



NW Region YMCA Qualifying Times (Girls 15-21)		GIRLS	OSI Short Course A Time Standards (Girls 15&O)		OSI Short Course A Time Standards (Girls 15&O)	
Yards	Meters	Event	SCY A	SCM A	SCY B	SCM B
29.49	32.19	50 Free	26.59	29.29	29.29	31.09
My Times:						
Goal Time: _____						
1:03.99	1:09.89	100 Free	57.49	1:03.49	1:03.49	1:07.79
My Times:						
Goal Time: _____						
2:21.99	2:35.39	200 Free	2:03.89	2:16.89	2:16.89	2:27.39
My Times:						
Goal Time: _____						
500 - 6:20.99	400 - 5:33.59	500/400 Free	500 - 5:31.69	400 - 4:53.49	500 - 6:04.89	400 - 5:22.29
My Times:						
Goal Time: _____						
36.49	39.99	50 Back	n/a	n/a	n/a	n/a
My Times:						
Goal Time: _____						
1:17.99	1:25.49	100 Back	1:03.69	1:10.19	1:10.19	1:15.89
My Times:						
Goal Time: _____						
2:48.99	3:05.39	200 Back	2:19.99	2:36.59	2:36.59	2:44.69
My Times:						
Goal Time: _____						
41.99	45.49	50 Breast	n/a	n/a	n/a	n/a
My Times:						
Goal Time: _____						

1:26.99	1:35.39	100 Breast	1:13.99	1:22.59	1:22.59	1:27.29
My Times:						
Goal Time: _____						
3:01.99	3:19.79	200 Breast	2:40.09	2:56.69	2:56.69	3:09.09
My Times:						
Goal Time: _____						
34.49	38.79	50 Fly	n/a	n/a	n/a	n/a
My Times:						
Goal Time: _____						
1:13.99	1:20.99	100 Fly	1:03.59	1:10.09	1:10.09	1:15.69
My Times:						
Goal Time: _____						
2:47.99	3:04.19	200 Fly	2:34.59	2:50.19	2:50.19	2:54.79
My Times:						
Goal Time: _____						
2:42.99	2:58.69	200 IM	2:18.69	2:33.29	2:33.29	2:46.99
My Times:						
Goal Time: _____						
5:34.99	6:11.79	400 IM	5:03.69	5:35.29	5:35.29	5:54.39
My Times:						
Goal Time: _____						
1000 – 12:40.99	800 – 11:06.39	800/1000 Free	1000 – 11:53.29	800 – 10:19.89	1000 - 12:43.99	800 - 11:05.39
My Times:						
Goal Time: _____						
1650 – 21:31.99	1500 – 21:33.79	1500/1650 Free	1650- 20:02.39	1500 – 20:00.69	1650 - 21:06.39	1500 - 21:30.79
My Times:						
Goal Time: _____						