

2023 PACIFIC NORTHWEST SHORT COURSE SENIOR STATE CHAMPIONSHIPS
DECEMBER 14-17, 2023
QUALIFYING PERIOD SEPTEMBER 1, 2022 - DECEMBER 6, 2023

Women			Event	Men		
SCM	LCM	SCY		SCY	LCM	SCM
27.89	28.69	25.59	50 Free	22.79	25.69	24.79
1:00.59	1:02.19	55.39	100 Free	49.69	56.09	54.49
2:13.19	2:16.39	1:59.19	200 Free	1:48.09	2:04.79	2:01.59
4:47.59	4:53.99	5:24.99	400/500 Free	4:59.69	4:32.59	4:26.19
10:26.29	10:39.09	11:47.89	800/1000 Free	11:01.59	9:48.89	9:36.09
19:52.69	20:16.69	19:40.99	1500/1650 Free	17:59.39	18:30.29	18:06.29
34.09	34.69	29.89	50 Back	27.39	31.29	30.69
1:09.79	1:10.99	1:01.09	100 Back	55.59	1:04.39	1:03.19
2:32.79	2:35.19	2:15.19	200 Back	2:02.89	2:23.49	2:21.09
39.29	40.29	34.99	50 Breast	30.99	35.59	34.59
1:20.09	1:22.09	1:10.69	100 Breast	1:02.39	1:12.29	1:10.29
2:55.89	2:59.89	2:36.29	200 Breast	2:19.19	2:41.69	2:37.69
31.59	32.29	28.79	50 Fly	26.09	29.49	28.79
1:07.09	1:08.49	1:00.09	100 Fly	53.79	1:01.19	59.79
2:38.79	2:41.59	2:20.19	200 Fly	2:04.49	2:23.89	2:21.09
2:31.19	2:34.39	2:14.49	200 IM	2:01.29	2:20.39	2:17.19
5:30.89	5:37.29	4:54.19	400 IM	4:28.69	5:07.29	5:00.89
1:57.19	2:00.59	1:44.99	4x50 Free Relay	1:33.59	1:48.89	1:44.49
4:28.69	4:36.39	4:00.69	4x100 Free Relay	3:25.19	3:58.59	3:49.09
9:35.49	9:49.99	8:35.59	4x200 Free Relay	7:32.39	8:41.79	8:24.99
2:12.29	2:16.39	1:58.49	4x50 Medley Relay	1:43.39	2:00.59	1:55.39
5:17.09	5:17.09	4:44.09	4x100 Medley Relay	3:50.79	4:29.69	4:17.59

9/27/2023