



Pennsylvania YMCA Districts – WEST 2025

March 7-9, 2025

APPENDIX 1: ORDER OF EVENTS

Session 1: Friday, March 7 Age Group 11 & OLDER

1650 only 12:00pm Warm-up – 1:00pm Start

All other events 2:30pm Warm-up – 3:30pm Start

Girls	Event	Boys
311	13-14 1650 Freestyle	312
411	15-21 1650 Freestyle	412
201	11-12 200 Butterfly	202
301	13-14 200 Butterfly	302
401	15-21 200 Butterfly	402
203	11-12 50 Backstroke	204
303	13-14 100 Breaststroke	304
403	15-21 100 Breaststroke	404
205	11-12 100 Breaststroke	206
305	13-14 50 Freestyle	306
405	15-21 50 Freestyle	406
207	11-12 50 Freestyle	208
307	13-14 400 Individual Medley	308
407	15-21 400 Individual Medley	408
209	11-12 100 Individual Medley	210



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Session 2: Saturday, March 8 Age Groups 13-14 and 15-21

7:30am Warm-up – 9:00am Start

Girls	Event	Boys
313	13-14 200 Freestyle	314
413	15-21 200 Freestyle	414
315	13-14 200 Backstroke	316
415	15-21 200 Backstroke	416
317	13-14 100 Butterfly	318
417	15-21 100 Butterfly	418
319	13-14 200 Individual Medley	320
419	15-21 200 Individual Medley	420
333	13-14 200 Free Relay	334
421	15-21 200 Free Relay	422
433	13-14 1000 Freestyle	434
423	15-21 1000 Freestyle	424

Session 3: Saturday, March 8 Age Groups 10 & Under and 11-12

1:00pm Warm-up – 2:30pm Start

Girls	Event	Boys
103	10&U 100 Breaststroke	104
213	11-12 200 Freestyle	214
101	10&U 50 Freestyle	102
215	11-12 50 Breaststroke	216
105	10&U 50 Backstroke	106
217	11-12 200 Backstroke	218
107	10&U 50 Butterfly	108
221	11-12 200 Individual Medley	222
109	10&U 200 Individual Medley	110
219	11-12 100 Butterfly	220
111	10&U 100 Freestyle	112
223	11-12 200 Medley Relay	224
113	10&U 200 Medley Relay	114



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Session 4: Sunday, March 9 Age Group 13-14 and 15-21

7:30am Warm-up – 9:00am Start

Girls	Event	Boys
321	13-14 200 Medley Relay	322
421	15-21 200 Medley Relay	422
325	13-14 100 Freestyle	326
425	15-21 100 Freestyle	426
327	13-14 100 Backstroke	328
427	15-21 100 Backstroke	428
329	13-14 200 Breaststroke	330
429	15-21 200 Breaststroke	430
331	13-14 500 Freestyle	332
431	15-21 500 Freestyle	432
309	13-14 400 Freestyle Relay	310
409	15-21 400 Freestyle Relay	410

Session 5: Sunday, March 9 Age Group 10 & Under and 11-12

1:00pm Warm-up – 2:30pm Start

Girls	Event	Boys
211	11-12 400 Freestyle Relay	212
115	10&U 100 Individual Medley	116
227	11-12 50 Butterfly	228
117	10&U 200 Freestyle	118
225	11-12 100 Freestyle	226
119	10&U 100 Backstroke	120
229	11-12 100 Backstroke	230
121	10&U 50 Breaststroke	122
231	11-12 200 Breaststroke	232
123	10&U 100 Butterfly	124
233	11-12 500 Freestyle	234
125	10&U 200 Freestyle Relay	126
235	11-12 200 Freestyle Relay	236



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APPENDIX 2: QUALIFYING TIMES

2025 YMCA PENNSYLVANIA DISTRICT QUALIFYING TIMES



11 and over 6 individual events MAX (could be 2 per day or 3 events for two days) plus relays

10 and Unders 4 events per day + Relays (2 day program)

AGE GROUP: 10 & Under

Stroke	Girls	Boys
50 Yard Freestyle	35.99	35.99
100 Yard Freestyle	1:19.99	1:20.99
200 Yard Freestyle	2:56.99	2:47.99
50 Yard Backstroke	41.99	42.99
50 Yard Breaststroke	46.99	48.99
50 Yard Butterfly	41.99	42.99
100 Yard Backstroke	1:29.99	1:29.99
100 Yard Breaststroke	1:44.99	1:41.99
100 Yard Butterfly	1:38.99	1:46.99
100 Yard Individual Medley	1:30.99	1:29.99
200 Yard Individual Medley	3:15.99	3:13.99
200 Yard Medley Relay	2:46.99	2:50.99
200 Yard Freestyle Relay	2:34.99	2:34.99

AGE GROUP: 11-12

Stroke	Girls	Boys
50 Yard Freestyle	30.99	31.99
100 Yard Freestyle	1:07.99	1:10.99
200 Yard Freestyle	2:28.99	2:32.99
500 Yard Freestyle	6:38.99	6:38.99
50 Yard Backstroke	36.99	38.99
50 Yard Breaststroke	39.99	42.99
50 Yard Butterfly	34.99	37.99
100 Yard Backstroke	1:17.99	1:17.99
100 Yard Breaststroke	1:26.99	1:27.99
100 Yard Butterfly	1:19.99	1:18.99
200 Yard Backstroke	2:43.99	2:43.99
200 Yard Breaststroke	3:06.99	3:06.99
200 Yard Butterfly	2:47.99	2:47.99
100 Yard Individual Medley	1:17.99	1:18.99
200 Yard Individual Medley	2:46.99	2:53.99
200 Yard Medley Relay	2:39.99	2:39.99
200 Yard Freestyle Relay	2:11.99	2:15.99
400 Yard Freestyle Relay	4:39.99	4:51.99

AGE GROUP: 13-14

Stroke	Girls	Boys
50 Yard Freestyle	29.99	27.99
100 Yard Freestyle	1:02.99	1:00.99
200 Yard Freestyle	2:17.99	2:12.99
500 Yard Freestyle	6:18.99	5:58.99
1000 Yard Freestyle	13:01.99	12:23.99
1650 Yard Freestyle	21:43.99	20:43.99
100 Yard Backstroke	1:11.99	1:11.99
100 Yard Breaststroke	1:21.99	1:18.99
100 Yard Butterfly	1:12.99	1:12.99
200 Yard Backstroke	2:34.99	2:28.99
200 Yard Breaststroke	2:56.99	2:47.99
200 Yard Butterfly	2:42.99	2:36.99
200 Yard Individual Medley	2:37.99	2:39.99
400 Yard Individual Medley	5:43.99	5:36.99
200 Yard Medley Relay	2:20.99	2:19.99
200 Yard Freestyle Relay	2:07.99	1:59.99
400 Yard Freestyle Relay	4:19.99	4:11.99

AGE GROUP: 15-21

Stroke	Girls	Boys
50 Yard Freestyle	28.99	24.99
100 Yard Freestyle	1:00.99	55.99
200 Yard Freestyle	2:13.99	2:01.99
500 Yard Freestyle	6:11.99	5:39.99
1000 Yard Freestyle	12:49.99	11:57.99
1650 Yard Freestyle	21:26.99	20:02.99
100 Yard Backstroke	1:08.99	1:03.99
100 Yard Breaststroke	1:19.99	1:11.99
100 Yard Butterfly	1:08.99	1:01.99
200 Yard Backstroke	2:30.99	2:18.99
200 Yard Breaststroke	2:54.99	2:37.99
200 Yard Butterfly	2:32.99	2:24.99
200 Yard Individual Medley	2:34.99	2:19.99
400 Yard Individual Medley	5:33.99	5:14.99
200 Yard Medley Relay	2:10.99	2:09.99
200 Yard Freestyle Relay	1:59.99	1:43.99
400 Yard Freestyle Relay	4:07.99	3:47.99