

**2018 National YMCA Long Course Swimming Championships  
July 30 - August 3, 2018**

**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

<b>25 Y Course</b>	<b>25 M Course</b>	<b>50 M Course</b>	<b>Events</b>	<b>50 M Course</b>	<b>25 M Course</b>	<b>25 Y Course</b>
: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
2:08.13	2:22.23	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
2:25.18	2:41.15	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

Qualifying Period for the Long Course YMCA National Championship Meet:  
July 1 of the previous year through the entry deadline (July 2018)