

**PNS SHORT COURSE 14 AND UNDER CHAMPS**  
**DECEMBER 11-13, 2009**  
**QUALIFYING PERIOD: September 1, 2008 – December 2, 2009**

GIRLS				BOYS			
G10U	SCY	SCM	LCM	B10U	SCY	SCM	LCM
50 Free	32.89	34.49	35.49	50 Free	33.49	34.49	35.49
100 Free	1:12.79	1:17.59	1:19.59	100 Free	1:13.29	1:19.69	1:21.69
200 Free	2:39.29	2:51.89	2:55.89	200 Free	2:38.99	2:52.59	2:56.59
500 Free	7:18.59	6:05.29	6:13.29	500 Free	7:18.19	6:05.29	6:13.29
50 Back	39.19	41.59	42.59	50 Back	40.19	42.29	43.29
100 Back	1:22.09	1:30.89	1:32.89	100 Back	1:24.99	1:33.09	1:35.09
50 Breast	43.79	48.09	49.09	50 Breast	45.59	49.79	50.79
100 Breast	1:34.89	1:43.69	1:45.69	100 Breast	1:39.29	1:48.39	1:50.39
50 Fly	39.19	39.19	40.19	50 Fly	39.59	40.99	41.99
100 Fly	1:29.69	1:35.59	1:37.39	100 Fly	1:33.29	1:37.29	1:39.29
100 IM	1:22.99	1:32.19	N/A	100 IM	1:27.99	1:37.69	N/A
200 IM	2:57.09	3:09.79	3:13.79	200 IM	3:05.29	3:18.89	3:22.89
200 F.R.	2:19.99	2:22.79	2:26.79	200 F.R.	2:25.29	2:32.79	2:36.79
200 M.R.	2:37.09	2:57.89	3:01.89	200 M.R.	2:47.89	2:57.89	3:01.89
G11	SCY	SCM	LCM	B11	SCY	SCM	LCM
50 Free	30.69	32.39	33.39	50 Free	31.79	33.29	34.29
100 Free	1:08.69	1:12.29	1:14.29	100 Free	1:10.69	1:13.79	1:15.79
200 Free	2:31.19	2:38.39	2:42.39	200 Free	2:32.49	2:39.49	2:43.49
500 Free	6:38.89	5:36.39	5:46.39	500 Free	6:50.29	5:42.59	5:58.59
50 Back	37.49	39.39	40.39	50 Back	37.89	40.99	41.99
100 Back	1:18.99	1:24.69	1:26.69	100 Back	1:20.59	1:26.89	1:28.89
200 Back	2:54.89	3:02.99	3:06.99	200 Back	2:54.19	3:11.49	3:15.49
50 Breast	42.29	45.29	46.29	50 Breast	42.29	45.49	46.49
100 Breast	1:29.99	1:36.39	1:38.39	100 Breast	1:32.09	1:40.69	1:42.69
200 Breast	3:18.19	3:35.19	3:39.19	200 Breast	3:24.09	3:45.69	3:49.69
50 Fly	35.89	37.59	38.59	50 Fly	36.49	38.69	39.69
100 Fly	1:21.69	1:25.49	1:27.49	100 Fly	1:20.99	1:26.79	1:28.79
200 Fly	3:06.29	3:16.69	3:20.69	200 Fly	3:03.89	3:16.19	3:20.69
100 IM	1:19.29	1:28.09	N/A	100 IM	1:20.49	1:29.39	N/A
200 IM	2:46.59	2:58.19	3:02.19	200 IM	2:53.39	3:03.99	3:07.99
400 IM	6:17.79	6:40.59	6:48.59	400 IM	6:16.49	6:55.69	7:03.69
200 F.R.	1:57.99	2:09.79	2:13.79	200 F.R.	2:01.89	2:32.79	2:36.79
400 F.R.	4:24.49	4:48.39	4:56.39	400 F.R.	4:35.19	4:56.39	5:04.39
200 M.R.	2:12.69	2:27.69	2:31.69	200 M.R.	2:19.99	2:40.39	2:44.39
400 M.R.	5:00.09	5:38.19	5:45.19	400 M.R.	5:13.99	5:50.09	5:58.09
G12	SCY	SCM	LCM	B12	SCY	SCM	LCM
50 Free	29.09	30.49	31.49	50 Free	29.59	31.59	32.59
100 Free	1:03.19	1:06.39	1:08.39	100 Free	1:04.89	1:07.19	1:09.19
200 Free	2:19.39	2:28.79	2:32.79	200 Free	2:24.39	2:32.09	2:36.09
500 Free	6:15.39	5:10.29	5:18.29	500 Free	6:39.89	5:59.19	5:27.19
50 Back	35.29	36.89	37.89	50 Back	36.99	38.29	39.29
100 Back	1:13.59	1:19.09	1:21.09	100 Back	1:17.99	1:21.59	1:23.59
200 Back	2:41.29	2:51.59	2:55.59	200 Back	2:53.39	2:53.29	2:57.29
50 Breast	38.89	41.99	42.99	50 Breast	41.89	42.69	43.69
100 Breast	1:23.89	1:31.19	1:33.19	100 Breast	1:29.59	1:33.39	1:35.39
200 Breast	3:04.39	3:13.89	3:17.89	200 Breast	3:23.19	3:23.19	3:27.19
50 Fly	32.89	34.29	35.29	50 Fly	34.99	36.29	37.29
100 Fly	1:16.29	1:18.09	1:20.09	100 Fly	1:20.59	1:23.39	1:25.39
200 Fly	3:06.29	3:10.89	3:14.89	200 Fly	3:03.49	3:13.59	3:17.59

## PNS SHORT COURSE 14 AND UNDER CHAMPS

DECEMBER 11-13, 2009

QUALIFYING PERIOD: September 1, 2008 – December 2, 2009

G12...	SCY	SCM	LCM	B12...	SCY	SCM	LCM
100 IM	1:14.29	1:21.79	N/A	100 IM	1:18.59	2:27.19	N/A
200 IM	2:34.09	2:44.89	2:48.89	200 IM	2:43.49	2:49.09	2:53.09
400 IM	5:48.89	6:00.69	6:08.69	400 IM	6:15.69	6:08.59	6:16.59
200 F.R.	1:57.99	2:09.79	2:13.79	200 F.R.	2:01.89	2:17.89	2:21.89
400 F.R.	4:24.49	4:48.39	4:56.39	400 F.R.	4:35.19	4:56.39	5:04.39
200 M.R.	2:12.69	2:27.69	2:31.69	200 M.R.	2:19.99	2:40.39	2:44.39
400 M.R.	5:00.09	5:37.19	5:45.19	400 M.R.	5:13.99	5:50.09	5:58.09
G13	SCY	SCM	LCM	B13	SCY	SCM	LCM
50 Free	27.89	29.49	30.49	50 Free	27.69	28.89	29.89
100 Free	1:00.69	1:04.09	1:06.09	100 Free	1:00.69	1:03.59	1:05.59
200 Free	2:10.89	2:18.89	2:22.89	200 Free	2:10.59	2:18.99	2:22.99
500 Free	5:57.89	4:53.09	5:01.09	500 Free	5:58.49	4:54.59	5:02.59
1650 Free	19:54.59	20:00.49	20:24.99	1650 Free	19:54.59	20:00.49	20:24.99
100 Back	1:09.29	1:15.79	1:17.79	100 Back	1:10.19	1:16.49	1:18.49
200 Back	2:30.59	2:37.99	2:41.99	200 Back	2:35.59	2:43.29	2:47.29
100 Breast	1:19.99	1:27.79	1:29.79	100 Breast	1:19.59	1:25.59	1:27.59
200 Breast	2:52.29	3:06.09	3:10.09	200 Breast	2:52.29	3:08.49	3:12.49
100 Fly	1:10.69	1:13.39	1:15.39	100 Fly	1:13.89	1:13.29	1:15.29
200 Fly	2:46.89	2:49.79	2:53.79	200 Fly	2:36.19	2:45.09	2:49.09
200 IM	2:28.19	2:36.19	2:40.19	200 IM	2:29.29	2:40.69	2:44.69
400 IM	5:23.29	5:35.19	5:43.19	400 IM	5:39.89	5:51.99	5:59.99
200 F.R.	1:50.09	2:01.79	2:05.79	200 F.R.	1:48.59	1:59.49	2:03.49
400 F.R.	3:59.39	4:28.79	4:36.79	400 F.R.	3:58.69	4:27.19	4:19.19
200 M.R.	2:02.89	2:17.39	2:21.39	200 M.R.	2:01.79	2:23.49	2:27.49
400 M.R.	4:28.79	5:02.79	5:10.79	400 M.R.	4:28.69	5:01.79	5:09.79
G14	SCY	SCM	LCM	B14	SCY	SCM	LCM
50 Free	27.29	29.09	30.09	50 Free	26.19	27.79	28.79
100 Free	59.69	1:03.39	1:05.39	100 Free	56.69	1:00.69	1:02.69
200 Free	2:09.09	2:18.59	2:22.59	200 Free	2:03.29	2:12.29	2:16.29
500 Free	5:46.69	4:51.39	4:59.39	500 Free	5:46.79	4:48.59	4:56.59
1650 Free	19:54.59	20:00.49	20:24.99	1650 Free	18:49.79	18:55.99	19:18.69
100 Back	1:08.89	1:11.99	1:13.99	100 Back	1:07.29	1:13.09	1:15.09
200 Back	2:27.69	2:36.59	2:40.59	200 Back	2:25.59	2:36.39	2:40.39
100 Breast	1:16.99	1:24.79	1:26.79	100 Breast	1:16.09	1:22.19	1:24.19
200 Breast	2:49.49	3:05.99	3:09.99	200 Breast	2:49.49	2:53.29	2:57.29
100 Fly	1:07.69	1:11.89	1:13.89	100 Fly	1:07.69	1:09.79	1:11.79
200 Fly	2:41.49	2:42.59	2:46.59	200 Fly	2:35.79	2:44.69	2:48.69
200 IM	2:26.79	2:34.59	2:38.59	200 IM	2:20.99	2:30.79	2:34.79
400 IM	5:17.59	5:30.09	5:38.09	400 IM	5:14.39	5:29.19	5:37.19
200 F.R.	1:50.09	2:01.79	2:05.79	200 F.R.	1:48.59	1:59.49	2:03.49
400 F.R.	3:59.39	4:28.79	4:36.79	400 F.R.	3:58.69	4:27.19	4:19.19
200 M.R.	2:02.89	2:17.39	2:21.39	200 M.R.	2:01.79	2:23.49	2:27.49
400 M.R.	4:28.79	5:02.79	5:10.79	400 M.R.	4:28.69	5:01.79	5:09.79

Swimmers may swim 6 events for the meet, maximum of three per day. One bonus swim for those who have one to five events qualified. All individual qualifying times must be in SWIMS or Pacific Northwest Swimming AD 02-01.