

YMCA Pacific Region North
2010 Y Regional Meet Qualifying Standards
(Including Long & Short Course Meters)

8 & Under

GIRLS

BOYS

50 Meters	25 Meters	25 Yards		25 Yards	25 Meters	50 Meters
	23.09	20.99	25 Free	20.99	23.09	
51.19	50.19	45.99	50 Free	45.99	50.19	51.19
	27.49	24.99	25 Back	24.99	27.49	
1:02.09	1:01.09	55.99	50 Back	55.99	1:01.09	1:02.09
	32.99	29.99	25 Breast	29.99	32.99	
1:12.19	1:11.19	1:05.99	50 Breast	1:05.99	1:11.19	1:12.19
	29.69	26.99	25 Fly	26.99	29.69	
1:06.49	1:05.49	59.99	50 Fly	59.99	1:05.49	1:06.49
	2:06.49	1:55.99	100 I.M.	1:55.99	2:06.49	

9 & 10

GIRLS

BOYS

50 Meters	25 Meter	25 Yards		25 Yards	25 Meter	50 Meters
41.69	40.69	36.99	50 Free	36.99	40.69	41.69
1:33.29	1:31.29	1:22.99	100 Free	1:22.99	1:31.29	1:33.29
3:30.79	3:26.79	3:07.99	200 Free	3:07.99	3:26.79	3:30.29
50.49	49.49	44.99	50 Back	44.99	49.49	50.49
1:54.19	1:52.19	1:41.99	100 Back	1:41.99	1:52.19	1:54.19
55.99	54.99	49.99	50 Brst	49.99	54.99	55.99
2:04.09	2:02.09	1:50.99	100 Brst	1:50.99	2:02.09	2:04.09
54.89	53.89	48.99	50 Fly	48.99	53.89	54.89
2:00.79	1:58.79	1:47.99	100 Fly	1:47.99	1:58.79	2:00.79
	1:46.69	1:36.99	100 I.M.	1:36.99	1:46.69	
3:53.89	3:49.89	3:28.99	200 I.M.	3:28.99	3:49.89	3:53.89

2010 Y Regional Meet Qualifying Standards (Including Long & Short Course Meters)

11 & 12

GIRLS

BOYS

50 Meters	25 Meter	25 Yards		25 Yards	25 Meter	50 Meters
35.19	34.19	31.99	50 Free	32.99	35.39	36.39
1:18.99	1:16.99	1:09.99	100 Free	1:10.99	1:18.09	1:20.09
2:55.59	2:51.59	2:35.99	200 Free	2:35.99	2:51.59	2:55.59
5:56.99	5:48.99	6:30.99	500 Free	6:30.99	5:48.99	5:56.99
11:17.99	11:01.99	12:40.99	1000 Fr	11:40.99	10:20.99	10:36.99
21:55.99	21:31.99	21:31.99	1650 Fr	19:59.99	19:59.99	20:23.99
42.79	42.09	37.99	50 Back	38.99	42.89	43.89
1:35.49	1:33.49	1:24.99	100 Back	1:25.99	1:34.59	1:36.59
3:12.09	3:08.09	2:50.99	200 Back	2:40.99	2:57.09	3:01.09
47.19	46.19	41.99	50 Brst	43.99	48.39	49.39
1:46.49	1:44.49	1:34.99	100 Brst	1:37.99	1:47.79	1:49.79
3:29.69	3:25.69	3:06.99	200 Brst	2:54.99	3:12.49	3:16.49
42.79	41.79	37.99	50 Fly	39.99	43.99	44.99
1:35.49	1:33.49	1:24.99	100 Fly	1:24.99	1:33.49	1:35.49
3:07.69	3:03.69	2:45.99	200 Fly	2:30.99	2:46.09	2:50.09
	1:29.09	1:20.99	100 I.M.	1:20.99	1:29.09	
3:14.29	3:10.29	2:52.99	200 I.M.	2:52.99	3:10.29	3:14.29
6:16.49	6:08.49	5:34.99	400 I.M.	5:18.99	5:50.89	5:58.89

The 11-12 Time Standards in the 1000 Free, 1650 Free, 200 Back, 200 Brst, 200 Fly and 400 IM are the same as the 13-14 standards. This is done to provide longer events to 11-12 swimmers, but not add too much additional time to the meet format. These cannot be bonus swims.

2010 Y Regional Meet Qualifying Standards
(Including Long & Short Course Meters)

13 & 14

GIRLS

BOYS

50 Meters	25 Meter	25 Yards		25 Yards	25 Meter	50 Meters
34.99	33.99	30.99	50 Free	28.99	31.89	32.89
1:14.69	1:12.69	1:05.99	100 Free	1:03.99	1:10.39	1:12.39
2:44.69	2:40.69	2:25.99	200 Free	2:17.99	2:31.79	2:35.79
5:38.89	5:30.89	6:15.99	500 Free	5:51.99	5:09.79	5:17.79
11:17.99	11:01.99	12:40.99	1000 Fr	11:40.99	10:20.99	10:36.99
21:54.99	21:31.99	21:31.99	1650 Fr	19:59.99	19:59.99	20:23.99
41.69	41.09	36.99	50 Back	35.99	39.59	40.59
1:28.89	1:26.89	1:18.99	100 Back	1:16.99	1:24.69	1:26.69
3:12.09	3:08.09	2:50.99	200 Back	2:40.99	2:57.09	3:01.09
47.19	46.19	41.99	50 Brst	38.99	42.89	43.89
1:38.79	1:36.79	1:27.99	100 Brst	1:19.99	1:27.99	1:29.99
3:29.69	3:25.69	3:06.99	200 Brst	2:54.99	3:12.49	3:16.49
39.49	38.49	34.99	50 Fly	33.99	37.39	38.39
1:31.09	1:29.09	1:20.99	100 Fly	1:16.99	1:24.69	1:26.69
3:07.09	3:04.29	2:45.99	200 Fly	2:30.99	2:46.09	2:50.09
3:00.39	3:00.39	2:43.99	200 I.M.	2:37.99	2:53.79	2:57.79
6:16.49	6:08.49	5:34.99	400 I.M.	5:18.99	5:50.89	5:58.89

15 – 21

GIRLS

BOYS

50 Meters	25 Meter	25 Yards		25 Yards	25 Meter	50 Meters
32.89	31.89	28.99	50 Free	25.99	28.59	29.59
1:11.29	1:09.29	1:02.99	100 Free	55.99	1:01.59	1:03.59
2:37.99	2:33.99	2:19.99	200 Free	2:08.99	2:21.89	2:25.89
5:38.89	5:30.89	6:15.99	500 Free	5:49.99	5:07.99	5:15.99
11:17.99	11:01.99	12:40.99	1000 Fr	11:40.99	10:20.99	10:36.99
21:54.99	21:31.99	21:31.99	1650 Fr	19:59.99	19:59.99	20:23.99
40.59	39.59	35.99	50 Back	32.99	36.29	37.27
1:26.69	1:24.69	1:16.99	100 Back	1:07.99	1:14.79	1:16.79
3:07.69	3:03.69	2:46.99	200 Back	2:35.99	2:51.69	2:55.69
46.09	45.09	40.99	50 Brst	35.99	39.69	40.69
1:36.69	1:34.69	1:25.99	100 Brst	1:16.99	1:24.69	1:26.69
3:21.99	3:17.99	2:59.99	200 Brst	2:42.99	2:59.29	3:03.29
39.49	38.49	34.99	50 Fly	30.99	34.09	35.09
1:22.29	1:20.29	1:12.99	100 Fly	1:04.99	1:11.49	1:13.49
3:07.09	3:04.09	2:45.99	200 Fly	2:20.99	2:35.09	2:39.09
3:01.09	2:57.09	2:40.99	200 I.M.	2:27.99	2:42.79	2:46.79
6:10.99	6:02.99	5:29.99	400 I.M.	4:55.99	5:25.59	5:33.59