

PACIFIC NORTHWEST LONG COURSE SENIOR CHAMPIONSHIP

July 20-22, 2023

QUALIFYING PERIOD APRIL 1, 2022 – JULY 12, 2023

FEMALE				MALE		
SCY	SCM	LCM		LCM	SCM	SCY
0:25.49	0:29.09	0:29.89	50 Free	0:26.59	0:25.79	0:22.59
0:55.39	1:03.89	1:05.49	100 Free	0:58.29	0:56.69	0:49.29
2:00.99	2:19.49	2:22.69	200 Free	2:09.99	2:06.79	1:49.19
5:26.69	4:55.69	5:02.09	400 Free	4:42.19	4:35.79	5:00.39
11:12.79	10:24.29	10:37.09	800 Free	10:02.89	9:50.09	10:21.69
18:41.39	20:16.09	20:40.09	1500 Free	18:57.39	18:33.39	17:21.39
1:02.49	1:14.99	1:16.19	100 Back	1:08.39	1:07.19	0:56.19
2:17.59	2:42.79	2:45.19	200 Back	2:30.99	2:28.59	2:06.89
1:12.99	1:26.79	1:28.79	100 Breast	1:17.29	1:15.29	1:03.19
2:40.29	3:11.59	3:15.59	200 Breast	2:53.69	2:49.69	2:22.59
1:01.99	1:12.39	1:13.79	100 Fly	1:03.99	1:02.59	0:54.59
2:26.89	3:02.79	3:05.59	200 Fly	2:40.49	2:37.69	2:08.79
2:15.79	2:39.39	2:42.59	200 IM	2:26.79	2:23.59	2:09.09
4:54.09	5:57.09	6:03.49	400 IM	5:22.19	5:15.79	4:43.89
1:44.49	1:56.29	1:59.49	200 FRR	1:46.39	1:43.19	1:32.69
3:49.69	4:15.59	4:21.99	400 FRR	3:53.19	3:46.79	3:23.69
8:21.49	9:17.99	9:30.79	800 FRR	8:39.69	8:26.89	7:35.39
2:07.69	2:21.99	2:25.19	200 MR	2:09.99	2:06.79	1:53.91
4:27.69	4:57.79	5:04.19	400 MR	4:27.89	4:21.49	3:54.99