

2025 Northwest Region YMCA Qualifying Times

Girls		8 & Under	Boys	
Yards	SCM		Yards	SCM
21.24	23.09	25 Free	21.24	23.09
46.49	50.09	50 Free	46.49	50.09
1:40.99	1:50.99	100 Free	1:40.99	1:50.99
25.24	27.49	25 Back	25.24	27.49
56.49	1:02.09	50 Back	56.49	1:02.09
30.24	32.99	25 Breast	30.24	132.99
1:06.49	1:13.19	50 Breast	1:06.49	1:13.19
27.24	29.69	25 Fly	27.24	29.69
1:00.49	1:06.59	50 Fly	1:00.49	1:06.59
1:56.99	2:08.69	100 IM	1:56.99	2:08.69

Girls		9-10 Years	Boys	
Yards	SCM		Yards	SCM
37.49	40.09	50 Free	37.49	40.09
1:23.49	1:32.09	100 Free	1:23.49	1:32.09
3:09.99	3:28.69	200 Free	3:09.99	3:28.69
45.49	49.89	50 Back	45.49	49.89
1:42.99	1:53.19	100 Back	1:42.99	1:53.19
50.49	55.49	50 Breast	50.49	55.49
1:51.99	2:03.19	100 Breast	1:51.99	2:03.19
49.99	54.39	50 Fly	49.99	54.39
1:48.99	1:59.89	100 Fly	1:48.99	1:59.89
1:37.99	1:47.69	100 IM	1:37.99	1:47.69
3:30.99	3:51.99	200 IM	3:30.99	3:51.99

Girls		11-12 Years	Boys	
Yards	SCM		Yards	SCM
32.49	35.49	50 Free	33.49	36.59
1:10.99	1:17.69	100 Free	1:11.99	1:18.79
2:38.99	2:54.29	200 Free	2:37.99	2:53.09
6:50.99	6:03.59	400/500 Free	6:40.99	5:53.79
38.49	42.19	50 Back	39.49	43.29
1:25.99	1:34.29	100 Back	1:26.99	1:35.39
42.49	46.59	50 Breast	44.49	48.79
1:35.99	1:45.39	100 Breast	1:38.99	1:48.79
38.49	42.19	50 Fly	40.49	44.39
1:25.99	1:34.29	100 Fly	1:25.99	1:34.29
1:21.99	1:29.89	100 IM	1:21.99	1:29.89
2:54.99	3:11.99	200 IM	2:54.99	3:11.99

Girls		11-14 Years	Boys	
Yards	SCM		Yards	SCM
12:50.99	11:16.39	800/1000 Free	12:40.99	11:06.79
21:41.99	21:43.79	1500/1650 Free	19:59.99	21:33.79
2:52.99	3:09.79	200 Back	2:42.99	2:58.69
3:08.99	3:27.59	200 Breast	2:56.99	3:14.19
2:52.99	3:09.79	200 Fly	2:42.99	2:58.79
5:34.99	6:11.79	400 IM	5:18.99	5:54.09

Girls		13-14 Years	Boys	
Yards	SCM		Yards	SCM
31.49	34.39	50 Free	29.49	32.19
1:06.99	1:13.29	100 Free	1:04.99	1:10.99
2:27.99	2:41.99	200 Free	2:19.99	2:33.19
6:30.99	5:43.59	400/500 Free	6:20.99	5:35.79
37.49	41.09	50 Back	36.49	39.99
1:19.99	1:27.69	100 Back	1:17.99	1:25.49
42.49	46.59	50 Breast	39.49	43.29
1:28.99	1:37.69	100 Breast	1:20.99	1:28.79
35.49	38.79	50 Fly	34.99	37.69
1:21.99	1:29.89	100 Fly	1:17.99	1:25.49
2:52.99	3:01.99	200 IM	2:42.99	2:55.39

Girls		15-21 Years	Boys	
Yards	SCM		Yards	SCM
29.49	32.19	50 Free	26.49	28.89
1:03.99	1:09.89	100 Free	56.99	1:02.09
2:21.99	2:35.39	200 Free	2:10.99	2:23.19
6:30.99	5:43.59	400/500 Free	6:10.99	5:15.79
12:40.99	11:06.39	800/1000 Free	11:40.99	10:12.79
21:31.99	21:33.79	1500/1650 Free	19:59.99	19:59.99
36.49	39.99	50 Back	33.49	36.59
1:17.99	1:25.49	100 Back	1:08.99	1:15.49
2:48.99	3:05.39	200 Back	2:37.99	2:53.09
41.99	45.49	50 Breast	36.49	39.89
1:26.99	1:35.39	100 Breast	1:17.99	1:25.49
3:01.99	3:19.79	200 Breast	2:44.99	3:00.89
34.49	38.79	50 Fly	31.49	34.39
1:13.99	1:20.99	100 Fly	1:05.99	1:12.09
2:47.99	3:04.19	200 Fly	2:22.99	2:36.49
2:42.99	2:58.69	200 IM	2:29.99	2:44.29
5:34.99	6:11.79	400 IM	5:18.99	5:54.09