

2008

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

2008 National YMCA Short Course Swimming and Diving Championships
April 1 - 4, 2008
Qualifying Time Standards

Women			Men		
25 Yard Course	25 Meter Course	50 Meter Course	25 Yard Course	25 Meter Course	50 Meter Course
:25.48	:28.43	:29.39 *	:22.89	:25.21	:26.99
:55.30	1:01.71	1:03.99 *	:49.84	:55.62	:58.79
1:58.83	2:12.61	2:17.29	1:49.21	2:01.88	2:08.99
5:16.16	4:36.60	4:45.99	4:53.89	4:17.12	4:32.49 *
10:46.43	9:25.55	9:46.89	10:09.01	8:52.81	9:12.99
18:05.49	18:02.24	18:44.99	17:01.25	16:58.19	17:52.99
:29.93	:33.40	:34.59	:27.58	:30.78	:32.39
1:02.38	1:09.61	1:12.49	:56.82	1:03.41	1:06.99
2:14.64	2:30.26	2:37.89	2:03.69	2:18.04	2:26.99 *
:32.99	:36.81	:38.39	:30.66	:34.21	:36.29
1:10.53	1:18.72	1:22.79 *	1:03.92	1:11.34	1:16.29
2:32.99	2:50.74	2:59.99 *	2:20.61	2:36.92	2:49.99 *
:28.47	:31.77	:32.39	:25.94	:28.95	:29.89
1:01.21	1:08.31	1:10.19	:55.19	1:01.59	1:04.19
2:16.68	2:32.54	2:39.19	2:05.43	2:19.98	2:28.99 *
2:14.84	2:30.49	2:36.99	2:03.41	2:17.73	2:26.19 *
4:45.99	5:19.18	5:26.99	4:24.65	4:55.36	5:09.39 *
1:43.90	1:55.95	2:01.49 *	1:32.76	1:43.52	1:49.99
3:45.46	4:11.63	4:22.29	3:22.57	3:46.07	3:58.99
8:05.63	9:01.99	9:18.99	7:28.11	8:20.11	8:49.99
1:56.48	2:09.99	2:15.59 *	1:44.91	1:57.08	2:04.79
4:13.27	4:42.67	4:56.99	3:47.89	4:14.34	4:29.99

Senior (12 & Over)
50 Free
100 Free
200 Free
400 (500) Free
800(1000)Free
1500 (1650) Free
50 Back
100 Back
200 Back
50 Breast
100 Breast
200 Breast
50 Fly
100 Fly
200 Fly
200 IM
400 IM
200 Free Relay
400 Free Relay
800 Free Relay
200 Medley Relay
400 Medley Relay

* Changed in 2008

Women			Men		
25 Yard Course	25 Meter Course	50 Meter Course	25 Yard Course	25 Meter Course	50 Meter Course
:25.29	:28.22	:28.73	:22.59	:25.21	:25.96
:54.79	1:01.14	1:02.26	:49.19	:54.89	:56.54
1:57.49	2:11.12	2:12.75	1:47.39	1:59.85	2:02.73
5:14.09	4:34.79	4:40.43 *	4:50.29	4:13.97	4:22.70
10:40.99	9:18.13	9:31.88	10:07.99	8:52.01	9:04.80
17:56.99	17:53.76	18:18.96	16:48.79	16:45.77	17:14.65 *
1:01.49	1:08.62	1:09.48	:56.09	1:02.60	1:04.47
2:12.09	2:27.42	2:29.25	2:01.59	2:15.70	2:19.75
1:09.79	1:17.89	1:20.21	1:02.89	1:10.18	1:12.70
2:30.29	2:47.73	2:50.78	2:17.39	2:33.33	2:38.83
1:00.59	1:07.62	1:08.07	:54.39	1:00.70	1:01.45
2:14.19	2:29.76	2:30.77	2:02.59	2:16.81	2:19.30 *
2:13.19	2:28.64	2:31.35	2:01.89	2:16.03	2:20.91
4:44.29	5:17.28	5:21.23	4:22.39	4:52.84	5:01.59 *
1:42.39	1:54.27	1:56.35 *	1:31.29	1:41.88	1:44.93
3:42.79	4:08.64	4:13.17 *	3:19.89	3:43.09	3:49.75 *
8:01.09	8:56.93	9:03.60 *	7:20.29	8:11.39	8:23.18 *
1:54.99	2:08.33	2:10.52 *	1:42.89	1:54.83	1:57.85 *
4:09.09	4:38.00	4:42.73 *	3:43.99	4:09.98	4:16.57 *

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

Qualifying Period for the Short Course YMCA National Championship Meet:
 March 1 of the preceding year to the entry deadline for short course championship