

**2016 National YMCA Long Course Swimming Championships
July 27 - 31, 2016**

Time Trial Qualifying Time Standards

10 % over Meet Qualifying times for most events
400 free and 400 IM are 5 seconds over Meet Qualifying time

Events

| 25 Y Course | 25 M Course | 50 M Course | Events | 50 M Course | 25 M Course | 25 Y Course |
|------------------------|------------------------|------------------------|----------------|------------------------|------------------------|------------------------|
| :27.15 | :30.14 | :31.33 | 50 Free | :28.36 | :26.96 | :24.29 |
| :58.94 | 1:05.42 | 1:07.85 | 100 Free | 1:02.35 | :58.84 | :53.00 |
| 2:07.58 | 2:21.61 | 2:27.38 | 200 Free | 2:15.28 | 2:08.68 | 1:55.92 |
| 5:12.69 | 4:34.22 | 4:41.99 | 400 (500) Free | 4:22.99 | 4:14.80 | 4:50.49 |
| ## | ## | ## | 50 Back | ## | ## | ## |
| 1:05.43 | 1:12.63 | 1:16.54 | 100 Back | 1:10.38 | 1:06.29 | :59.71 |
| 2:20.78 | 2:36.26 | 2:43.88 | 200 Back | 2:32.88 | 2:22.84 | 2:08.68 |
| ## | ## | ## | 50 Breast | ## | ## | ## |
| 1:15.00 | 1:23.25 | 1:26.88 | 100 Breast | 1:19.62 | 1:14.58 | 1:07.19 |
| 2:42.78 | 3:00.68 | 3:08.63 | 200 Breast | 2:53.78 | 2:42.87 | 2:26.72 |
| ## | ## | ## | 50 Fly | ## | ## | |
| 1:04.99 | 1:12.13 | 1:14.34 | 100 Fly | 1:07.30 | 1:04.94 | :58.50 |
| 2:24.63 | 2:40.54 | 2:46.74 | 200 Fly | 2:31.45 | 2:25.28 | 2:10.88 |
| 2:23.64 | 2:39.44 | 2:46.96 | 200 IM | 2:33.65 | 2:25.16 | 2:10.77 |
| 4:42.29 | 5:12.79 | 5:23.99 | 400 IM | 4:59.99 | 4:48.03 | 4:19.99 |

**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**

Qualifying Period for the Long Course YMCA National Championship Meet:
July 1 of the previous year through the entry deadline (July 2016)