



NW Region YMCA Qualifying Times (Girls 11-12)		GIRLS	OSI Short Course A Time Standards (Girls 11)		OSI Short Course B Time Standards (Girls 11)	
Yards	Meters	Event	SCY A	SCM A	SCY B	SCM B
32.49	35.49	50 Free	30.39	33.49	33.49	36.79
My Times:						
Goal Time: _____						
1:10.99	1:17.69	100 Free	1:07.19	1:13.99	1:13.99	1:21.29
My Times:						
Goal Time: _____						
2:38.99	2:54.29	200 Free	2:27.59	2:42.39	2:42.39	2:58.59
My Times:						
Goal Time: _____						
500 - 6:20.99	400 - 5:33.59	500/400 Free	500 - 6:35.59	400 - 5:47.29	500 - 7:15.19	400 - 6:22.09
My Times:						
Goal Time: _____						
38.49	42.19	50 Back	35.29	38.89	38.89	42.79
My Times:						
Goal Time: _____						
1:25.99	1:34.29	100 Back	1:17.29	1:25.09	1:25.09	1:33.59
My Times:						
Goal Time: _____						
2:52.99	3:09.79	200 Back	2:27.29	2:42.09	2:42.09	2:58.29
My Times:						
Goal Time: _____						
42.49	46.59	50 Breast	40.29	44.39	44.39	48.79
My Times:						
Goal Time: _____						

1:35.99	1:45.39	100 Breast	1:28.59	1:37.49	1:37.49	1:47.19
My Times:						
Goal Time: _____						
3:08.99	3:27.59	200 Breast	2:49.39	3:06.39	3:06.39	3:24.99
My Times:						
Goal Time: _____						
38.49	42.19	50 Fly	34.59	38.09	38.09	41.89
My Times:						
Goal Time: _____						
1:25.99	1:34.29	100 Fly	1:21.59	1:29.79	1:29.79	1:38.79
My Times:						
Goal Time: _____						
2:52.99	3:09.79	200 Fly	2:41.09	2:57.19	2:57.19	3:14.99
My Times:						
Goal Time: _____						
1:21.99	1:29.89	100 IM	1:16.69	1:24.39	1:24.39	1:32.79
My Times:						
Goal Time: _____						
2:54.99	3:11.99	200 IM	2:48.19	3:05.09	3:05.09	3:23.59
My Times:						
Goal Time: _____						
5:34.99	6:11.79	400 IM	5:23.39	5:55.79	5:55.79	6:31.39
My Times:						
Goal Time: _____						
1000 - 12:40.99	800 - 11:06.39	800/1000 Free	1000 - 12:26.39	800 - 10:47.49	1000 - 13:41.09	800 - 11:52.29
My Times:						
Goal Time: _____						
1650 - 21:31.99	1500 - 21:33.79	1500/1650 Free	1650- 21:09.49	1500 - 21:35.39	1650 - 23:16.49	1500 - 23:44.99
My Times:						
Goal Time: _____						