

2012 Long Course Nationals

Qualifying Times

National YMCA Long Course Swimming Championships
July 23-27, 2012
Qualifying Time Standards
Approved October 9, 2011

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

Women							Men	
25 Y Course	25 M Course	50 M Course	Senior (12 and Over)		50 M Course	25 M Course	25 Y Course	
:24.99	:27.89	:29.19	50 Free		:26.59	:24.98	:22.39	
:53.99	1:00.25	1:03.49	100 Free		:58.09	:54.45	:48.79	
1:56.19	2:09.67	2:16.99	200 Free		2:06.99	1:58.62	1:46.29	
5:10.99	4:32.08	4:42.99	400 (500) Free		4:26.59	4:11.95	4:47.99	
10:30.99	9:12.04	9:41.59	800(1000)Free		9:09.19	8:37.92	9:51.99	
17:34.99	17:31.83	18:21.09	1500 (1650) Free		17:25.89	16:32.21	16:35.19	
##	##	##	50 Back		##	##	##	
1:00.19	1:07.17	1:11.79	100 Back		1:06.39	1:01.59	:55.19	
2:09.49	2:24.52	2:34.39	200 Back		2:24.89	2:12.46	1:58.69	
##	##	##	50 Breast		##	##	##	
1:08.99	1:16.99	1:22.29	*	100 Breast	1:14.39	1:09.18	1:01.99	
2:28.99	2:46.28	2:57.29		200 Breast	2:43.99	2:31.21	2:15.49	
##	##	##	50 Fly		##	##	##	
:59.59	1:06.50	1:10.19	*	100 Fly	1:03.19	1:00.25	:53.99	
2:12.69	2:28.09	2:37.19	*	200 Fly	2:25.39	2:15.25	2:01.19	
2:11.89	2:27.19	2:34.59		200 IM	2:24.39	2:13.58	1:59.69	
4:38.99	5:11.37	5:26.59		400 IM	5:04.39	4:47.93	4:17.99	
1:40.99	1:52.71	1:59.39		200 Free Relay	* 1:49.19	1:41.10	1:30.59	
3:37.99	4:03.29	4:17.89		400 Free Relay	3:53.89	3:39.85	3:16.99	
7:48.99	8:43.42	9:14.99	*	800 Free Relay	8:34.59	7:59.89	7:09.99	
1:52.89	2:05.99	2:13.49		200 Medley Relay	2:03.49	1:53.38	1:41.59	
4:03.59	4:31.86	4:48.69		400 Medley Relay	4:23.39	4:05.52	3:39.99	

*** No change**

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 provable 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 2012)

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Qualifying Times

Time Trials

25 Y Course	25 M Course	TT 50 M	Senior (12 and Over)	TT 50 M	1.1 times 25 M Course	TT SCY
:27.48	:30.67	:32.10	50 Free	:29.24	:27.48	:24.62
:59.38	1:06.28	1:09.83	100 Free	1:03.89	:59.89	:53.66
2:07.80	2:22.64	2:30.68	200 Free	2:19.68	2:10.48	1:56.91
5:25.99	4:47.08	4:57.99	400 (500) Free	4:41.59	4:26.95	5:02.99
#####	#####	#####	800(1000)Free	#####	#####	#####
#####	#####	#####	1500 (1650) Free	#####	#####	#####
#####	#####	#####	50 Back	#####	#####	#####
1:06.20	1:13.89	1:18.96	100 Back	1:13.02	1:07.75	1:00.70
2:22.43	2:38.97	2:49.82	200 Back	2:39.37	2:25.71	2:10.55
#####	#####	#####	50 Breast	#####	#####	#####
1:15.88	1:24.69	1:30.51	100 Breast	1:21.82	1:16.10	1:08.18
2:43.88	3:02.91	3:15.01	200 Breast	3:00.38	2:46.33	2:29.03
#####	#####	#####	50 Fly	#####	#####	#####
1:05.54	1:13.15	1:17.20	100 Fly	1:09.50	1:06.52	:59.60
2:25.95	2:42.90	2:52.90	200 Fly	2:39.92	2:28.78	2:13.30
2:25.07	2:41.91	2:50.04	200 IM	2:38.82	2:26.94	2:11.65
5:06.88	5:41.37	5:41.59	400 IM	5:19.39	5:17.93	4:47.99

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

To enter Time Trials a swimmer must be entered in the Championship Meet in at least one event.