

National YMCA Long Course Swimming Championships
July 29 - August 1, 2008
Qualifying Time Standards

25 yd Course	Women			Senior (12 and Over)	Men		
	25 M Course	50 M Course			50 M Course	25 M Course	25 yd Course
:25.48	:28.43	:29.39	*	50 Free	:26.99	:25.21	:22.89
:55.30	1:01.71	1:03.99	*	100 Free	:58.79	:54.89	:49.84
1:58.83	2:12.61	2:17.29		200 Free	2:08.99	2:01.88	1:49.21
5:16.16	4:36.60	4:45.99		400 (500) Free	* 4:32.49	4:17.12	4:53.89
10:46.43	9:25.55	9:46.89		800(1000)Free	9:12.99	8:52.81	10:09.01
18:05.49	18:02.24	18:44.99		1500 (1650) Free	17:52.99	16:58.19	17:01.25
:29.93	:33.40	:34.59		50 Back	:32.39	:30.78	:27.58
1:02.38	1:09.61	1:12.49		100 Back	1:06.99	1:03.41	:56.82
2:14.64	2:30.26	2:37.89		200 Back	* 2:26.99	2:18.04	2:03.69
:32.99	:36.81	:38.39		50 Breast	:36.29	:34.21	:30.66
1:10.53	1:18.72	1:22.79	*	100 Breast	1:16.29	1:11.34	1:03.92
2:32.99	2:50.74	2:59.99	*	200 Breast	* 2:49.99	2:36.92	2:20.61
:28.47	:31.77	:32.39		50 Fly	:29.89	:28.95	:25.94
1:01.21	1:08.31	1:10.19		100 Fly	1:04.19	1:01.59	:55.19
2:16.68	2:32.54	2:39.19		200 Fly	* 2:28.99	2:19.98	2:05.43
2:14.84	2:30.49	2:36.99		200 IM	* 2:26.19	2:17.73	2:03.41
4:45.99	5:19.18	5:26.99		400 IM	* 5:09.39	4:55.36	4:24.65
1:43.90	1:55.95	2:01.49	*	200 Free Relay	1:49.99	1:43.52	1:32.76
3:45.46	4:11.63	4:22.29		400 Free Relay	3:58.99	3:46.07	3:22.57
8:05.63	9:01.99	9:18.99		800 Free Relay	8:49.99	8:20.11	7:28.11
1:56.48	2:09.99	2:15.59	*	200 Medley Relay	2:04.79	1:57.08	1:44.91
4:13.27	4:42.67	4:56.99		400 Medley Relay	4:29.99	4:14.34	3:47.89

Qualifying Period for the Long Course YMCA National Championship Meet:
July 1 of the previous year through the entry deadline (July 2008)

Meters to Yards conversions per 2006 NCAA Swimming & Diving Rule Book.
* New Time