Northwest Narwhal Swim Club Records

Long Course | WOMEN | Short Course

7&U	8&U	9&U	10&U	11-12	13-14	15-16	17-18	OPEN	EVENT	OPEN	17-18	15-16	13-14	11-12	10&U	9&U	8&U	7&U
41.80	39.09	37.30	35.95	30.24	28.81	28.16	28.29	28.16	50 FREE	27.87	28.71	27.87	28.13	29.79	34.70	37.52	40.10	42.29
1.41.57	1.32.52	1.25.76	1.19.15	1.06.82	1.02.66	59.97	1.00.62	59.97	100 FREE	1.00.02	1.02.19	1.00.02	1.00.98	1.04.81	1.18.17	1.22.96	1.30.42	1.39.95
3.37.43	3.14.46	3.04.35	3.04.35	2.24.80	2.16.74	2.13.91	2.49.66	2.13.91	200 FREE	2.11.82	2.12.26	2.11.82	2.11.00	2.22.65	2.47.78	2.58.00	3.15.32	3.34.46
	6.50.27	6.50.27	6.17.21	5.05.53	4.57.40	4.53.29	5.03.49	4.53.29	400 FREE	4.38.13	5.54.15	4.38.13	4.39.56	4.59.35	5.52.77	6.12.33	7:04.70	8.03.03
		13.05.30	13.05.30	11.15.71	10.15.36	10.12.40	12.18.85	10.12.40	800 FREE	9.36.24		9.36.24	9.36.93	10.18.78	12.15.83			
					19.37.08			19.37.08	1500 FREE	19.36.55		20.54.99	19.27.73	22.15.59				
1.05.53	49.75	44.62	40.82	36.45	36.81	34.14		34.14	50 BACK	32.26	34.57	32.26	32.63	35.30	40.10	43.93	48.82	58.43
	1.45.36	1.39.87	1.34.13	1.19.25	1.12.70	1.14.94	1.18.43	1.12.70	100 BACK	1.09.14	1.15.36	1.09.14	1.10.66	1.15.99	1.29.08	1.32.39	1.44.50	2.17.78
	3.53.68	3.19.27	3.19.27	2.48.25	2.39.42	2.39.31	3.25.86	2.39.31	200 BACK	2.30.02	2.44.15	2.30.02	2.32.80	2.45.27	2.59.22	3.13.37	3.35.18	
1.00.47	59.62	52.65	47.70	43.04	36.39	34.00	34.11	34.00	50 BREAST	33.18	33.37	33.18	35.45	41.53	48.83	51.85	57.98	1.05.59
2.13.92	2.13.92	1.57.18	1.47.29	1.32.70	1.18.92	1.14.73	1.14.53	1.14.53	100 BREAST	1.11.33	1.11.33	1.11.68	1.16.11	1.28.65	1.42.81	1.58.97	2.08.98	2.08.98
		4.11.87	4.11.87	3.20.94	2.49.77	2.42.60	2.42.96	2.42.60	200 BREAST	2.33.92	2.33.92	2.35.95	2.43.97	3.06.06	3.54.06	3.57.23	4.30.30	
58.71	49.61	47.70	39.54	34.10	30.90	29.91	29.26	29.26	50 FLY	28.94	29.15	28.94	29.58	33.88	38.16	50.43	52.86	
			1.35.93	1.19.49	1.08.29	1.07.64	1.06.25	1.06.25	100 FLY	1.06.70	1.06.98	1.06.70	1.07.09	1.17.73	1.31.12	2.03.88		
					2.40.24	2.45.19		2.40.24	200 FLY	2.30.10		2.40.94	2.30.10	3.01.97				
									100 IM	1.09.39	1.19.33	1.09.39	1.11.96	1.20.74	1.30.11	1.41.12	1.48.14	2.11.29
	3.42.62	3.32.50	3.17.63	2.53.18	2.33.76	2.31.72	2.30.75	2.30.75	200 IM	2.29.00	2.56.63	2.29.00	2.30.33	2.45.90	3.10.50	3.28.98	3.45.43	
				6.04.52	5.34.72	5.27.72	5.30.98	5.27.72	400 IM	5.20.97		5.20.97	5.22.11	5.48.09	6.54.79			
				2.15.66	2.04.97	2.00.91	2.07.84	2.00.91	200 F.R.	1.57.44	1.57.44	1.59.79	2.02.51	2.17.63	3.34.67			
									400 F.R.									
					10:39.16			10:39.16	800 F.R.									
				2:37.12	2.22.88	2.18.04	2.23.03	2.18.04	200 M.R.	2.15.26		2.15.26	2.18.84	2.38.27				
									400 M.R.									

Northwest Narwhal Swim Club Records

Long Course | MEN | Short Course

7&U	8&U	9&U	10&U	11-12	13-14	15-16	17-18	OPEN	EVENT	OPEN	17-18	15-16	13-14	11-12	10&U	9&U	8&U	7&U
	1.03.08	46.46	34.72	30.16	28.46	26.44	25.81	25.81	50 FREE	25.11	25.28	25.11	27.55	29.54	36.94	41.21	54.71	1.03.27
	2.25.73	1.56.46	1.17.57	1.08.25	1.04.67	1:04.01	58.78	58.78	100 FREE	56.39	57.32	56.39	59.91	1.05.98	1.21.12	1:30.41	1.57.23	2.22.70
	5.07.94	4.02.44	2.47.25	2.33.01	2.19.59	2:28.77	2.19.20	2.19.20	200 FREE	2:09.62	2:09.62	2:10.00	2.11.89	2.22.43	2.56.64	3.15.82	4.21.09	4.57.06
				5.25.67	4.59.47	5:19.74	4.52.06	4.52.06	400 FREE	4:43.82	4:45.27	4:43.82	4.49.90	4.57.32	6.18.16			
				10.56.07	10.04.17			10.04.17	800 FREE	9.30.91	9.50.01	10.49.71	9.30.91	10.27.84	12.33.93			
				23.09.83	19.25.32	20:48.82	19.51.90	19.25.32	1500 FREE	18.49.47	18.52.07	19.45.06	18.49.47	19.05.41				
		56.98	38.56	37.56	34.21	40.95	39.34	34.21	50 BACK	33.14	33.51	37.65	33.14	36.60	44.79	51.38	57.43	1.23.20
		1.54.51	1.27.98	1.23.98	1.14.22	1:18.84	1:12.17	1:12.17	100 BACK	1:08.02	1:08.02	1:11.03	1.10.45	1.17.63	1.35.81	1.57.03	2.07.27	2.46.02
			3:05.63	2.59.86	2.53.70	3.08.39		2.53.70	200 BACK	2.39.89	2.39.89	2.41.55	3.01.81	2.45.65	3.19.66			
		1.03.64	47.57	39.14	45.98	33.97	34.69	33.97	50 BREAST	32.88	34.92	32.88	35.58	38.94	50.24	56.18	1.10.45	
	3.05.21	2.18.03	1.44.32	1:26.81	1.26.70	1.17.30	1:17.00	1:17.00	100 BREAST	1:13.48	1:15.49	1:13.48	1.24.38	1.24.73	1.43.49	1:58.68	2.35.47	
				3.07.58	3.07.90	2.55.18	2.52.50	2.52.50	200 BREAST	2:43.97	2.45.84	2:43.97	3.01.48	3.00.60	3.53.24			
	1.22.75	1.12.56	39.97	35.43	29.71	30.37	27.55	27.55	50 FLY	26.67	27.83	26.67	30.13	32.86	45.42	51.06	1.17.37	
			1.54.99	1.22.93	1.06.04	1.12.23	1:03.67	1:03.67	100 FLY	1:00.41	1:01.73	1:00.41	1.03.64	1.11.66	1.41.51			
				3.07.03	2.36.62		2.46.08	2.36.62	200 FLY	2.24.90	2:27.83	2:33.81	2.24.90	2.36.27				
									100 IM	1.15.01	1.15.01	1:18.50	1.25.48	1.18.37	1.35.67	2.01.81	2.18.93	
		4.18.84	3.17.50	2.50.54	2.40.60	2.45.09	2.42.15	2.40.60	200 IM	2:21.64	2:24.05	2:21.64	2.30.29	2.35.21	3.18.65	3.48.63		
				6.05.61	5.23.92	6:09.31		5.23.92	400 IM	5.14.27	5:23.27	6.20.93	5.14.27	5.23.53	7.08.95			
				2.31.77	2.06.01	2.05.87		2.05.87	200 F.R.	2:05.02		2:05.02	2.43.05					
									400 F.R.									
				3.06.11	2.23.35	2.47.97		2.23.35	200 M.R.	2:26.84		2:26.84	3.14.13					
									400 M.R.									