

## 2012 National YMCA Short Course Swimming and Diving Championships Meet Qualifying Time Standards

April 2-5, 2012

\* not changed

| WOMEN           |                 |                | MEN                |                |                 |                 |
|-----------------|-----------------|----------------|--------------------|----------------|-----------------|-----------------|
| 50 Meter Course | 25 Meter Course | 25 Yard Course | EVENT              | 25 Yard Course | 25 Meter Course | 50 Meter Course |
| :28.39          | :27.89          | :24.99         | 50 Free            | :22.39         | :24.98          | :25.73          |
| 1:01.35         | 1:00.25         | :53.99         | 100 Free           | :48.79         | :54.45          | :56.08          |
| 2:11.28         | 2:09.67         | 1:56.19        | 200 Free           | 1:46.29        | 1:58.62         | 2:01.47         |
| 4:37.66         | 4:32.08         | 5:10.99        | 500 Free           | 4:47.99        | 4:11.95         | 4:20.62         |
| 9:22.96         | 9:12.04         | 10:30.99       | 1000Y/800M Free    | 9:51.99        | 8:37.92         | 8:50.45         |
| 17:56.52        | 17:31.83        | 17:34.99       | 1650Y/1500M Free * | 16:35.19       | 16:32.21        | 17:00.70        |
| 1:08.01         | 1:07.17         | 1:00.19        | 100 Back           | :55.19         | 1:01.59         | 1:03.43         |
| 2:26.31         | 2:24.52         | 2:09.49        | 200 Back           | 1:58.69        | 2:12.46         | 2:16.42         |
| 1:19.29         | 1:16.99         | 1:08.99        | 100 Breast         | 1:01.99        | 1:09.18         | 1:11.66         |
| 2:49.30         | 2:46.28         | 2:28.99        | 200 Breast         | 2:15.49        | 2:31.21         | 2:36.63         |
| 1:06.95         | 1:06.50         | :59.59         | 100 Fly            | :53.99         | 1:00.25         | 1:01.00         |
| 2:29.08         | 2:28.09         | 2:12.69        | 200 Fly            | 2:01.19        | 2:15.25         | 2:17.71         |
| 2:29.87         | 2:27.19         | 2:11.89        | 200 IM *           | 1:59.69        | 2:13.58         | 2:18.36         |
| 5:15.24         | 5:11.37         | 4:38.99        | 400 IM             | 4:17.99        | 4:47.93         | 4:56.54         |
| 1:54.76         | 1:52.71         | 1:40.99        | 200 Fr Rel         | 1:30.59        | 1:41.10         | 1:44.12         |
| 4:07.71         | 4:03.29         | 3:37.99        | 400 Fr Rel         | 3:16.99        | 3:39.85         | 3:46.42         |
| 8:49.93         | 8:43.42         | 7:48.99        | 800 Fr Rel         | 7:09.99        | 7:59.89         | 8:11.41         |
| 2:08.13         | 2:05.99         | 1:52.89        | 200 Med Rel        | 1:41.59        | 1:53.38         | 1:56.36         |
| 4:36.49         | 4:31.86         | 4:03.59        | 400 Med Rel        | 3:39.99        | 4:05.52         | 4:11.99         |

Qualifying Period for the Short Course YMCA National Championship Meet:  
qualifying period March 1 of the previous season to the entry date for the meet

Meters to Yards conversions per 2006 NCAA Swimming & Diving Rule Book.

**2006 NCAA Rule book**

|                |                |       |
|----------------|----------------|-------|
| <b>SCM-SCY</b> | 400-500 Free   | 1.143 |
| <b>SCM-SCY</b> | 1500-1650 Free | 1.003 |
| <b>SCM-SCY</b> | All others     | 0.896 |

| <b>Girls</b>   |                  | <b>Boys</b>    |
|----------------|------------------|----------------|
| <b>LCM-SCY</b> |                  | <b>LCM-SCY</b> |
| 0.880          | 50 Free          | 0.870          |
| 0.880          | 100 Free         | 0.870          |
| 0.885          | 200 Free         | 0.875          |
| 1.120          | 400-500 Free     | 1.105          |
| 1.121          | 800-1000 free    | 1.116          |
| 0.980          | 1500-1650 Free   | 0.975          |
| 0.885          | 100 Back         | 0.870          |
| 0.885          | 200 Back         | 0.870          |
| 0.870          | 100 Breast       | 0.865          |
| 0.880          | 200 Breast       | 0.865          |
| 0.890          | 100 Fly          | 0.885          |
| 0.890          | 200 Fly          | 0.880          |
| 0.880          | 200 IM           | 0.865          |
| 0.885          | 400 IM           | 0.870          |
| 0.880          | 200 Free Relay   | 0.870          |
| 0.880          | 400 Free Relay   | 0.870          |
| 0.885          | 800 Free Relay   | 0.875          |
| 0.881          | 200 Medley Relay | 0.873          |
| 0.881          | 400 Medley Relay | 0.873          |