



## 2021 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	
0:18.19	0:21.89		25 Freestyle	0:22.09	0:18.39	
0:41.69	0:52.19		50 Freestyle	0:52.79	0:42.19	
0:21.99	0:26.39		25 Backstroke	0:26.79	0:22.29	
0:25.89	0:32.39		25 Breaststroke	0:32.89	0:26.29	
0:22.09	0:27.69		25 Butterfly	0:28.69	0:22.89	
1:50.49	2:18.19		100 Individual Medley	2:17.69	1:50.09	
1:22.29	One Team		100 Freestyle Relay	One Team	1:36.69	
1:36.09	One Team		100 Medley Relay	One Team	1:50.69	
Y STATE	NW DISTRICT		10 & UNDER	NW DISTRICT	Y STATE	
0:33.49	0:38.59		50 Freestyle	0:38.89	0:33.79	
1:16.09	1:31.39		100 Freestyle	1:32.39	1:16.99	
2:54.39	3:29.29		200 Freestyle	3:30.79	2:55.59	
0:39.39	0:45.39		50 Backstroke	0:46.19	0:40.09	
0:45.59	0:54.79		50 Breaststroke	0:56.09	0:46.69	
0:39.39	0:47.29		50 Butterfly	0:48.79	0:40.59	
1:26.69	1:44.09		100 Individual Medley	1:46.39	1:28.59	
3:20.39	4:00.49		200 Individual Medley	4:06.79	3:25.59	
2:24.39	One Team		200 Freestyle Relay	One Team	2:38.69	
2:47.49	One Team		200 Medley Relay	One Team	2:57.99	
Y NATS	Y STATE	NW DISTRICT	12 & UNDER	NW DISTRICT	Y STATE	Y NATS
0:24.69	0:29.09	0:33.49	50 Freestyle	0:33.49	0:29.09	0:22.09
0:53.39	1:04.89	1:17.89	100 Freestyle	1:18.49	1:05.39	0:48.19
1:55.39	2:24.49	2:53.39	200 Freestyle	2:53.39	2:24.49	1:45.19
5:07.69	6:29.09	7:46.99	500 Freestyle	7:54.29	6:35.19	4:45.49
-	0:34.39	0:39.59	50 Backstroke	0:40.19	0:34.89	-
0:59.09	1:15.99	1:31.19	100 Backstroke	1:31.69	1:16.39	0:53.89
-	0:39.49	0:47.39	50 Breaststroke	0:47.99	0:39.99	-
1:07.89	1:27.19	1:44.63	100 Breaststroke	1:46.49	1:28.69	1:00.89
-	0:32.79	0:39.39	50 Butterfly	0:39.99	0:33.29	-
0:58.69	1:19.29	1:35.19	100 Butterfly	1:37.19	1:20.99	0:52.79
2:09.79	2:44.19	3:17.09	200 Individual Medley	3:19.39	2:46.09	1:57.79
1:39.69	2:11.19	One Team	200 Freestyle Relay	One Team	2:16.19	1:29.49
1:50.99	2:29.09	One Team	200 Medley Relay	One Team	2:34.09	1:39.79
Y NATS	Y STATE	14 & UNDER		Y STATE	Y NATS	
0:24.69	0:27.29	50 Freestyle		0:25.89	0:22.09	
0:53.39	0:59.49	100 Freestyle		0:57.09	0:48.19	
1:55.39	2:10.39	200 Freestyle		2:06.59	1:45.19	
5:07.69	5:56.49	500 Freestyle		5:58.49	4:45.49	
0:59.09	1:08.59	100 Backstroke		1:06.79	0:53.89	
1:07.89	1:19.09	100 Breaststroke		1:16.19	1:00.89	
0:58.69	1:08.79	100 Butterfly		1:06.99	0:52.79	
2:09.79	2:28.29	200 Individual Medley		2:24.89	1:57.79	
1:39.69	2:01.28	200 Freestyle Relay		1:59.49	1:29.49	
1:50.99	2:18.29	200 Medley Relay		2:18.79	1:39.79	
Y NATS	Y STATE	21 & UNDER		Y STATE	Y NATS	
0:24.69	0:26.19	50 Freestyle		0:23.29	0:22.09	
0:53.39	0:56.99	100 Freestyle		0:51.09	0:48.19	
1:55.39	2:04.49	200 Freestyle		1:54.69	1:45.19	
5:07.69	5:40.09	500 Freestyle		5:19.49	4:45.49	
17:32.99	20:42.63	1650 Freestyle		19:51.79	16:22.99	
0:59.09	1:04.99	100 Backstroke		0:59.79	0:53.89	
2:07.29	2:19.29	200 Backstroke		2:12.09	1:56.59	
1:07.89	1:15.69	100 Breaststroke		1:07.89	1:00.89	
2:27.59	2:41.89	200 Breaststroke		2:32.79	2:12.69	
0:58.69	1:04.49	100 Butterfly		0:58.39	0:52.79	
2:10.79	2:28.39	200 Butterfly		2:21.49	1:57.79	
2:09.79	2:22.29	200 Individual Medley		2:10.09	1:57.79	
4:36.59	5:04.79	400 Individual Medley		4:50.99	4:14.99	
1:39.69	1:56.59	200 Freestyle Relay		1:45.99	1:29.49	
3:35.59	4:37.89	400 Freestyle Relay		4:18.56	3:13.89	
1:50.99	2:14.59	200 Medley Relay		2:01.89	1:39.79	
4:00.39	5:18.29	400 Medley Relay		4:58.39	3:37.19	

QUALIFYING PERIOD IS MARCH 1, 2019 THROUGH THE ENTRY DEADLINE