

**National YMCA Long Course Swimming Championships**  
**July 27 - July 30, 2010**  
**Qualifying Time Standards**  
**Approved September 15, 2009**

	Women				Men		
<b>25 yd</b>	<b>25 M</b>	<b>50 M</b>		<b>Senior (12 and Over)</b>	<b>50 M</b>	<b>25 M</b>	<b>25 yd</b>
<b>Course</b>	<b>Course</b>	<b>Course</b>			<b>Course</b>	<b>Course</b>	<b>Course</b>
:25.38	:28.32	:29.29	*	50 Free	* :26.69	:25.10	:22.73
:55.10	1:01.49	1:03.79	*	100 Free	* :58.59	:54.89	:49.78
1:58.69	2:12.47	2:17.29		200 Free	* 2:06.99	2:00.71	1:48.16
5:14.63	4:35.26	4:45.99		400 (500) Free	* 4:29.69	4:16.22	4:52.86
10:41.27	9:21.03	9:46.89		800(1000)Free	9:12.99	8:49.51	10:05.24
17:55.36	17:52.14	18:44.99		1500 (1650) Free	17:52.99	16:49.15	16:52.18
##	##	##	*	50 Back	* ##	##	##
1:02.18	1:09.39	1:12.49		100 Back	1:06.89	1:03.23	:56.66
2:13.82	2:29.35	2:35.59	*	200 Back	* 2:26.89	2:17.04	2:02.79
##	##	##	*	50 Breast	* ##	##	##
1:10.26	1:18.41	1:22.29		100 Breast	* 1:15.59	1:11.04	1:03.65
2:32.48	2:50.18	2:58.49	*	200 Breast	2:47.99	2:36.20	2:19.96
##	##	##	*	50 Fly	* ##	##	##
1:01.01	1:08.09	1:10.19		100 Fly	* 1:03.69	1:01.28	:54.91
2:15.96	2:31.73	2:37.19		200 Fly	2:26.99	2:18.88	2:04.44
2:14.47	2:30.08	2:36.19	*	200 IM	* 2:23.99	2:15.39	2:01.31
4:44.85	5:17.91	5:26.99		400 IM	5:08.39	4:53.25	4:22.76
1:43.16	1:55.13	1:59.89	*	200 Free Relay	* 1:49.19	1:43.03	1:32.32
3:43.45	4:09.38	4:20.89	*	400 Free Relay	* 3:58.29	3:45.03	3:21.63
8:01.85	8:57.77	9:14.99		800 Free Relay	8:45.99	8:13.83	7:22.47
1:55.25	2:08.62	2:14.59	*	200 Medley Relay	* 2:03.99	1:56.07	1:44.01
4:09.70	4:38.68	4:52.99	*	400 Medley Relay	* 4:27.99	4:12.13	3:45.91

**## We no longer have qualifying times for the 50 Stroke events**

**The athlete must have a qualifying time in the 100 or 200 distance of that stroke  
In addition they must enter either the 100 or the 200 of the stroke with the qualifying time**

Qualifying Period for the Long Course YMCA National Championship Meet:  
July 1 of the previous year through the entry deadline (July 2010)

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

\* **New Time** \*