

PACIFIC NORTHWEST LONG COURSE 14&U CHAMPIONSHIP

July 27-30, 2023

QUALIFYING PERIOD APRIL 1, 2022 – JULY 19, 2023

GIRLS				BOYS		
13-14	11-12	10U	LCM	10U	11-12	13-14
0:30.29	0:33.29	0:36.79	50 Free	0:36.39	0:33.19	0:28.99
1:07.19	1:14.89	1:22.79	100 Free	1:23.19	1:14.29	1:02.79
2:29.49	2:46.19	3:06.89	200 Free	3:08.79	2:50.09	2:19.49
5:12.89	5:53.69	6:27.19	400 Free	6:35.29	5:48.69	4:53.89
20:54.09	23:55.39		1500 Free		23:25.49	20:35.49
	0:39.89	0:43.09	50 Back	0:44.69	0:40.39	
1:17.79	1:26.39	1:35.09	100 Back	1:38.29	1:26.19	1:14.29
2:51.49	3:11.29		200 Back		3:18.19	2:42.99
	0:45.29	0:50.29	50 Breast	0:51.99	0:46.39	
1:31.89	1:39.69	1:51.49	100 Breast	1:54.89	1:40.89	1:24.59
3:20.69	3:46.09		200 Breast		3:49.39	3:05.79
	0:37.79	0:42.59	50 Fly	0:44.09	0:39.59	
1:17.29	1:31.99	1:47.59	100 Fly	1:55.79	1:30.09	1:11.19
3:19.49	3:41.89		200 Fly		3:10.19	2:54.09
2:49.79	3:06.79	3:29.99	200 IM	3:34.89	3:07.29	2:37.89
6:17.19	6:33.19		400 IM		6:18.19	5:44.79
2:01.09	2:13.19	2:27.09	200 FRR	2:25.49	2:12.59	1:55.69
4:28.69	4:59.29		400 FRR		4:57.19	4:10.89
2:28.19	2:36.09	2:52.49	200 MR	2:56.99	2:39.39	2:20.29
5:14.09	5:52.89		400 MR		5:51.49	4:52.69
13-14	11-12	10U	SCM	10U	11-12	13-14
0:29.49	0:32.49	0:35.99	50 Free	0:35.59	0:32.39	0:28.19
1:05.59	1:13.29	1:21.19	100 Free	1:21.59	1:12.69	1:01.19
2:26.29	2:42.99	3:03.69	200 Free	3:05.59	2:46.89	2:16.29
5:06.49	5:47.29	6:20.79	400 Free	6:28.89	5:42.29	4:47.49
20:30.09	23:31.39		1500 Free		23:01.49	20:11.49
	0:39.29	0:42.49	50 Back	0:44.09	0:39.79	
1:16.59	1:25.19	1:33.89	100 Back	1:37.09	1:24.99	1:13.09
2:49.09	3:08.89		200 Back		3:15.79	2:40.59
	0:44.29	0:49.29	50 Breast	0:50.99	0:45.39	
1:29.89	1:37.69	1:49.49	100 Breast	1:52.89	1:38.89	1:22.59
3:16.69	3:42.09		200 Breast		3:45.39	3:01.79
	0:37.09	0:41.89	50 Fly	0:43.39	0:38.89	
1:15.89	1:30.59	1:46.19	100 Fly	1:54.39	1:28.69	1:09.79
3:16.69	3:39.09		200 Fly		3:07.39	2:51.29
2:46.59	3:03.59	3:26.79	200 IM	3:31.69	3:04.09	2:34.69
6:10.79	6:26.79		400 IM		6:11.79	5:38.39
1:57.89	2:09.99	2:23.89	200 FRR	2:22.29	2:09.39	1:52.49
4:22.29	4:52.89		400 FRR		4:50.79	4:04.49
2:24.99	2:32.89	2:49.29	200 MR	2:53.79	2:36.19	2:17.09
5:07.69	5:46.49		400 MR		5:45.09	4:46.29
13-14	11-12	10U	SCY	10U	11-12	13-14
0:26.39	0:28.69	0:31.29	50 Free	0:31.59	0:27.89	0:24.39
0:57.39	1:02.89	1:09.39	100 Free	1:12.29	1:01.19	0:52.89
2:06.29	2:20.09	2:31.39	200 Free	2:40.69	2:17.39	1:57.39
5:42.09	6:04.29	6:57.09	500 Free	7:19.69	6:01.69	5:16.89
20:39.29	22:45.49		1650 Free		22:43.59	19:20.09
	0:33.69	0:36.09	50 Back	0:38.29	0:33.39	
1:06.09	1:12.99	1:19.09	100 Back	1:21.99	1:11.09	1:01.29
2:24.59	2:41.09		200 Back		2:42.39	2:15.89
	0:38.39	0:41.59	50 Breast	0:44.39	0:37.39	
1:16.09	1:23.49	1:31.89	100 Breast	1:36.69	1:21.19	1:09.19
2:47.29	3:03.29		200 Breast		3:04.79	2:33.39
	0:31.99	0:34.99	50 Fly	0:36.69	0:31.59	
1:05.89	1:15.09	1:24.09	100 Fly	1:29.69	1:13.19	0:59.89
2:40.49	3:01.19		200 Fly		3:10.39	2:21.89
2:24.49	2:37.19	2:52.79	200 IM	3:03.49	2:32.99	2:13.19
5:07.99	5:47.89		400 IM		5:31.49	4:45.79
1:45.89	1:56.79	2:09.39	200 FRR	2:07.89	1:56.29	1:41.09
3:55.69	4:23.29		400 FRR		4:21.39	3:39.69
2:10.39	2:17.49	2:32.29	200 MR	2:36.29	2:20.39	2:03.19
4:36.59	5:11.59		400 MR		5:10.29	4:17.29