

2006 Spring Championships
March 28 – April 1 **Federal Way, WA**

19 – Over Standards

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
26.89	26.29	23.59	50 FREESTYLE	20.69	22.89	23.89
58.09	56.39	51.19	100 FREESTYLE	45.29	49.99	52.39
2:05.29	2:01.59	1:50.29	200 FREESTYLE	1:39.69	1:50.39	1:54.49
4:22.49	4:12.59	4:52.49	400/500 FREESTYLE	4:29.19	3:53.09	4:03.79
8:57.89	8:55.19	10:03.09	800 FREESTYLE	9:24.99	8:14.39	8:25.89
17:09.69	16:39.29	16:50.19	1500 FREESTYLE	15:41.59	15:24.29	16:09.49
1:05.79	1:02.29	56.69	100 BACKSTROKE	50.49	56.19	58.89
2:20.39	2:15.39	2:02.19	200 BACKSTROKE	1:49.59	2:01.69	2:07.59
1:13.49	1:11.69	1:04.19	100 BREASTSTROKE	56.69	1:02.19	1:05.79
2:38.49	2:35.09	2:18.69	200 BREASTSTROKE	2:03.39	2:18.39	2:23.19
1:03.29	1:01.79	56.19	100 BUTTERFLY	49.49	54.29	56.39
2:17.69	2:15.29	2:03.09	200 BUTTERFLY	1:50.49	2:00.89	2:05.49
2:21.89	2:16.89	2:04.09	200 IM	1:51.29	2:02.99	2:09.19
4:58.59	4:50.89	4:23.79	400 IM	3:58.19	4:23.69	4:35.09
4:02.39	4:01.19	3:35.99	400 FREE RELAY	3:09.89	3:30.59	3:37.69
8:42.09	8:35.09	7:41.69	800 FREE RELAY	7:01.59	7:47.89	7:59.59
4:29.49	4:28.39	4:00.49	400 MEDLEY RELAY	3:31.29	3:54.59	3:59.69

18 – Under Standards

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.09	26.49	23.79	50 FREESTYLE	20.99	23.19	24.69
58.49	56.79	51.59	100 FREESTYLE	45.89	50.69	52.99
2:06.09	2:02.39	1:51.09	200 FREESTYLE	1:40.89	1:51.69	1:55.69
4:24.09	4:14.29	4:54.49	400/500 FREESTYLE	4:32.19	3:55.69	4:06.19
9:01.09	8:48.59	10:07.09	800 FREESTYLE	9:30.99	8:19.59	8:30.69
17:15.69	16:45.89	16:56.79	1500 FREESTYLE	15:51.49	15:33.99	16:18.49
1:06.19	1:02.69	57.09	100 BACKSTROKE	51.09	56.89	59.49
2:21.19	2:16.29	2:02.99	200 BACKSTROKE	1:50.79	2:03.09	2:08.79
1:13.89	1:12.09	1:04.59	100 BREASTSTROKE	57.29	1:03.69	1:08.39
2:39.29	2:35.99	2:19.49	200 BREASTSTROKE	2:04.59	2:19.69	2:28.59
1:03.69	1:02.19	56.59	100 BUTTERFLY	50.09	54.89	56.99
2:19.19	2:16.19	2:03.89	200 BUTTERFLY	1:50.69	2:01.19	2:06.69
2:22.69	2:17.79	2:04.89	200 IM	1:52.49	2:04.29	2:10.39
5:00.19	4:52.69	4:25.39	400 IM	4:00.59	4:26.39	4:37.49
4:02.39	4:01.19	3:35.99	400 FREE RELAY	3:09.89	3:30.59	3:37.69
8:42.09	8:35.09	7:41.69	800 FREE RELAY	7:01.59	7:47.89	7:59.59
4:29.49	4:28.39	4:00.49	400 MEDLEY RELAY	3:31.29	3:54.59	3:59.69

Qualifying Period is Feb 1, 2005 through entry deadline

Age defined as of March 28, 2006

Bonus Events available; no time standards for bonus events

9/20/05

