## National YMCA Long Course Swimming Championships July 26 - 29, 2011 **Qualifying Time Standards** Approved September 13, 2010

## 25M times revised 10/1/10

## Note that the short course yard and short course meter times are identical to short course

	Women					Men	
25 Y	25 M	50 M	Senior (12 and Over)		50 M	25 M	25 Y
Course	Course	Course			Course	Course	Course
:25.19	:28.11	:29.29	50 Free		:26.79	:25.10	:22.49
:54.39	1:00.70	1:03.69	* 100 Free	*	:58.49	:54.67	:48.99
1:56.99	2:10.56	2:17.29	200 Free		2:07.69	1:59.07	1:46.69
5:11.79	4:32.78	4:45.99	400 (500) Free		4:30.99	4:13.62	4:49.89
10:35.59	9:16.07	9:46.89	800(1000)Free		9:12.99	8:41.86	9:56.49
17:41.79	17:38.61	18:44.99	1500 (1650) Free		17:52.99	16:32.21	16:35.19
##	##	##	50 Back		##	##	##
1:00.99	1:08.06	1:12.49	100 Back	*	1:06.49	1:02.04	:55.59
2:11.29	2:26.52	2:35.59	200 Back	*	2:26.09	2:13.24	1:59.39
##	##	##	50 Breast		##	##	##
1:09.39	1:17.44	1:22.29	100 Breast	*	1:15.09	1:10.07	1:02.79
2:29.99	2:47.39	2:58.49	200 Breast	*	2:46.69	2:33.22	2:17.29
##	##	##	50 Fly		##	##	##
:59.99	1:06.95	1:10.19	100 Fly		1:04.19	1:00.47	:54.19
2:13.49	2:28.98	2:37.19	200 Fly		2:26.99	2:16.14	2:01.99
2:12.69	2:28.09	2:36.19	200 IM		2:24.49	2:13.58	1:59.69
4:41.79	5:14.49	5:26.99	400 IM		5:08.39	4:49.94	4:19.79
1:41.69	1:53.49	1:59.89	200 Free Relay		1:49.19	1:41.55	1:30.99
3:40.39	4:05.97	4:20.89	400 Free Relay		3:58.29	3:41.86	3:18.79
7:55.49	8:50.68	9:14.99	800 Free Relay		8:45.99	8:03.91	7:13.59
1:53.59	2:06.77	2:14.59	200 Medley Relay		2:03.99	1:53.71	1:41.89
4:05.49	4:33.98	4:52.99	400 Medley Relay		4:27.99	4:07.64	3:41.89

200 back yard time corrected 9/21/10

The Yard Qualifying Time is the Qualifying Time for the Short Course Meet The short course meter time is the short course meter time for the Short Course Meet

## 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 Enter the 50 stroke with a proveable 50 stroke time If the athlete is not entered in the 100 or 200 of that stroke the coach must bring proof of the qualifying 100 or 200 stroke to registration

Qualifying Period for the Long Course YMCA National Championship Meet: July 1 of the previous year through the entry deadline (July 2011)

> \* New Time \*