



NW Region YMCA Qualifying Times (Girls 11-12)		GIRLS	OSI Short Course A Time Standards (Girls 12)		OSI Short Course B Time Standards (Girls 12)	
Yards	Meters	Event	SCY A	SCM A	SCY B	SCM B
32.49	35.49	50 Free	28.89	31.79	31.79	34.99
My Times: _____ Goal Time: _____						
1:10.99	1:17.69	100 Free	1:02.09	1:08.29	1:08.29	1:15.19
My Times: _____ Goal Time: _____						
2:38.99	2:54.29	200 Free	2:18.59	2:32.49	2:32.49	2:47.69
My Times: _____ Goal Time: _____						
500 - 6:20.99	400 - 5:33.59	500/400 Free	500 - 6:10.29	400 - 5:25.09	500 - 6:47.39	400 - 5:57.59
My Times: _____ Goal Time: _____						
38.49	42.19	50 Back	33.39	36.79	36.79	40.49
My Times: _____ Goal Time: _____						
1:25.99	1:34.29	100 Back	1:11.89	1:19.09	1:19.09	1:26.99
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	37.69	41.49	41.49	45.69
My Times: _____ Goal Time: _____						

1:35.99	1:45.39	100 Breast	1:21.69	1:29.89	1:29.89	1:38.89
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	31.69	34.89	34.89	38.39
My Times:						
Goal Time: _____						
1:25.99	1:34.29	100 Fly	1:13.09	1:20.39	1:20.39	1:28.49
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	1:12.29	1:19.59	1:19.59	1:27.49
My Times:						
Goal Time: _____						
2:54.99	3:11.99	200 IM	2:37.79	2:53.59	2:53.59	3:10.99
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: _____						