



NW Region YMCA Qualifying Times (Girls 9-10)		GIRLS	OSI Short Course A Time Standards (Girls 10)		OSI Short Course B Time Standards (Girls 10)	
Yards	Meters		SCY A	SCM A	SCY B	SCM B
37.49	40.09	50 Free	32.89	36.19	36.19	39.79
My Times:						
Goal Time: _____						
1:23.49	1:32.09	100 Free	1:13.19	1:20.59	1:20.59	1:28.59
My Times:						
Goal Time: _____						
3:09.09	3:28.69	200 Free	2:42.19	2:58.49	2:58.49	3:16.29
My Times:						
Goal Time: _____						
45.49	49.89	50 Back	38.39	42.29	42.29	46.49
My Times:						
Goal Time: _____						
1:42.99	1:53.19	100 Back	1:24.69	1:33.19	1:33.19	1:42.49
My Times:						
Goal Time: _____						
50.49	55.49	50 Breast	43.99	48.39	48.39	53.29
My Times:						
Goal Time: _____						
1:51.99	2:03.19	100 Breast	1:34.79	1:44.29	1:44.29	1:54.69
My Times:						
Goal Time: _____						

49.99	54.39	50 Fly	37.79	41.59	41.59	45.79
My Times:						
Goal Time: _____						
1:48.99	1:59.89	100 Fly	1:29.39	1:38.39	1:38.39	1:48.19
My Times:						
Goal Time: _____						
1:37.99	1:47.69	100 IM	1:22.79	1:31.09	1:31.09	1:40.19
My Times:						
Goal Time: _____						
3:30.99	3:51.99	200 IM	3:00.49	3:18.59	3:18.59	3:38.39
My Times:						
Goal Time: _____						

I qualified for regionals in:

I qualified for OSI Championships in:
