

2010 National YMCA Short Course Swimming and Diving Championships
Time Trial Qualifying Time Standards
YMCA National Short Course Swimming Championships
April 7-10, 2010

Women			Event	Men		
LCM	SCM	SCY		SCY	SCM	LCM
:31.48	:30.92	:27.70	50 Free	:24.73	:27.61	:28.43
1:08.23	1:07.01	1:00.04	100 Free	:54.10	1:00.38	1:02.19
2:25.78	2:23.99	2:09.01	200 Free	1:57.35	2:10.98	2:14.12
4:53.38	4:47.78	5:26.79	500 Free	5:05.29	4:28.97	4:37.70
9:57.07	9:46.07	11:05.59	1000Y/800MFree	10:29.29	9:14.31	9:26.99
18:33.45	18:08.61	18:11.79	1650 Free	17:05.19	17:02.21	17:30.70
1:16.05	1:15.12	1:07.30	100 Back	1:01.47	1:08.61	1:10.66
2:43.93	2:41.91	2:25.07	200 Back	2:12.31	2:27.67	2:32.09
1:27.98	1:25.43	1:16.54	100 Breast	1:09.06	1:17.08	1:19.84
3:07.73	3:04.38	2:45.20	200 Breast	2:31.01	2:48.54	2:54.58
1:14.51	1:14.01	1:06.31	100 Fly	:59.60	1:06.52	1:07.35
2:45.60	2:44.49	2:27.38	200 Fly	2:14.18	2:29.76	2:32.48
2:46.23	2:43.26	2:26.28	200 IM	2:11.65	2:26.94	2:32.20
5:49.31	5:45.39	5:10.84	400 IM	4:49.99	5:20.16	5:28.83
2:07.48	2:05.21	2:11.99	200 Fr Rel	1:40.08	1:51.70	1:55.04
4:35.48	4:30.56	4:02.42	400 Fr Rel	3:38.66	4:04.05	4:11.34
9:53.11	9:45.83	8:44.90	800 Fr Rel	7:56.94	8:52.30	9:05.08
2:21.82	2:19.45	2:04.94	200 Med Rel	1:52.07	2:05.08	2:08.38
5:06.51	5:01.38	4:30.03	400 Med Rel	4:39.58	4:32.40	4:39.58
:34.59	:33.40	:29.93	50 Back	:27.58	:30.78	:32.39
:38.39	:36.81	:32.99	50 Breast	:30.66	:34.21	:36.29
:32.39	:31.77	:28.47	50 Fly	:25.94	:28.95	:29.89

Time trials time standards are 10% over the meet qualifying time standard for each event.
400 IM and 500 Free are 15 seconds slower than Short Course qualifying times
1000 Free and 1650 Free are 30 seconds slower than Short Course Qualifying times
50 stroke events have the same qualifying times as last year