

2023 PACIFIC NORTHWEST SHORT COURSE 14&U CHAMPIONSHIPS

DECEMBER 8-10, 2023

QUALIFYING PERIOD SEPTEMBER 1, 2022 - NOVEMBER 29, 2023

Girls			10&U Events	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
35.09	35.89	31.59	50 Free	31.89	36.09	35.29
1:19.39	1:20.99	1:10.49	100 Free	1:11.99	1:21.69	1:20.09
2:57.69	3:00.89	2:35.79	200 Free	2:40.39	3:03.79	3:00.59
6:06.69	6:13.09	7:23.39	400/500 Free	7:26.99	6:16.69	6:10.29
41.79	42.39	36.89	50 Back	37.99	42.79	42.19
1:32.19	1:33.39	1:20.19	100 Back	1:22.39	1:33.89	1:32.69
48.09	49.09	42.39	50 Breast	43.59	50.39	49.39
1:46.49	1:48.49	1:32.79	100 Breast	1:36.59	1:50.19	1:48.19
40.69	41.39	35.49	50 Fly	37.19	42.79	42.09
1:40.99	1:42.39	1:26.29	100 Fly	1:32.59	1:49.29	1:47.89
1:29.09	N/A	1:20.59	100 IM	1:22.49	N/A	1:30.99
3:23.99	3:27.19	2:56.89	200 IM	3:02.79	3:31.89	3:28.69
2:47.99	2:52.79	2:30.49	4x50 Free Relay	2:46.49	3:13.59	3:05.89
3:18.29	3:24.39	2:57.59	4x50 Medley Relay	3:13.19	3:45.19	3:35.69
Girls			11-12 Events	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
30.69	31.49	28.59	50 Free	27.59	30.49	29.69
1:06.49	1:08.09	1:01.89	100 Free	1:00.39	1:05.89	1:04.29
2:27.49	2:30.69	2:17.89	200 Free	2:12.99	2:25.79	2:22.59
5:22.69	5:29.09	6:15.09	400/500 Free	6:01.49	5:21.89	5:15.49
21:40.99	22:04.99	21:20.59	1500/1650 Free	20:52.99	21:37.39	21:13.39
36.89	37.49	32.79	50 Back	32.39	35.39	34.79
1:19.99	1:21.19	1:11.19	100 Back	1:09.39	1:18.69	1:17.49
2:51.49	2:53.89	2:38.59	200 Back	2:35.19	2:49.79	2:47.39
41.59	42.59	38.09	50 Breast	36.79	41.19	40.19
1:29.99	1:31.99	1:21.59	100 Breast	1:21.29	1:32.39	1:30.39
3:17.79	3:21.79	3:00.69	200 Breast	3:02.49	3:23.59	3:19.59
33.59	34.39	31.29	50 Fly	30.89	33.09	32.39
1:19.49	1:20.89	1:14.19	100 Fly	1:11.29	1:20.59	1:19.19
3:07.39	3:10.19	2:47.19	200 Fly	2:40.79	3:06.19	3:03.39
1:19.89	N/A	1:11.19	100 IM	1:10.39	N/A	1:18.99
2:50.09	2:53.29	2:35.09	200 IM	2:34.39	2:48.59	2:45.39
6:10.49	6:16.89	5:56.79	400 IM	5:46.39	6:08.49	6:02.09
2:15.19	2:19.09	2:01.09	4x50 Free Relay	1:58.09	2:17.39	2:11.89
5:00.79	5:09.49	4:29.49	4x100 Free Relay	4:20.99	5:03.49	4:51.29
2:34.79	2:39.69	2:18.69	4x50 Medley Relay	2:17.39	2:40.19	2:33.39
5:41.29	5:52.29	5:05.79	4x100 Medley Relay	5:25.59	6:20.39	6:03.39
Girls			13-14 Events	Boys		
SCM	LCM	SCY		SCY	LCM	SCM
29.59	30.39	26.39	50 Free	24.09	27.09	26.29
1:03.99	1:05.59	57.89	100 Free	52.69	59.59	57.99
2:22.49	2:25.69	2:06.29	200 Free	1:57.29	2:10.79	2:07.59
4:58.49	5:04.89	5:48.19	400/500 Free	5:22.19	4:42.79	4:36.39
20:15.79	20:39.79	20:02.99	1500/1650 Free	19:37.89	19:48.39	19:24.39
1:15.09	1:16.29	1:07.19	100 Back	1:00.19	1:08.99	1:07.79
2:41.99	2:44.39	2:24.29	200 Back	2:11.19	2:30.89	2:28.49
1:26.29	1:28.29	1:16.59	100 Breast	1:07.89	1:17.79	1:15.79
3:07.09	3:11.09	2:47.79	200 Breast	2:29.99	2:49.69	2:45.69
1:13.79	1:15.19	1:06.09	100 Fly	59.49	1:07.19	1:05.79
2:57.59	3:00.39	2:38.49	200 Fly	2:15.39	2:36.69	2:33.89
2:41.99	2:45.19	2:24.89	200 IM	2:10.69	2:32.89	2:29.69
5:52.79	5:56.19	5:11.69	400 IM	4:45.49	5:22.49	5:16.09
2:00.39	2:03.79	1:47.79	4x50 Free Relay	1:42.59	1:59.29	1:54.59
4:27.49	4:35.09	3:59.59	4x100 Free Relay	3:53.09	4:31.09	4:20.19
2:16.49	2:20.79	2:02.29	4x50 Medley Relay	1:53.39	2:12.19	2:06.59
5:01.59	5:11.29	4:30.19	4x100 Medley Relay	4:21.09	5:05.09	4:51.49