



2026 NORTHWEST DISTRICT, IL YMCA STATE, AND YMCA NATIONAL TIME STANDARDS 25 Yard Course

GIRLS				BOYS		
Y STATE	NW DISTRICT		8 & UNDER	NW DISTRICT	Y STATE	
0:20.09	0:24.19		25 Freestyle	0:25.49	0:21.19	
0:45.89	0:57.39		50 Freestyle	0:58.99	0:47.19	
0:23.79	0:28.59		25 Backstroke	0:29.69	0:24.69	
0:28.49	0:35.69		25 Breaststroke	0:37.79	0:30.19	
0:24.59	0:30.79		25 Butterfly	0:32.49	0:25.99	
2:00.59	2:30.79		100 Individual Medley	2:31.39	2:01.09	
1:36.29	One Team		100 Freestyle Relay	One Team	1:46.69	
1:50.09	One Team		100 Medley Relay	One Team	2:04.69	
1:44.79	One Team		100 Mixed Free Relay	One Team	1:44.79	
1:57.99	One Team		100 Mixed Medley Relay	One Team	1:57.99	
Y STATE	NW DISTRICT		10 & UNDER	NW DISTRICT	Y STATE	
0:35.29	0:40.59		50 Freestyle	0:41.09	0:35.69	
1:18.69	1:34.49		100 Freestyle	1:36.99	1:20.79	
3:08.49	3:46.19		200 Freestyle	3:51.49	3:12.89	
0:40.69	0:46.79		50 Backstroke	0:48.79	0:42.39	
0:48.49	0:58.19		50 Breaststroke	0:59.89	0:49.89	
0:41.69	0:50.09		50 Butterfly	0:53.59	0:44.59	
1:31.49	1:49.79		100 Individual Medley	1:53.29	1:34.39	
3:33.99	4:16.79		200 Individual Medley	4:30.79	3:45.59	
2:42.29	One Team		200 Freestyle Relay	One Team	2:58.69	
3:02.59	One Team		200 Medley Relay	One Team	3:21.29	
2:54.69	One Team		200 Mixed Freestyle Relay	One Team	2:54.69	
3:13.29	One Team		200 Mixed Medley Relay	One Team	3:13.29	
Y NATS	Y STATE	NW DISTRICT	12 & UNDER	NW DISTRICT	Y STATE	Y NATS
0:24.79	0:30.69	0:35.29	50 Freestyle	0:35.89	0:31.19	0:22.09
0:53.79	1:09.19	1:23.09	100 Freestyle	1:22.19	1:08.49	0:48.19
1:56.49	2:29.59	2:59.59	200 Freestyle	3:15.89	2:43.19	1:45.19
5:10.99	7:02.49	8:26.99	500 Freestyle	8:42.29	7:15.19	4:47.99
-	0:36.29	0:41.79	50 Backstroke	0:42.79	0:37.19	-
0:59.49	1:19.69	1:35.69	100 Backstroke	1:37.49	1:21.19	0:53.89
-	0:41.09	0:49.39	50 Breaststroke	0:50.89	0:42.39	-
1:08.19	1:30.79	1:48.49	100 Breaststroke	1:51.59	1:32.99	1:00.89
-	0:35.29	0:42.39	50 Butterfly	0:43.49	0:36.19	-
0:59.29	1:24.39	1:41.29	100 Butterfly	1:46.39	1:28.59	0:52.79
2:10.59	2:54.29	3:29.19	200 Individual Medley	3:31.09	2:55.89	1:57.79
1:39.69	2:20.19	One Team	200 Freestyle Relay	One Team	2:35.79	1:29.49
1:50.99	2:42.89	One Team	200 Medley Relay	One Team	2:54.09	1:39.79
Y NATS	Y STATE		14 & UNDER	Y STATE	Y NATS	
0:24.79		0:28.49	50 Freestyle	0:26.59	0:22.09	
0:53.79		1:02.69	100 Freestyle	0:58.69	0:48.19	
1:56.49		2:20.79	200 Freestyle	2:13.59	1:45.19	
5:10.99		6:23.39	500 Freestyle	6:26.19	4:47.99	
0:59.49		1:13.29	100 Backstroke	1:09.89	0:53.89	
1:08.19		1:24.99	100 Breaststroke	1:20.39	1:00.89	
0:59.29		1:15.89	100 Butterfly	1:11.39	0:52.79	
2:10.59		2:38.89	200 Individual Medley	2:31.69	1:57.79	
1:39.69		2:15.69	200 Freestyle Relay	2:16.29	1:29.49	
1:50.99		2:31.09	200 Medley Relay	2:35.29	1:39.79	
Y NATS	Y STATE		21 & UNDER	Y STATE	Y NATS	
0:24.79		0:26.79	50 Freestyle	0:23.59	0:22.09	
0:53.79		0:58.29	100 Freestyle	0:51.59	0:48.19	
1:56.49		2:08.69	200 Freestyle	1:55.89	1:45.19	
5:10.99		5:54.79	500 Freestyle	5:30.39	4:47.99	
18:04.59		22:33.69	1650 Freestyle	22:03.79	16:45.79	
0:59.49		1:07.29	100 Backstroke	0:59.69	0:53.89	
2:07.99		2:27.49	200 Backstroke	2:16.19	1:57.19	
1:08.19		1:18.59	100 Breaststroke	1:08.69	1:00.89	
2:27.99		2:52.29	200 Breaststroke	2:35.39	2:12.69	
0:59.29		1:07.69	100 Butterfly	0:57.89	0:52.79	
2:12.39		2:45.49	200 Butterfly	2:33.09	1:57.79	
2:10.59		2:28.89	200 Individual Medley	2:11.19	1:57.79	
4:38.99		5:36.99	400 Individual Medley	5:11.49	4:15.99	
1:39.69		2:00.59	200 Freestyle Relay	1:55.49	1:29.49	
3:36.59		4:39.09	400 Freestyle Relay	4:22.99	3:13.89	
1:50.99		2:33.09	200 Medley Relay	2:11.19	1:39.79	
4:01.39		5:17.19	400 Medley Relay	5:03.69	3:37.19	

QUALIFYING PERIOD IS MARCH 1, 2025 THOUGH THE ENTRY DEADLINE