

**2015 National YMCA Short Course Swimming Championships**  
**Time Trial Qualifying Time Standards**  
 With 2% adjustment  
 March 30 - April 3, 2015

WOMEN			EVENT	MEN		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:28.61	:28.10	:25.18	<b>50 Free</b>	:22.53	:25.14	:25.89
1:02.11	1:01.00	:54.66	<b>100 Free</b>	:49.15	:54.85	:56.49
2:13.68	2:12.04	1:58.30	<b>200 Free</b>	1:47.49	1:59.97	2:02.85
4:39.18	4:33.56	5:12.69	<b>500 Free</b>	4:50.49	4:14.14	4:22.88
9:27.42	10:34.08	10:35.99	<b>1000Y/800MFree</b>	9:56.29	9:54.50	8:54.31
18:09.78	17:44.79	17:47.99	<b>1650 Free</b>	16:42.29	16:39.29	17:07.98
1:08.56	1:07.72	1:00.67	<b>100 Back</b>	:55.37	1:01.80	1:02.70
2:27.51	2:25.70	2:10.54	<b>200 Back</b>	1:59.32	2:13.18	2:17.16
1:20.06	1:17.74	1:09.65	<b>100 Breast</b>	1:02.31	1:09.54	1:12.03
2:51.53	2:48.47	2:30.94	<b>200 Breast</b>	2:16.05	2:31.85	2:37.29
1:07.72	1:07.26	1:00.27	<b>100 Fly</b>	:54.35	1:00.66	1:01.41
2:30.92	2:29.91	2:14.32	<b>200 Fly</b>	2:01.36	2:15.45	2:17.92
2:31.59	2:28.89	2:13.40	<b>200 IM</b>	2:01.36	2:15.45	2:20.31
5:18.97	5:15.05	4:42.29	<b>400 IM</b>	4:20.69	4:50.94	4:59.64
xxx	xxx	xxx	<b>200 Fr Rel</b>	xxx	xxx	xxx
xxx	xxx	xxx	<b>400 Fr Rel</b>	xxx	xxx	xxx
xxx	xxx	xxx	<b>800 Fr Rel</b>	xxx	xxx	xxx
xxx	xxx	xxx	<b>200 Med Rel</b>	xxx	xxx	xxx
xxx	xxx	xxx	<b>400 Med Rel</b>	xxx	xxx	xxx

Final Version November 24 2014

Time trials time standards are 2% over the meet qualifying time standard for each event.  
 400 IM and 500 Free are 5 seconds slower than Short Course qualifying times  
 1000 Free 8 seconds slower 1650 Free 15 seconds slower than Short Course Qualifying times  
 50 stroke events have the same qualifying times as last year