

**National YMCA Long Course Swimming Championships
Summer 2019
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	Men 25 Y Course
:24.69	:27.40	:28.49	50 Free	:25.79	:24.51	:22.09
:53.39	:59.26	1:01.69	100 Free	:56.69	:53.49	:48.19
1:55.69	2:08.41	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	8:33.61	9:46.99
10:46.82	9:25.96	9:43.99	800 Free Bonus @1	9:07.99	8:49.01	10:04.59
17:32.99	17:29.83	18:14.99	1500 (1650) Free	17:11.49	16:20.04	16:22.99
18:04.59	18:01.33	18:47.79	1500 Free Bonus @2	17:42.39	16:49.43	16:52.47
##	##	##	50 Back	##	##	##
:59.29	1:05.81	1:09.59	100 Back	1:03.99	:59.92	:53.99
2:07.49	2:21.51	2:28.99	200 Back	2:18.99	2:09.41	1:56.59
##	##	##	50 Breast	##	##	##
1:07.89	1:15.35	1:18.99	100 Breast	1:12.39	1:07.69	1:00.99
2:27.59	2:43.82	2:51.49	200 Breast	2:37.99	2:27.61	2:12.99
##	##	##	50 Fly	##	##	##
:58.79	1:05.25	1:07.59	100 Fly	1:01.19	:58.81	:52.99
2:10.79	2:25.17	2:31.59	200 Fly	2:17.69	2:11.19	1:58.19
2:10.19	2:24.51	2:31.79	200 IM	2:19.69	2:10.96	1:57.99
4:36.59	5:07.01	5:18.99	400 IM	4:54.99	4:43.03	4:14.99
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
7:46.99	8:38.35	8:57.89	800 Free Relay	8:11.99	7:53.95	7:06.99
1:50.99	2:03.19	2:06.99	200 Medley Relay	1:54.99	1:50.98	1:39.99
4:00.39	4:26.83	4:37.89	400 Medley Relay	4:14.59	4:01.08	3:37.19

**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 have no 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**

**@1 If the athlete has entered the 1500 Free, they may also qualify
for the 800 Free using the 800 Free Bonus time.**

**@2 If the athlete has entered the 800 Free, they may qualify
for the 1500 Free using the 1500 Free Bonus time.**

**Qualifying Period for the Long Course YMCA National Championship Meet:
July 1 of the previous year through the entry deadline (July 2019)**