

National YMCA Long Course Swimming Championships  
Summer 2016  
Qualifying Time Standards

**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	:27.40	:28.49	50 Free	:25.79	:24.51	:22.09
:53.59	:59.48	1:01.69	100 Free	:56.69	:53.49	:48.19
1:55.99	2:08.74	2:13.99	200 Free	2:02.99	1:56.98	1:45.39
5:07.69	4:29.22	4:36.99	400 (500) Free	4:17.99	4:09.80	4:45.49
10:27.99	9:09.49	9:26.99	800(1000)Free	8:51.99	8:34.75	9:48.29
17:32.99	17:29.83	18:14.99	1500 (1650) Free	17:11.49	16:24.32	16:27.29
##	##	##	50 Back	##	##	##
:59.49	1:06.03	1:09.59	100 Back	1:03.99	2:09.85	:54.29
2:07.99	2:22.06	2:28.99	200 Back	2:18.99	2:10.56	1:56.99
##	##	##	50 Breast	##	##	##
1:08.19	1:15.69	1:18.99	100 Breast	1:12.39	1:07.80	1:01.09
2:27.99	2:44.26	2:51.49	200 Breast	2:37.99	2:28.06	2:13.39
##	##	##	50 Fly	##	##	##
:59.09	1:05.58	1:07.59	100 Fly	1:01.19	:59.04	:53.29
2:11.49	2:25.95	2:31.59	200 Fly	2:17.69	2:12.07	1:58.99
2:10.59	2:24.95	2:31.79	200 IM	2:19.69	2:11.96	1:58.99
4:37.29	5:07.79	5:18.99	400 IM	4:54.99	4:43.03	4:15.69
1:39.69	1:50.65	1:53.99	200 Free Relay	1:43.79	1:39.33	1:29.49
3:35.59	3:59.30	4:06.79	400 Free Relay	3:46.79	3:35.21	3:13.89
7:48.99	8:40.57	8:57.89	800 Free Relay	8:11.99	7:57.28	7:09.99
1:50.99	2:03.19	2:06.99	200 Medley Relay	1:54.39	1:50.98	1:39.99
4:00.39	4:26.83	4:37.89	400 Medley Relay	4:14.59	4:01.08	3:31.19

**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 2016)