

**WASHINGTON STATE SENIOR CHAMPIONSHIPS**  
**DECEMBER 18-21, 2008**  
**QUALIFYING PERIOD: September 1, 2007 – December 10, 2008**

EVENT	WOMEN			EVENT	MEN		
	SCY	SCM	LCM		SCY	SCM	LCM
50 Free	26.52	29.25	30.25	50 Free	24.66	27.12	28.12
100 Free	57.47	1:03.21	1:05.21	100 Free	53.80	59.18	1:01.18
200 Free	2:04.61	2:17.07	2:21.07	200 Free	1:56.69	2:08.32	2:12.32
500 Free	5:33.12	4:50.25	4:58.25	500 Free	5:16.11	4:38.17	4:46.17
1000 Free	11:33.47	10:02.43	10:18.43	1000 Free	10:54.43	9:35.89	9:51.89
1650 Free	19:24.49	19:23.85	19:53.85	1650 Free	18:30.86	18:27.75	18:51.94
100 Back	1:06.85	1:13.59	1:15.59	100 Back	1:02.72	1:08.99	1:10.99
200 Back	2:22.89	2:37.17	2:41.17	200 Back	2:16.93	2:30.62	2:34.62
100 Breast	1:15.99	1:23.58	1:25.58	100 Breast	1:12.19	1:19.29	1:21.29
200 Breast	2:44.94	3:01.43	3:05.43	200 Breast	2:37.73	2:53.50	2:57.50
100 Fly	1:05.34	1:11.87	1:13.87	100 Fly	1:00.90	1:06.99	1:08.99
200 Fly	2:28.46	2:43.30	2:47.30	200 Fly	2:20.70	2:34.44	2:38.44
200 IM	2:22.00	2:36.20	2:40.20	200 IM	2:14.05	2:27.49	2:31.49
400 IM	5:01.50	5:31.65	5:39.65	400 IM	4:46.69	5:15.39	5:23.39
200 F.R.	1:46.59	1:57.29	2:00.49	200 F.R.	1:37.29	1:47.09	1:50.29
400 F.R.	3:54.22	4:17.64	4:25.64	400 F.R.	3:45.09	4:07.59	4:15.59
800 F.R.	8:32.29	9:23.51	9:39.51	800 F.R.	8:07.19	8:42.87	8:58.87
200 M.R.	1:57.49	2:09.29	2:12.49	200 M.R.	1:48.29	1:59.19	2:02.39
400 M.R.	4:15.58	4:41.13	4:49.13	400 M.R.	4:08.39	4:33.22	4:41.22

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 qualifying times must be in SWIMS.