49
2:30.09	2:28.29	2:31.79	2:38.39			200 Back		2:39.19		2:25.99	2:19.89	2:18.49
			:38.29	:40.29	:43.49	50 Breast	:44.79	:41.49	:37.79			
1:17.89	1:17.69	1:19.99	1:23.09	1:27.89	1:34.99	100 Breast	1:38.09	1:30.69	1:22.49	1:15.89	1:11.99	1:08.89
2:50.09	2:45.99	2:54.29	3:01.29			200 Breast		3:01.49		2:46.09	2:37.99	2:30.99
			:32.39	:33.99	:36.69	50 Fly	:37.89	:34.99	:32.09			
1:07.19	1:07.49	1:09.69	1:12.79	1:18.29	1:26.29	100 Fly	1:29.49	1:20.19	1:11.69	1:05.89	1:02.59	1:00.99
2:33.39	2:33.99	2:39.09	2:48.79			200 Fly		2:50.19		2:31.19	2:23.29	2:17.19
			1:14.09	1:17.99	1:24.49	100 IM	1:24.99	1:19.39	1:12.59			
2:31.09	2:29.49	2:33.59	2:39.19	2:48.79	3:00.99	200 IM	3:05.69	2:49.09	2:36.89	2:25.69	2:18.29	2:16.49
5:23.49	5:20.59	5:27.69	5:37.39			400 IM		5:33.89		5:09.39	4:55.69	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