

National YMCA Long Course Swimming Championships
July 26 - 29, 2011
Qualifying Time Standards
Approved September 13, 2010

Women			Men			
25 Y Course	25 M Course	50 M Course	Senior (12 and Over)	50 M Course	25 M Course	25 Y Course
:25.19	:28.32	:29.29	50 Free	:26.79	:25.10	:22.49
:54.39	1:01.31	1:03.69	* 100 Free *	:58.49	:54.67	:48.99
1:56.99	2:12.24	2:17.29	200 Free	2:07.69	2:00.94	1:46.69
5:11.79	4:35.26	4:45.99	400 (500) Free	4:30.99	4:16.40	4:49.89
10:35.59	9:21.03	9:46.89	800(1000)Free	9:12.99	8:47.88	9:56.49
17:41.79	17:52.14	18:44.99	1500 (1650) Free	17:52.99	16:49.15	16:35.19
##	##	##	50 Back	##	##	##
1:00.99	1:09.24	1:12.49	100 Back *	1:06.49	1:02.87	:55.59
2:11.29	2:28.90	2:35.59	200 Back *	2:26.09	2:16.11	1:59.39
##	##	##	50 Breast	##	##	##
1:09.39	1:18.26	1:22.29	100 Breast *	1:15.09	1:10.88	1:02.79
2:29.99	2:50.03	2:58.49	200 Breast *	2:46.69	2:35.78	2:17.29
##	##	##	50 Fly	##	##	##
:59.99	1:07.87	1:10.19	100 Fly	1:04.19	1:01.45	:54.19
2:13.49	2:31.36	2:37.19	200 Fly	2:26.99	2:18.88	2:01.99
2:12.69	2:29.85	2:36.19	200 IM	2:24.49	2:15.55	1:59.69
4:41.79	5:17.32	5:26.99	400 IM	5:08.39	4:53.10	4:19.79
1:41.69	1:54.91	1:59.89	200 Free Relay	1:49.19	1:43.03	1:30.99
3:40.39	4:09.38	4:20.89	400 Free Relay	3:58.29	3:45.03	3:18.79
7:55.49	8:56.51	9:14.99	800 Free Relay	8:45.99	8:13.83	7:13.59
1:53.59	2:08.62	2:14.59	200 Medley Relay	2:03.99	1:56.07	1:41.89
4:05.49	4:38.68	4:52.99	400 Medley Relay	4:27.99	4:12.13	3:41.89

200 back yard time corrected 9/21/10

The Yard Qualifying Time is the Qualifying 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 proveable 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 2011)

* **New Time** *