

## Midwest Regional YMCA Swim Meet - Events and Qualifying Times 2023

### SESSION 1 FRIDAY PM - 11/12, 13/14, 15+ 1000 YARD FREESTYLE. BOYS AND GIRLS IN ONE POOL (NORTH POOL)

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
13:44.69	157	11 - 12	1000Y Freestyle	158	13:30.19
13:01.79	159	13 - 14	1000Y Freestyle	160	12:23.89
12:49.99	161	15 & Over	1000Y Freestyle	162	11:57.79

### SESSION 2 SATURDAY AM - 10 & UNDER MEET. BOYS AND GIRLS IN ONE POOL (NORTH POOL)

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
1:40.00	1	8 & U	100Y Freestyle	2	1:40.00
1:21.59	3	10 & U	100Y Freestyle	4	1:17.91
	5	8 & U	100Y Medley Relay	6	
	7	10 & U	200Y Medley Relay	8	
50.00	9	8 & U	50Y Backstroke	10	50.00
40.99	11	10 & U	50Y Backstroke	12	42.59
1:45.00	13	8 & U	100Y Individual Medley	14	1:45.00
1:28.79	15	10 & U	100Y Individual Medley	16	1:29.53
40.00	17	8 & U	50Y Freestyle	18	40.00
34.04	19	10 & U	50Y Freestyle	20	34.16
21.00	21	8 & U	25Y Butterfly	22	21.00
1:42.09	23	10 & U	100Y Butterfly	24	1:40.39
24.00	25	8 & U	25Y Breaststroke	26	24.00
1:43.51	27	10 & U	100Y Breaststroke	28	1:43.69

**WARM UPS FOR 11 & OVER MEETS BEGIN IN BOTH COMPETITION POOLS AT THE CONCLUSION OF THE 10 AND UNDER MEET**

### SESSION 3 SATURDAY PM - 11 & OVER MEET. BOYS COMPETE IN NORTH POOL, GIRLS IN SOUTH POOL

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
2:30.79	29	11 - 12	200Y Freestyle	30	2:27.49
2:26.84	31	13 - 14	200Y Freestyle	32	2:15.69
2:20.29	33	15 & Over	200Y Freestyle	34	2:07.89
1:20.19	35	11 - 12	100Y Butterfly	36	1:18.69
2:40.99	37	13 - 14	200Y Butterfly	38	2:31.99
2:34.59	39	15 & Over	200Y Butterfly	40	2:20.39
	41	11 - 12	200Y Medley Relay	42	
	43	13 - 14	200Y Medley Relay	44	
	45	15 & Over	200Y Medley Relay	46	
5:44.29	47	11 - 12	400Y Individual Medley	48	5:25.49
35.99	49	11 - 12	50Y Backstroke	50	36.99
1:14.19	51	13 - 14	100Y Backstroke	52	1:09.59
1:11.69	53	15 & Over	100Y Backstroke	54	1:04.19
1:27.85	55	11 - 12	100Y Breaststroke	56	1:27.79
3:00.69	57	13 - 14	200Y Breaststroke	58	2:49.39
2:55.79	59	15 & Over	200Y Breaststroke	60	2:39.29
	61	11 - 12	400Y Freestyle Relay	62	
	63	13 - 14	400Y Freestyle Relay	64	
	65	15 & Over	400Y Freestyle Relay	66	
2:54.99	67	11 - 12	200Y Butterfly	68	2:41.99
30.38	69	11 - 12	50Y Freestyle	70	30.41
29.46	71	13 - 14	50Y Freestyle	72	28.05
28.25	73	15 & Over	50Y Freestyle	74	26.25
1:15.99	75	11 - 12	100Y Individual Medley	76	1:17.99
2:42.99	77	13 - 14	200Y Individual Medley	78	2:31.99
2:36.00	79	15 & Over	200Y Individual Medley	80	2:22.59
6:40.09	81	11 - 12	500Y Freestyle	82	6:35.09
6:22.39	83	13 - 14	500Y Freestyle	84	6:03.19
6:13.69	85	15 & Over	500Y Freestyle	86	5:44.19

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### SESSION 4 SUNDAY AM - 10 & UNDER MEET. BOYS AND GIRLS IN ONE POOL (NORTH POOL)

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
18.00	87	8 & U	25Y Freestyle	88	18.00
2:50.67	89	10 & U	200Y Freestyle	90	2:50.89
	91	8 & U	100Y Freestyle Relay	92	
	93	10 & U	200Y Freestyle Relay	94	
58.00	95	8 & U	50Y Breaststroke	96	58.00
46.54	97	10 & U	50Y Breaststroke	98	47.85
22.00	99	8 & U	25Y Backstroke	100	22.00
1:31.54	101	10 & U	100Y Backstroke	102	1:32.09
55.00	103	8 & U	50Y Butterfly	104	55.00
39.99	105	10 & U	50Y Butterfly	106	41.99
	107	8 & U	200Y Freestyle Relay	108	
	109	10 & U	400Y Freestyle Relay	110	

**WARM UPS FOR 11 & OVER MEETS BEGIN IN BOTH COMPETITION POOLS AT THE CONCLUSION OF THE 10 AND UNDER MEET**

### SESSION 5 SUNDAY PM - 11 & OVER MEET. BOYS COMPETE IN NORTH POOL, GIRLS IN SOUTH POOL

Girls Time Standard	#	Age Group	Event	#	Boys Time Standard
	111	11 - 12	200Y Freestyle Relay	112	
	113	13 - 14	200Y Freestyle Relay	114	
	115	15 & Over	200Y Freestyle Relay	116	
3:10.69	117	11 - 12	200Y Breaststroke	118	2:59.39
1:19.55	119	11 - 12	100Y Backstroke	120	1:19.09
2:39.59	121	13 - 14	200Y Backstroke	122	2:29.79
2:35.39	123	15 & Over	200Y Backstroke	124	2:19.89
40.25	125	11 - 12	50Y Breaststroke	126	40.99
1:24.09	127	13 - 14	100Y Breaststroke	128	1:18.09
1:21.49	129	15 & Over	100Y Breaststroke	130	1:13.19
2:50.69	131	11 - 12	200Y Individual Medley	132	2:49.39
5:44.29	133	13 - 14	400Y Individual Medley	134	5:25.49
5:35.49	135	15 & Over	400Y Individual Medley	136	5:05.99
2:49.39	137	11 - 12	200Y Backstroke	138	2:39.79
34.59	139	11 - 12	50Y Butterfly	140	35.99
1:13.49	141	13 - 14	100Y Butterfly	142	1:08.09
1:10.99	143	15 & Over	100Y Butterfly	144	1:03.59
1:07.54	145	11 - 12	100Y Freestyle	146	1:07.89
1:05.16	147	13 - 14	100Y Freestyle	148	1:02.19
1:04.89	149	15 & Over	100Y Freestyle	150	58.09
	151	11 - 12	400Y Medley Relay	152	
	153	13 - 14	400Y Medley Relay	154	
	155	15 & Over	400Y Medley Relay	156	

\*updated 12/12/21