

National YMCA Long Course Swimming Championships
August 3-7 , 2015
Qualifying Time Standards
Men's 400 Medley Relay Yard time corrected 6.23.15

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

Women 25Y Course	Women 25 M Course	Women 50 M Course	Senior (12 and Over)	Men 50 M Course	Men 25 M Course	25 Y Course
:24.69	:27.55	:28.59	50 Free	:25.99	:24.65	:22.09
:53.59	:59.81	1:01.99	100 Free	:56.89	:53.78	:48.19
1:55.99	2:09.45	2:14.39	200 Free	2:03.99	1:57.62	1:45.39
5:07.69	4:29.19	4:37.99	400 (500) Free	4:19.99	4:09.77	4:45.49
10:27.99	9:09.42	9:31.99	800(1000)Free *	8:57.99	8:34.68	9:48.29
17:32.99	17:29.84	18:19.09	1500 (1650) Free *	17:25.89	16:24.33	16:27.29
##	##	##	50 Back	##	##	##
:59.49	1:06.39	1:09.99	100 Back	1:04.39	1:00.59	:54.29
2:07.99	2:22.84	2:29.99	200 Back	2:19.49	2:10.56	1:56.99
##	##	##	50 Breast	##	##	##
1:08.29	1:16.21	1:19.99	100 Breast	1:13.09	1:08.18	1:01.09
2:27.99	2:45.16	2:52.99	200 Breast	2:38.59	2:28.87	2:13.39
##	##	##	50 Fly	##	##	##
:59.09	1:05.94	1:08.09	100 Fly	1:01.39	:59.47	:53.29
2:11.69	2:26.97	2:31.99	200 Fly	2:17.79	2:12.80	1:58.99
2:10.79	2:25.97	2:31.99	200 IM	2:19.99	2:12.80	1:58.99
4:37.29	5:09.47	5:19.99	400 IM	4:55.99	4:45.36	4:15.69
1:39.99	1:51.59	1:54.39	200 Free Relay	1:44.99	1:39.87	1:29.49
3:35.59	4:00.61	4:08.99	400 Free Relay	3:47.99	3:36.39	3:13.89
7:48.99	8:43.42	8:59.99	800 Free Relay	8:14.99	7:59.89	7:09.99
1:51.69	2:04.65	2:07.49	200 Medley Relay	1:55.79	1:51.59	1:39.99
4:00.49	4:28.40	4:40.09	400 Medley Relay	4:14.99	4:02.39	3:37.19

* 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 2015)

Time Trials

25 Y Course	TT 50 M	Senior (12 and Over)	TT 50 M	25 Y Course
:24.69	:28.59	50 Free	:25.99	:22.09
:53.59	1:01.99	100 Free	:56.89	:48.19
1:55.99	2:14.39	200 Free	2:03.99	1:45.39
5:07.69	4:37.99	400 (500) Free	4:19.99	4:45.49
1027.99	9:31.99	800(1000)Free	857.99	9:48.29
1732.99	18:19.09	1500 (1650) Free	1725.89	16:27.29
##	##	50 Back	##	##
:59.49	1:09.99	100 Back	1:04.39	:54.29
2:07.99	2:29.99	200 Back	2:19.49	1:56.99
##	##	50 Breast	##	##
1:08.29	1:19.99	100 Breast	1:13.09	1:01.09
2:27.99	2:52.99	200 Breast	2:38.59	2:13.39
##	##	50 Fly	##	##
:59.09	1:08.09	100 Fly	1:01.39	:53.29
2:11.69	2:31.99	200 Fly	2:17.79	1:58.99
2:10.79	2:31.99	200 IM	2:19.99	1:58.99
4:37.29	5:19.99	400 IM	4:55.99	4:15.69

Time Trial standards are 2% over the Qualifying time for events 200 meters and shorter
400 Meter events are 5 seconds slower than meet standard