

## PNS SILVER TIMES

10U	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	43.79	49.49	43.59	49.59
100 Free	1:35.29	1:48.59	1:34.89	1:48.09
200 Free	3:26.19	3:54.09	3:25.29	3:52.59
500 Free	9:11.79	8:15.79	9:13.09	8:16.39
50 Back	50.29	57.89	50.49	57.79
100 Back	1:48.49	2:04.89	1:48.69	2:04.89
50 Breast	56.19	1:04.29	57.19	1:05.09
100 Breast	2:02.59	2:21.09	2:04.69	2:22.89
50 Fly	50.79	57.29	50.39	56.99
100 Fly	1:54.69	2:09.89	1:52.79	2:08.69
100 IM	1:49.39	N/A	1:49.49	N/A
200 IM	3:54.69	4:26.69	3:53.09	4:25.89
11-12	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	38.89	44.09	37.69	42.79
100 Free	1:23.99	1:35.49	1:21.49	1:32.99
200 Free	3:00.39	3:25.09	2:57.19	3:22.59
500 Free	7:59.29	7:10.49	7:55.09	7:07.99
1000 Free	16:45.09	15:06.99	16:40.49	15:04.59
1650 Free	28:15.49	29:07.39	28:06.99	29:17.59
50 Back	44.29	50.79	43.29	49.79
100 Back	1:34.39	1:48.99	1:32.09	1:48.29
200 Back	3:23.39	3:56.29	3:19.79	3:54.29
50 Breast	49.29	56.09	48.29	54.99
100 Breast	1:46.29	2:02.19	1:44.59	2:00.89
200 Breast	3:51.89	4:25.79	3:49.59	4:27.39
50 Fly	43.59	48.99	42.39	47.69
100 Fly	1:35.99	1:48.89	1:33.69	1:46.79
200 Fly	3:35.09	4:06.39	3:31.99	4:00.59
100 IM	1:35.39	N/A	1:33.49	N/A
200 IM	3:24.59	3:54.19	3:20.59	3:50.79
400 IM	7:17.99	8:22.59	7:12.29	8:15.59

13-14	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	36.09	41.09	33.49	38.49
100 Free	1:17.79	1:28.69	1:17.79	1:23.59
200 Free	2:46.99	3:10.19	2:37.19	3:00.89
500 Free	7:21.69	6:37.39	7:03.69	6:23.59
1000 Free	15:15.99	13:38.69	14:40.29	13:14.79
1650 Free	25:04.09	26:14.89	24:37.29	25:23.29
100 Back	1:26.59	1:40.19	1:21.29	1:34.49
200 Back	3:06.39	3:35.09	2:55.59	3:23.59
100 Breast	1:38.09	1:52.39	1:32.09	1:46.09
200 Breast	3:31.59	3:57.69	3:20.49	3:51.09
100 Fly	1:25.69	1:36.99	1:25.69	1:30.79
200 Fly	3:08.79	3:33.99	2:56.59	3:21.09
200 IM	3:09.39	3:36.09	2:57.19	3:24.59
400 IM	6:39.99	7:35.39	6:17.99	7:14.89
15-over	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	35.39	40.39	31.19	36.39
100 Free	1:16.29	1:26.79	1:07.79	1:18.49
200 Free	2:43.49	3:05.89	2:27.69	2:49.89
500 Free	7:13.29	6:27.89	6:40.19	6:00.49
1000 Free	14:57.39	13:20.29	13:57.79	12:31.39
1650 Free	25:04.29	25:42.29	23:22.59	24:07.09
100 Back	1:24.69	1:37.59	1:14.89	1:27.79
200 Back	3:03.29	3:30.29	2:42.99	3:09.69
100 Breast	1:36.29	1:50.19	1:24.89	1:38.79
200 Breast	3:28.19	3:57.69	3:05.29	3:35.49
100 Fly	1:23.69	1:34.99	1:13.89	1:24.39
200 Fly	3:04.39	3:29.19	2:44.49	3:07.89
200 IM	3:05.69	3:32.49	2:45.49	3:16.69
400 IM	6:33.39	7:28.29	5:54.79	6:48.79

## PNS GOLD TIMES

10U	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	37.69	42.59	38.19	43.99
100 Free	1:20.69	1:31.79	1:21.19	1:33.89
200 Free	2:52.29	3:15.59	2:53.29	3:19.29
500 Free	7:39.69	6:59.19	7:47.59	6:59.69
50 Back	42.69	49.09	43.29	50.29
100 Back	1:32.39	1:46.39	1:33.19	1:48.69
50 Breast	48.49	55.49	49.19	56.79
100 Breast	1:46.09	2:02.09	1:47.59	2:05.09
50 Fly	42.29	47.69	41.59	47.79
100 Fly	1:35.79	1:48.49	1:33.39	1:48.39
100 IM	1:32.69	N/A	1:32.29	N/A
200 IM	3:19.69	3:46.89	3:17.19	3:48.29
11-12	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	33.69	38.19	33.59	38.29
100 Free	1:11.79	1:21.59	1:11.39	1:21.39
200 Free	2:32.29	2:53.29	2:33.19	2:55.19
500 Free	6:43.59	6:02.49	6:51.29	6:10.49
1000 Free	14:13.59	12:50.21	14:25.09	13:02.09
1650 Free	24:03.69	24:47.99	24:38.59	25:40.39
50 Back	37.89	43.49	37.99	43.69
100 Back	1:21.19	1:33.69	1:20.79	1:34.99
200 Back	2:56.69	3:25.29	2:54.59	3:24.89
50 Breast	42.99	48.89	42.39	48.29
100 Breast	1:32.79	1:46.59	1:32.29	1:46.69
200 Breast	3:23.29	3:53.09	3:24.49	3:58.29
50 Fly	37.49	42.02	36.59	41.29
100 Fly	1:22.69	1:33.79	1:21.19	1:32.59
200 Fly	3:06.69	3:33.89	3:04.29	3:29.19
100 IM	1:21.89	N/A	1:20.69	N/A
200 IM	2:55.69	3:21.19	2:53.79	3:19.99
400 IM	6:18.59	7:14.19	6:17.29	7:12.99

13-14	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	31.59	35.92	30.19	34.59
100 Free	1:07.19	1:16.69	1:08.09	1:12.89
200 Free	2:22.59	2:42.39	2:17.19	2:37.89
500 Free	6:16.29	5:38.49	6:10.29	5:35.19
1000 Free	13:06.39	11:42.89	12:38.49	11:33.79
1650 Free	22:00.79	22:35.29	21:45.89	22:26.39
100 Back	1:15.29	1:26.99	1:11.89	1:23.59
200 Back	2:43.39	3:08.59	2:34.89	2:59.59
100 Breast	1:26.39	1:38.99	1:21.89	1:34.39
200 Breast	3:07.19	3:30.29	2:59.89	3:27.39
100 Fly	1:15.39	1:25.39	1:16.39	1:20.29
200 Fly	2:47.29	3:09.59	2:36.59	2:58.29
200 IM	2:44.29	3:07.49	2:34.99	2:58.89
400 IM	5:48.99	6:37.39	5:32.89	6:22.99
15-over	GIRLS		BOYS	
	SCY	LCM	SCY	LCM
50 Free	30.99	35.29	27.99	32.79
100 Free	1:05.89	1:14.99	59.89	1:09.39
200 Free	2:19.69	2:38.69	2:08.99	2:28.29
500 Free	6:09.09	5:30.49	5:49.79	5:15.09
1000 Free	12:50.39	11:27.09	12:11.29	10:55.89
1650 Free	21:34.59	22:07.29	20:39.80	21:19.99
100 Back	1:13.59	1:24.79	1:06.29	1:17.59
200 Back	2:40.69	3:04.39	2:23.69	2:47.39
100 Breast	1:24.79	1:36.99	1:15.49	1:27.89
200 Breast	3:04.19	3:30.29	2:46.29	3:13.39
100 Fly	1:13.59	1:23.59	1:05.29	1:14.59
200 Fly	2:43.59	3:05.39	2:26.29	2:46.59
200 IM	2:41.09	3:04.29	2:24.79	2:52.09
400 IM	5:43.29	6:31.19	5:12.49	5:59.99

**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.