

SEAHAWKS  
COMIN' TA GETCHA

**ESSL2008 STANDARDS Yards**

**Girls 8 & Under**

|                | <b>ESSL</b> |
|----------------|-------------|
| 25 Free        | 21.00       |
| 50 Free        | 48.00       |
| 25 Back        | 25.50       |
| 25 Breast      | 29.00       |
| 25 Fly         | 27.00       |
| 100 Free Relay | 1:24.00     |

**Girls 9-10**

|                |         |
|----------------|---------|
| 50 Free        | 39.00   |
| 50 Back        | 48.00   |
| 50 Breast      | 51.00   |
| 50 Fly         | 48.00   |
| 100 IM         | 1:34.00 |
| 200 Free Relay | 2:36.00 |

**Girls 11-12**

|                |         |
|----------------|---------|
| 50 Free        | 34.00   |
| 100 Free       | 1:16.00 |
| 50 Back        | 41.00   |
| 50 Breast      | 45.00   |
| 50 Fly         | 41.00   |
| 100 IM         | 1:25.00 |
| 200 Free Relay | 2:16.00 |

**Girls 12 & Under**

|                  |         |
|------------------|---------|
| 200 Medley Relay | 2:25.00 |
|------------------|---------|

**Girls 13-14**

|            |         |
|------------|---------|
| 50 Free    | 32.00   |
| 100 Free   | 1:10.00 |
| 100 Back   | 1:22.25 |
| 100 Breast | 1:32.00 |
| 50 Fly     | 36.00   |
| 100 IM     | 1:18.00 |

**Girls 13-18**

|                  |         |
|------------------|---------|
| 100 Fly          | 1:18.00 |
| 200 Free Relay   | 2:08.00 |
| 200 Medley Relay | 2:05.00 |

**Girls 13 & Over**

|                  |         |
|------------------|---------|
| 200 Medley Relay | 2:15.00 |
|------------------|---------|

**Girls 15-18**

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**ESSL2008 STANDARDS Yards**

|            |         |
|------------|---------|
| 50 Free    | 31.00   |
| 100 Free   | 1:06.25 |
| 200 Free   | 2:18.00 |
| 100 Back   | 1:21.00 |
| 100 Breast | 1:29.00 |
| 50 Fly     | 35.00   |
| 100 IM     | 1:16.00 |

**Boys 8 & Under**

|                |         |
|----------------|---------|
| 25 Free        | 21.00   |
| 50 Free        | 48.00   |
| 25 Back        | 26.00   |
| 25 Breast      | 29.00   |
| 25 Fly         | 27.00   |
| 100 Free Relay | 1:24.00 |

**Boys 9-10**

|                |         |
|----------------|---------|
| 50 Free        | 39.00   |
| 50 Back        | 48.00   |
| 50 Breast      | 52.00   |
| 50 Fly         | 48.00   |
| 100 IM         | 1:35.00 |
| 200 Free Relay | 2:36.00 |

**Boys 11-12**

|                |         |
|----------------|---------|
| 50 Free        | 34.00   |
| 100 Free       | 1:15.00 |
| 50 Back        | 41.00   |
| 50 Breast      | 45.00   |
| 50 Fly         | 40.00   |
| 100 IM         | 1:25.00 |
| 200 Free Relay | 2:16.00 |

**Boys 13-14**

|            |         |
|------------|---------|
| 50 Free    | 30.00   |
| 100 Free   | 1:06.00 |
| 100 Back   | 1:20.00 |
| 100 Breast | 1:28.00 |
| 50 Fly     | 34.00   |
| 100 IM     | 1:15.00 |

**Boys 13-18**

|                |         |
|----------------|---------|
| 100 Fly        | 1:15.00 |
| 200 Free Relay | 2:04.00 |

**Boys 15-18**

|         |       |
|---------|-------|
| 50 Free | 27.00 |
|---------|-------|

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**ESSL2008 STANDARDS Yards**

|            |         |
|------------|---------|
| 100 Free   | 1:02.00 |
| 200 Free   | 2:10.00 |
| 100 Back   | 1:14.00 |
| 100 Breast | 1:20.00 |
| 50 Fly     | 31.00   |
| 100 IM     | 1:08.00 |