



| NW Region YMCA<br>Qualifying Times (Boys<br>13-14) |                  | BOYS                    | OSI Short Course<br>A Time Standards<br>(Boys 14) |                  | OSI Short Course<br>B Time Standards<br>(Boys 14) |                  |
|----------------------------------------------------|------------------|-------------------------|---------------------------------------------------|------------------|---------------------------------------------------|------------------|
| Yards                                              | Meters           | Event                   | SCY A                                             | SCM A            | SCY B                                             | SCM B            |
| 29.49                                              | 32.19            | <b>50 Free</b>          | 25.49                                             | 28.09            | 28.09                                             | 30.89            |
| My Times: _____                                    |                  |                         |                                                   |                  |                                                   |                  |
| Goal Time: _____                                   |                  |                         |                                                   |                  |                                                   |                  |
| 1:04.99                                            | 1:10.99          | <b>100 Free</b>         | 55.49                                             | 1:01.09          | 1:01.09                                           | 1:07.19          |
| My Times: _____                                    |                  |                         |                                                   |                  |                                                   |                  |
| Goal Time: _____                                   |                  |                         |                                                   |                  |                                                   |                  |
| 2:19.99                                            | 2:33.19          | <b>200 Free</b>         | 2:00.99                                           | 2:13.09          | 2:13.09                                           | 2:26.39          |
| My Times: _____                                    |                  |                         |                                                   |                  |                                                   |                  |
| Goal Time: _____                                   |                  |                         |                                                   |                  |                                                   |                  |
| 500 -<br>6:00.99                                   | 400 -<br>5:15.79 | <b>500/400<br/>Free</b> | 500 -<br>5:38.79                                  | 400 -<br>4:57.49 | 500 -<br>6:12.69                                  | 400 -<br>5:27.19 |
| My Times: _____                                    |                  |                         |                                                   |                  |                                                   |                  |
| Goal Time: _____                                   |                  |                         |                                                   |                  |                                                   |                  |
| 36.49                                              | 39.99            | <b>50 Back</b>          | n/a                                               | n/a              | n/a                                               | n/a              |
| My Times: _____                                    |                  |                         |                                                   |                  |                                                   |                  |
| Goal Time: _____                                   |                  |                         |                                                   |                  |                                                   |                  |
| 1:17.99                                            | 1:25.49          | <b>100 Back</b>         | 1:04.39                                           | 1:10.89          | 1:10.89                                           | 1:17.99          |
| My Times: _____                                    |                  |                         |                                                   |                  |                                                   |                  |
| Goal Time: _____                                   |                  |                         |                                                   |                  |                                                   |                  |
| 2:42.99                                            | 2:58.69          | <b>200 Back</b>         | 2:21.49                                           | 2:35.69          | 2:35.69                                           | 2:51.29          |
| My Times: _____                                    |                  |                         |                                                   |                  |                                                   |                  |
| Goal Time: _____                                   |                  |                         |                                                   |                  |                                                   |                  |
| 39.49                                              | 43.29            | <b>50 Breast</b>        | n/a                                               | n/a              | n/a                                               | n/a              |
| My Times: _____                                    |                  |                         |                                                   |                  |                                                   |                  |
| Goal Time: _____                                   |                  |                         |                                                   |                  |                                                   |                  |

|                    |                    |                           |                    |                    |                    |                    |
|--------------------|--------------------|---------------------------|--------------------|--------------------|--------------------|--------------------|
| 1:20.99            | 1:28.79            | <b>100 Breast</b>         | 1:11.89            | 1:19.09            | 1:19.09            | 1:26.99            |
| My Times:          |                    |                           |                    |                    |                    |                    |
| Goal Time: _____   |                    |                           |                    |                    |                    |                    |
| 2:56.99            | 3:14.19            | <b>200 Breast</b>         | 2:37.89            | 2:53.69            | 2:53.69            | 3:11.09            |
| My Times:          |                    |                           |                    |                    |                    |                    |
| Goal Time: _____   |                    |                           |                    |                    |                    |                    |
| 34.99              | 37.69              | <b>50 Fly</b>             | n/a                | n/a                | n/a                | n/a                |
| My Times:          |                    |                           |                    |                    |                    |                    |
| Goal Time: _____   |                    |                           |                    |                    |                    |                    |
| 1:17.99            | 1:25.49            | <b>100 Fly</b>            | 1:02.89            | 1:09.19            | 1:09.19            | 1:16.09            |
| My Times:          |                    |                           |                    |                    |                    |                    |
| Goal Time: _____   |                    |                           |                    |                    |                    |                    |
| 2:52.99            | 2:58.69            | <b>200 Fly</b>            | 2:30.99            | 2:46.09            | 2:46.09            | 3:02.69            |
| My Times:          |                    |                           |                    |                    |                    |                    |
| Goal Time: _____   |                    |                           |                    |                    |                    |                    |
| 2:42.99            | 2:55.39            | <b>200 IM</b>             | 2:19.49            | 2:33.49            | 2:33.49            | 2:48.79            |
| My Times:          |                    |                           |                    |                    |                    |                    |
| Goal Time: _____   |                    |                           |                    |                    |                    |                    |
| 5:18.99            | 5:54.09            | <b>400 IM</b>             | 4:56.79            | 5:26.49            | 5:26.49            | 5:59.19            |
| My Times:          |                    |                           |                    |                    |                    |                    |
| Goal Time: _____   |                    |                           |                    |                    |                    |                    |
| 1000 –<br>11:40.99 | 800 –<br>10:12.79  | <b>800/1000<br/>Free</b>  | 1000 –<br>11:47.89 | 800 –<br>10:14.19  | 1000 -<br>12:58.69 | 800 -<br>11:15.59  |
| My Times:          |                    |                           |                    |                    |                    |                    |
| Goal Time: _____   |                    |                           |                    |                    |                    |                    |
| 1650 –<br>19:59.99 | 1500 –<br>19:59.99 | <b>1500/1650<br/>Free</b> | 1650-<br>19:49.69  | 1500 –<br>20:13.99 | 1650 -<br>21:48.69 | 1500 -<br>22:15.39 |
| My Times:          |                    |                           |                    |                    |                    |                    |
| Goal Time: _____   |                    |                           |                    |                    |                    |                    |