



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

Day 1 - Session 1 - Friday PM - 1000 FR + 11/12 MEDLEY RELAYS

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
13:44.69	1	11 -12	1000Y Freestyle	2	13:30.19
13:01.79	3	13-14	1000Y Freestyle	4	12:23.89
12:49.99	5	15 & Over	1000Y Freestyle	6	11:57.79
	7	11-12	400Y Medley Relay	8	

Day 2 - Session 2 - Saturday AM - 12 & UNDER

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
40.25	9	11-12	50Y Breaststroke	10	40.99
1:40.00	11	8 & U	100Y Freestyle	12	1:40.00
1:21.59	13	10 & U	100Y Freestyle	14	1:17.91
1:07.54	15	11-12	100Y Freestyle	16	1:07.89
	17	8 & U	200Y Medley Relay	18	
	19	10 & U	200Y Medley Relay	20	
	21	11-12	200Y Medley Relay	22	
50.00	23	8 & U	50Y Backstroke	24	50.00
40.99	25	10 & U	50Y Backstroke	26	42.59
35.99	27	11-12	50Y Backstroke	28	36.99
1:45.00	29	8 & U	100Y Individual Medley	30	1:45.00
1:28.79	31	10 & U	100Y Individual Medley	32	1:29.53
2:50.69	33	11-12	200Y Individual Medley	34	2:49.39
40.00	35	8 & U	50Y Freestyle	36	40.00
34.04	37	10 & U	50Y Freestyle	38	34.16
30.38	39	11-12	50Y Freestyle	40	30.41
21.00	41	8 & U	25Y Butterfly	42	21.00
1:42.09	43	10 & U	100Y Butterfly	44	1:40.39
1:20.19	45	11-12	100Y Butterfly	46	1:18.69
24.00	47	8 & U	25Y Breaststroke	48	24.00
1:43.51	49	10 & U	100Y Breaststroke	50	1:43.69
1:27.85	51	11-12	100Y Breaststroke	52	1:27.79

Warm Ups for the 11& Over Meet begins at the conclusion of the 12 and Under Meet

Day 2 - Session 3 - Saturday PM - 11 & OVER

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
2:26.84	53	13-14	200Y Freestyle	54	2:15.69
2:20.29	55	15 & Over	200Y Freestyle	56	2:07.89
2:54.99	57	11-12	200Y Butterfly	58	2:41.99
2:40.99	59	13-14	200Y Butterfly	60	2:31.99
2:34.59	61	15 & Over	200Y Butterfly	62	2:20.39
	63	13-14	200Y Medley Relay	64	
	65	15 & Over	200Y Medley Relay	66	
2:49.39	67	11-12	200Y Backstroke	68	2:39.79
1:14.19	69	13-14	100Y Backstroke	70	1:09.59
1:11.69	71	15 & Over	100Y Backstroke	72	1:04.19
3:00.69	73	13-14	200Y Breaststroke	74	2:49.39
2:55.79	75	15 & Over	200Y Breaststroke	76	2:39.29
	77	13-14	400Y Freestyle Relay	78	
	79	15 & Over	400Y Freestyle Relay	80	
5:44.29	81	11-12	400Y Individual Medley	82	5:25.49
29.46	83	13-14	50Y Freestyle	84	28.05
28.25	85	15 & Over	50Y Freestyle	86	26.25
2:42.99	87	13-14	200Y Individual Medley	88	2:31.99
2:36.00	89	15 & Over	200Y Individual Medley	90	2:22.59
6:40.09	91	11-12	500Y Freestyle	92	6:35.09
6:22.39	93	13-14	500Y Freestyle	94	6:03.19
6:13.69	95	15 & Over	500Y Freestyle	96	5:44.19



2025 YMCA NORTH CENTRAL REGIONAL SWIM MEET

Friday March 14 - Sunday March 16, 2025

Day 3 - Session 4 - Sunday AM - 12 & UNDER

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
1:15.99	97	11-12	100Y Individual Medley	98	1:17.99
18.00	99	8 & U	25Y Freestyle	100	18.00
2:50.67	101	10 & U	200Y Freestyle	102	2:50.89
2:30.79	103	11-12	200Y Freestyle	104	2:27.49
	105	8 & U	100Y Freestyle Relay	106	
	107	10 & U	200Y Freestyle Relay	108	
	109	11-12	200Y Freestyle Relay	110	
58.00	111	8 & U	50Y Breaststroke	112	58.00
46.54	113	10 & U	50Y Breaststroke	114	47.85
3:10.69	115	11-12	200Y Breaststroke	116	2:59.39
22.00	117	8 & U	25Y Backstroke	118	22.00
1:31.54	119	10 & U	100Y Backstroke	120	1:32.09
1:19.55	121	11-12	100Y Backstroke	122	1:19.09
55.00	123	8 & U	50Y Butterfly	124	55.00
39.99	125	10 & U	50Y Butterfly	126	41.99
34.59	127	11-12	50Y Butterfly	128	35.99
	129	8 & U	200Y Freestyle Relay	130	
	131	10 & U	400Y Freestyle Relay	132	
	133	11-12	400Y Freestyle Relay	134	

Warm Ups for the 11& Over Meet begins at the conclusion of the 12 and Under Meet

Day 3 - Session 5 - Sunday PM - 13 & OVER

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
	135	13 - 14	200Y Freestyle Relay	136	
	137	15 & Over	200Y Freestyle Relay	138	
2:39.59	139	13 - 14	200Y Backstroke	140	2:29.79
2:35.39	141	15 & Over	200Y Backstroke	142	2:19.89
1:24.09	143	13 - 14	100Y Breaststroke	144	1:18.09
1:21.49	145	15 & Over	100Y Breaststroke	146	1:13.19
5:44.29	147	13 - 14	400Y Individual Medley	148	5:25.49
5:35.49	149	15 & Over	400Y Individual Medley	150	5:05.99
1:13.49	151	13 - 14	100Y Butterfly	152	1:08.09
1:10.99	153	15 & Over	100Y Butterfly	154	1:03.59
1:05.16	155	13 - 14	100Y Freestyle	156	1:02.19
1:04.89	157	15 & Over	100Y Freestyle	158	58.09
	159	13 - 14	400Y Medley Relay	160	
	161	15 & Over	400Y Medley Relay	162	

*Updated 10/30/2023