

National YMCA Long Course Swimming Championships
July 28 - July 31, 2009
Qualifying Time Standards

25 yd	Women			Senior (12 and Over)	Men		
	Course	25 M	50 M		50 M	25 M	25 yd
:25.48	:28.43	:29.39		50 Free *	:26.89	:25.21	:22.86
:55.23	1:01.64	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	2:01.74	1:49.08
5:15.83	4:36.31	4:45.99		400 (500) Free	4:32.49	4:17.12	4:53.89
10:44.87	9:24.18	9:46.89		800(1000)Free	9:12.99	8:51.67	10:07.70
18:03.49	18:00.24	18:44.99		1500 (1650) Free	17:52.99	16:55.20	16:58.25
:29.93	:33.40	:34.59		50 Back	:32.39	:30.78	:27.58
1:02.31	1:09.54	1:12.49		100 Back *	1:06.89	1:03.30	:56.72
2:14.55	2:30.16	2:37.59	*	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
1:10.32	1:18.48	1:22.29	*	100 Breast *	1:15.99	1:11.17	1:03.77
2:32.70	2:50.42	2:58.99	*	200 Breast *	2:47.99	2:36.28	2:20.03
:28.44	:31.73	:32.29	*	50 Fly *	:29.79	:28.92	:25.91
1:01.15	1:08.24	1:10.19		100 Fly	1:04.19	1:01.52	:55.13
2:16.09	2:31.88	2:37.19	*	200 Fly *	2:26.99	2:19.18	2:04.71
2:14.84	2:30.49	2:36.99		200 IM *	2:25.19	2:17.11	2:02.85
4:45.99	5:19.18	5:26.99		400 IM *	5:08.39	4:54.74	4:24.09
1:43.76	1:55.80	2:01.49		200 Free Relay	1:49.99	1:43.44	1:32.69
3:45.33	4:11.48	4:22.29		400 Free Relay	3:58.99	3:45.93	3:22.43
8:03.11	8:59.18	9:14.99	*	800 Free Relay *	8:45.99	8:17.32	7:25.61
1:56.34	2:09.84	2:15.59		200 Medley Relay	2:04.79	1:57.00	1:44.84
4:13.14	4:42.52	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 2009)

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

* **New Time** *