

# 2011 Long Course Nationals Time Trial Qualifying Times

## Time Trial Standards

<b>TT 25 Y</b>	<b>TT 25 M</b>	<b>TT 50 M</b>	<b>Senior (12 and Over)</b>	<b>TT 50 M</b>	<b>TT SCM</b>	<b>TT SCY</b>
:27.70	:30.92	:32.21	50 Free	:29.46	:27.61	:24.73
:59.82	1:06.77	1:10.05	100 Free	1:04.33	1:00.13	:53.88
2:08.68	2:23.61	2:31.01	200 Free	2:20.45	2:10.97	1:57.35
5:36.79	4:47.78	5:00.99	400 (500) Free	4:45.99	4:28.62	5:04.89
#####	#####	#####	800(1000)Free	#####	#####	#####
#####	#####	#####	1500 (1650) Free	#####	#####	#####
#####	#####	#####	50 Back	#####	#####	#####
1:07.08	1:14.86	1:19.73	100 Back	1:13.13	1:08.24	1:01.14
2:24.41	2:41.17	2:51.14	200 Back	2:40.69	2:26.56	2:11.32
#####	#####	#####	50 Breast	#####	#####	#####
1:16.32	1:25.18	1:30.51	100 Breast	1:22.59	1:17.07	1:09.06
2:44.98	3:04.12	3:16.33	200 Breast	3:03.35	2:48.54	2:31.01
#####	#####	#####	50 Fly	#####	#####	#####
1:05.98	1:13.64	1:17.20	100 Fly	1:10.60	1:06.51	:59.60
2:26.83	2:43.87	2:52.90	200 Fly	2:41.68	2:29.75	2:14.18
2:25.95	2:42.89	2:51.80	200 IM	2:38.93	2:26.93	2:11.65
4:56.79	5:29.49	5:41.99	400 IM	5:23.39	5:04.94	4:34.79

Time Trial standards are 10% over the Qualifying time for events 200 meters and shorter  
Events 400 meter and longer are 15 seconds slower than the qualifying times