

2024 PACIFIC NORTHWEST LONG COURSE 14&U CHAMPIONSHIPS

JULY 25-27TH, 2024

QUALIFYING PERIOD APRIL 1, 20023 – JULY 17, 2024

Girls			10&U Events	Boys		
SCM	SCY	LCM		LCM	SCY	SCM
35.09	31.59	37.09	50 Free	37.49	31.89	35.29
1:19.39	1:10.49	1:24.49	100 Free	1:25.49	1:11.99	1:20.09
2:57.69	2:35.79	3:07.09	200 Free	3:17.29	2:40.39	3:00.59
6:06.69	7:23.39	6:51.09	400/500 Free	6:44.49	7:26.99	6:10.29
41.79	36.89	44.09	50 Back	44.69	37.99	42.19
1:32.2	1:20.2	1:37.2	100 Back	1:38.5	1:22.4	1:32.7
48.09	42.39	51.09	50 Breast	52.29	43.59	49.39
1:46.5	1:32.8	1:52.2	100 Breast	1:56.1	1:36.6	1:48.2
40.69	35.49	43.29	50 Fly	45.99	37.19	42.09
1:41.0	1:26.3	1:49.9	100 Fly	1:49.9	1:32.6	1:47.9
3:24.0	2:56.9	3:36.5	200 IM	3:36.5	3:02.8	3:28.7
2:48.0	2:30.5	2:52.8	4x50 Free Relay	3:13.6	2:46.5	3:05.9
3:18.3	2:57.6	3:24.4	4x50 Medley Relay	3:45.2	3:13.2	3:35.7
Girls			11-12 Events	Boys		
SCM	SCY	LCM		LCM	SCY	SCM
30.69	28.59	33.09	50 Free	31.99	27.59	29.69
01:06.5	01:01.9	01:13.7	100 Free	01:10.8	01:00.4	01:04.3
02:27.5	02:17.9	02:42.0	200 Free	02:36.2	02:13.0	02:22.6
5:22.69	6:15.09	5:32.49	400/500 Free	5:36.99	6:01.49	5:15.49
21:40.99	21:20.59	23:55.39	1500/1650 Free	23:25.49	20:52.99	21:13.39
36.89	32.79	39.39	50 Back	38.59	32.39	34.79
1:19.99	1:11.19	1:26.99	100 Back	1:27.79	1:09.39	1:17.49
2:51.49	2:38.59	3:13.69	200 Back	3:05.19	2:35.19	2:47.39
41.59	38.09	45.69	50 Breast	45.59	36.79	40.19
1:29.99	1:21.59	1:37.69	100 Breast	1:40.09	1:21.29	1:30.39
3:17.79	3:00.69	3:45.39	200 Breast	3:28.69	3:02.49	3:19.59
33.59	31.29	37.79	50 Fly	36.19	30.89	32.39
1:19.49	1:14.19	1:32.39	100 Fly	1:32.09	1:11.29	1:19.19
3:07.39	2:47.19	3:24.89	200 Fly	3:20.49	2:40.79	3:03.39
2:50.09	2:35.09	3:16.89	200 IM	3:23.99	2:34.39	2:45.39
6:10.49	5:56.79	6:48.29	400 IM	6:39.19	5:46.39	6:02.09
2:15.19	2:01.09	2:19.09	4x50 Free Relay	2:17.39	1:58.09	2:11.89
5:00.79	4:29.49	5:09.49	4x100 Free Relay	5:03.49	4:20.99	4:51.29
2:34.79	2:18.69	2:39.69	4x50 Medley Relay	2:40.19	2:17.39	2:33.39
5:41.29	5:05.79	5:52.29	4x100 Medley Relay	6:20.39	5:25.59	6:03.39
Girls			13-14 Events	Boys		
SCM	SCY	LCM		LCM	SCY	SCM
29.59	26.39	31.39	50 Free	28.19	24.09	26.29
1:03.99	57.89	1:08.29	100 Free	1:02.69	52.69	57.99
2:22.49	2:06.29	2:31.19	200 Free	2:21.19	1:57.29	2:07.59
4:58.49	5:48.19	5:10.99	400/500 Free	4:55.59	5:22.19	4:36.39
20:15.79	20:02.99	20:39.79	1500/1650 Free	19:48.39	19:37.89	19:24.39
1:15.09	1:07.19	1:20.79	100 Back	1:14.59	1:00.19	1:07.79
2:41.99	2:24.29	2:50.89	200 Back	2:44.19	2:11.19	2:28.49
1:26.29	1:16.59	1:34.19	100 Breast	1:21.49	1:07.89	1:15.79
3:07.09	2:47.79	3:22.19	200 Breast	2:54.29	2:29.99	2:45.69
1:13.79	1:06.09	1:20.89	100 Fly	1:12.09	59.49	1:05.79
2:57.59	2:38.49	2:59.19	200 Fly	2:35.09	2:15.39	2:33.89
2:41.99	2:24.89	2:51.09	200 IM	2:38.49	2:10.69	2:29.69
5:52.79	5:11.69	6:13.29	400 IM	5:58.39	4:45.49	5:16.09
2:00.39	1:47.79	2:03.79	4x50 Free Relay	1:59.29	1:42.59	1:54.59
4:27.49	3:59.59	4:35.09	4x100 Free Relay	4:31.09	3:53.09	4:20.19
2:16.49	2:02.29	2:20.79	4x50 Medley Relay	2:12.19	1:53.39	2:06.59
5:01.59	4:30.19	5:22.19	4x100 Medley Relay	5:05.09	4:21.09	4:51.49

These are the tentative standards.

If we are unable to get a host for the 2024 LC 14&U meet the standards will need to be adjusted as it will need to be combined with the SR LC Meet.