

2012 Long Course Nationals Qualifying Times

**National YMCA Long Course Swimming Championships
July 23-27, 2012
Qualifying Time Standards
Approved October 9, 2011**

**Note that the short course yard and short course meter times
are identical to short course**

Women				Men		
25 Y Course	25 M Course	50 M Course	Senior (12 and Over)	50 M Course	25 M Course	25 Y Course
:24.99	:27.89	:29.19	50 Free	:26.59	:24.98	:22.39
:53.99	1:00.25	1:03.49	100 Free	:58.09	:54.45	:48.79
1:56.19	2:09.67	2:16.99	200 Free	2:06.99	1:58.62	1:46.29
5:10.99	4:32.08	4:42.99	400 (500) Free	4:26.59	4:11.95	4:47.99
10:30.99	9:12.04	9:41.59	800(1000)Free	9:09.19	8:37.92	9:51.99
17:34.99	17:31.83	18:21.09	1500 (1650) Free	17:25.89	16:32.21	16:35.19
##	##	##	50 Back	##	##	##
1:00.19	1:07.17	1:11.79	100 Back	1:06.39	1:01.59	:55.19
2:09.49	2:24.52	2:34.39	200 Back	2:24.89	2:12.46	1:58.69
##	##	##	50 Breast	##	##	##
1:08.99	1:16.99	1:22.29	* 100 Breast	1:14.39	1:09.18	1:01.99
2:28.99	2:46.28	2:57.29	200 Breast	2:43.99	2:31.21	2:15.49
##	##	##	50 Fly	##	##	##
:59.59	1:06.50	1:10.19	* 100 Fly	1:03.19	1:00.25	:53.99
2:12.69	2:28.09	2:37.19	* 200 Fly	2:25.39	2:15.25	2:01.19
2:11.89	2:27.19	2:34.59	200 IM	2:24.39	2:13.58	1:59.69
4:38.99	5:11.37	5:26.59	400 IM	5:04.39	4:47.93	4:17.99
1:40.99	1:52.71	1:59.39	200 Free Relay	* 1:49.19	1:41.10	1:30.59
3:37.99	4:03.29	4:17.89	400 Free Relay	3:53.89	3:39.85	3:16.99
7:48.99	8:43.42	9:14.99	* 800 Free Relay	8:34.59	7:59.89	7:09.99
1:52.89	2:05.99	2:13.49	200 Medley Relay	2:03.49	1:53.38	1:41.59
4:03.59	4:31.86	4:48.69	400 Medley Relay	4:23.39	4:05.52	3:39.99

* No change

**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 2012)

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Time Trials

25 Y Course	25 M Course	TT 50 M	Senior (12 and Over)	TT 50 M	1.1 times 25 M Course	TT SCY
:27.48	:30.67	:32.10	50 Free	:29.24	:27.48	:24.62
:59.38	1:06.28	1:09.83	100 Free	1:03.89	:59.89	:53.66
2:07.80	2:22.64	2:30.68	200 Free	2:19.68	2:10.48	1:56.91
5:25.99	4:47.08	4:57.99	400 (500) Free	4:41.59	4:26.95	5:02.99
#####	#####	#####	800(1000)Free	#####	#####	#####
#####	#####	#####	1500 (1650) Free	#####	#####	#####
#####	#####	#####	50 Back	#####	#####	#####
1:06.20	1:13.89	1:18.96	100 Back	1:13.02	<u>1:07.75</u>	1:00.70
2:22.43	2:38.97	2:49.82	200 Back	2:39.37	<u>2:25.71</u>	2:10.55
#####	#####	#####	50 Breast	#####	#####	#####
1:15.88	1:24.69	1:30.51	100 Breast	1:21.82	<u>1:16.10</u>	1:08.18
2:43.88	3:02.91	3:15.01	200 Breast	3:00.38	<u>2:46.33</u>	2:29.03
#####	#####	#####	50 Fly	#####	#####	#####
1:05.54	1:13.15	1:17.20	100 Fly	1:09.50	<u>1:06.52</u>	:59.60
2:25.95	2:42.90	2:52.90	200 Fly	2:39.92	<u>2:28.78</u>	2:13.30
2:25.07	2:41.91	2:50.04	200 IM	2:38.82	2:26.94	2:11.65
5:06.88	5:41.37	5:41.59	400 IM	5:19.39	5:17.93	4:47.99

Time Trial standards are 10% over the Qualifying time for events 200 meters and shorter
Events 400 meter and longer are 15 seconds slower than the qualifying times