

## 2024-2025 Western Region Swimming Championships

Women Long Course								Women Short Course								
10&U	11	12	13	14	15	16	17&O		17&O	16	15	14	13	12	11	10&U
38.89	35.35	33.59	32.58	31.54	31.12	30.86	30.70	50 FR	30.08	30.24	30.61	30.91	31.94	32.92	34.60	38.06
1:25.90	1:18.09	1:14.14	1:11.30	1:09.00	1:07.77	1:06.65	1:06.33	100 FR	1:04.99	1:05.32	1:06.40	1:07.62	1:09.88	1:12.66	1:16.52	1:24.17
3:09.81	2:52.55	2:42.52	2:37.58	2:30.37	2:28.78	2:26.96	2:25.83	200 FR	2:22.91	2:24.03	2:25.80	2:27.36	2:34.42	2:39.26	2:49.09	3:05.99
6:44.64	6:07.85	5:45.20	5:35.49	5:22.79	5:18.12	5:14.48	5:09.70	400 FR	5:03.50	5:08.19	5:11.76	5:16.33	5:28.77	5:38.29	6:00.95	6:37.05
	12:10.82	12:03.58	11:42.19	11:12.12	11:05.40	10:57.29	10:50.48	800 FR	10:37.46	10:44.14	10:52.10	10:58.67	11:28.14	11:49.10	11:56.20	
			22:21.09	22:07.82	21:54.54	21:41.38	21:28.37	1500 FR	19:32.73	19:44.57	20:12.97	20:25.52	20:59.15			
46.23	42.03	39.56	38.23	36.27	35.59	34.86	34.46	50 BK	33.76	34.16	34.88	35.54	37.46	38.77	41.19	45.31
1:40.50	1:31.36	1:26.01	1:23.11	1:18.85	1:17.37	1:15.79	1:14.91	100 BK	1:13.40	1:14.27	1:15.82	1:17.27	1:21.44	1:24.28	1:29.54	1:38.49
3:34.02	3:14.56	3:04.10	2:59.32	2:50.83	2:47.80	2:45.34	2:44.11	200 BK	2:40.82	2:42.02	2:44.43	2:47.41	2:55.73	3:00.42	3:10.67	3:29.74
52.76	47.96	45.08	43.27	40.41	40.49	40.09	39.68	50 BR	38.89	39.29	39.68	40.58	42.41	44.17	47.01	50.70
1:54.69	1:44.26	1:38.00	1:34.07	1:30.02	1:28.03	1:27.15	1:26.27	100 BR	1:24.54	1:25.41	1:26.27	1:28.21	1:32.18	1:36.03	1:42.19	1:50.21
	3:41.70	3:31.50	3:24.85	3:16.47	3:15.07	3:13.53	3:11.59	200 BR	3:07.75	3:09.65	3:11.17	3:12.53	3:20.93	3:27.26	3:37.26	
46.10	42.40	39.37	37.03	35.28	34.40	34.10	33.60	50 FL	32.93	33.42	33.71	34.57	36.28	38.58	41.56	45.69
1:40.41	1:32.19	1:25.58	1:20.49	1:16.69	1:14.79	1:14.13	1:13.05	100 FL	1:11.58	1:12.65	1:13.28	1:15.15	1:18.87	1:23.86	1:30.34	1:39.34
	3:45.79	3:23.56	3:22.98	2:58.36	2:54.54	2:53.44	2:49.91	200 FL	2:46.51	2:49.97	2:51.04	2:54.80	3:18.92	3:19.49	3:41.27	
3:33.96	3:14.51	3:05.05	2:57.91	2:51.36	2:50.47	2:46.03	2:44.95	200 IM	2:41.65	2:42.71	2:47.06	2:47.93	2:54.35	3:01.34	3:10.62	3:29.62
	6:45.09	6:41.08	6:33.33	6:12.54	6:09.25	6:02.01	5:58.29	400 IM	5:51.12	5:54.76	6:02.02	6:05.08	6:25.46	6:33.05	6:36.99	
Men Long Course								Men Short Course								
10&U	11	12	13	14	15	16	17&O		17&O	16	15	14	13	12	11	10&U
38.87	35.34	33.10	31.07	29.07	28.30	27.72	27.50	50 FR	26.94	27.17	27.74	28.48	30.44	32.43	34.63	38.09
1:26.03	1:18.21	1:13.22	1:08.18	1:03.87	1:01.83	1:00.65	59.97	100 FR	58.77	59.34	1:00.59	1:02.59	1:06.81	1:11.75	1:16.64	1:24.30
3:09.27	2:52.06	2:42.74	2:31.05	2:21.51	2:17.00	2:14.30	2:13.00	200 FR	2:10.33	2:11.61	2:14.26	2:18.68	2:28.02	2:39.49	2:48.61	3:05.47
6:38.86	6:02.60	5:45.31	5:25.12	5:01.32	4:54.03	4:50.80	4:48.47	400 FR	4:42.69	4:44.98	4:48.14	4:55.30	5:18.62	5:38.41	5:55.34	6:30.87
	11:26.90	11:20.11	11:13.37	10:39.23	10:20.28	10:13.70	10:08.04	800 FR	9:55.87	10:01.42	10:07.87	10:26.47	10:59.91	11:06.50	11:13.17	
			21:24.74	20:50.54	20:37.72	20:08.75	19:56.67	1500 FR	19:32.73	19:44.57	20:12.97	20:25.52	20:59.15			
46.37	42.15	39.32	36.31	33.58	33.12	31.68	31.60	50 BK	30.97	31.04	32.46	32.91	35.59	38.53	41.27	45.39
1:40.80	1:31.64	1:25.48	1:18.95	1:13.00	1:12.01	1:08.86	1:08.69	100 BK	1:07.33	1:07.48	1:10.57	1:11.54	1:17.37	1:23.76	1:29.71	1:38.68
3:34.58	3:15.07	3:03.44	2:52.81	2:40.99	2:35.76	2:32.80	2:31.41	200 BK	2:28.38	2:29.75	2:32.64	2:37.77	2:49.34	2:59.76	3:11.17	3:30.29
52.97	48.15	44.62	41.36	38.25	36.46	35.93	35.46	50 BR	34.74	35.21	35.72	37.49	40.54	43.72	47.19	51.91
1:55.15	1:44.68	1:37.00	1:29.92	1:23.16	1:19.26	1:18.11	1:17.08	100 BR	1:15.53	1:16.54	1:17.67	1:21.50	1:28.12	1:35.05	1:42.59	1:52.85
	3:45.37	3:28.69	3:16.06	3:04.85	2:54.35	2:53.00	2:52.20	200 BR	2:48.75	2:49.54	2:51.94	3:01.15	3:12.13	3:24.52	3:40.86	
47.50	43.18	39.58	35.62	32.78	31.39	30.48	30.12	50 FL	29.51	29.86	30.76	32.13	34.90	38.79	42.47	46.71
1:43.27	1:33.88	1:26.05	1:17.44	1:11.26	1:08.23	1:06.26	1:05.47	100 FL	1:04.16	1:04.93	1:06.87	1:09.84	1:15.88	1:24.32	1:32.32	1:41.55
	3:27.72	3:25.67	3:07.79	2:45.32	2:38.78	2:31.88	2:31.13	200 FL	2:28.09	2:28.84	2:35.60	2:42.01	3:04.03	3:21.55	3:23.56	
3:35.84	3:16.22	3:03.23	2:51.22	2:39.99	2:35.45	2:31.51	2:28.69	200 IM	2:25.72	2:28.48	2:32.36	2:36.79	2:47.79	2:59.57	3:12.29	3:31.52
	6:40.96	6:37.00	6:13.64	5:47.01	5:36.15	5:29.75	5:27.46	400 IM	5:20.91	5:23.15	5:29.42	5:40.07	6:06.16	6:29.05	6:32.94	