



NW Region YMCA Qualifying Times (Girls 13-14)		GIRLS	OSI Short Course A Time Standards (Girls 14)		OSI Short Course B Time Standards (Girls 14)	
Yards	Meters		SCY A	SCM A	SCY B	SCM B
31.49	34.39	50 Free	27.09	29.79	29.79	32.79
My Times:						
Goal Time: _____						
1:06.99	1:13.29	100 Free	59.19	1:05.19	1:05.19	1:11.69
My Times:						
Goal Time: _____						
2:27.99	2:41.99	200 Free	2:09.19	2:22.19	2:22.19	2:36.39
My Times:						
Goal Time: _____						
500 - 6:20.99	400 - 5:33.59	500/400 Free	500 - 5:54.49	400 - 5:11.29	500 - 6:29.99	400 - 5:42.39
My Times:						
Goal Time: _____						
37.49	41.09	50 Back	n/a	n/a	n/a	n/a
My Times:						
Goal Time: _____						
1:19.99	1:27.69	100 Back	1:06.69	1:13.39	1:13.39	1:20.69
My Times:						
Goal Time: _____						
2:52.99	3:09.79	200 Back	2:24.59	2:39.09	2:39.09	2:54.99
My Times:						
Goal Time: _____						
42.49	46.59	50 Breast	n/a	n/a	n/a	n/a
My Times:						
Goal Time: _____						

1:28.99	1:37.69	100 Breast	1:16.69	1:24.39	1:24.39	1:32.79
My Times:						
Goal Time: _____						
3:08.99	3:27.59	200 Breast	2:48.99	3:05.89	3:05.89	3:24.49
My Times:						
Goal Time: _____						
35.49	38.79	50 Fly	n/a	n/a	n/a	n/a
My Times:						
Goal Time: _____						
1:21.99	1:29.89	100 Fly	1:07.09	1:13.79	1:13.79	1:21.19
My Times:						
Goal Time: _____						
2:52.99	3:09.79	200 Fly	2:35.49	2:51.09	2:51.09	3:08.19
My Times:						
Goal Time: _____						
2:52.99	3:01.99	200 IM	2:26.59	2:41.29	2:41.29	2:57.39
My Times:						
Goal Time: _____						
5:34.99	6:11.79	400 IM	5:18.49	5:50.39	5:50.39	6:25.39
My Times:						
Goal Time: _____						
1000 - 12:40.99	800 - 11:06.39	800/1000 Free	1000 - 12:13.89	800 - 10:36.69	1000 - 13:27.29	800 - 11:40.39
My Times:						
Goal Time: _____						
1650 - 21:31.99	1500 - 21:33.79	1500/1650 Free	1650- 20:29.39	1500 - 20:54.49	1650 - 22:32.39	1500 - 22:59.99
My Times:						
Goal Time: _____						