

2025 YMCA National Long Course Swimming Championships

Meet Qualifying Time Standards

Qualifying Period for the 2025 YMCA National Long Course Swimming Championship Meet
is April 1, 2024 to the entry deadline for the meet.

25 Meter Course	WOMEN			MEN		
	25 Yard Course	50 Meter Course		50 Meter Course	25 Yard Course	25 Meter Course
:27.79	:24.99	:28.49	50 Free	:25.79	:22.39	:24.89
:59.99	:53.99	1:01.69	100 Free	:56.69	:48.79	:54.19
2:10.59	1:57.59	2:14.99	200 Free	2:03.59	1:46.99	1:58.79
4:33.59	5:12.69	4:38.99	400M / 500Y Free	4:19.19	4:49.69	4:13.49
9:34.79	10:56.89	9:47.99	800M / 1000Y Free	9:10.39	10:12.99	8:56.39
18:15.29	18:18.59	18:51.79	1500M / 1650Y Free	17:44.89	17:04.79	17:10.69
1:06.79	1:00.19	1:10.09	100 Back	1:04.29	:54.79	1:00.79
2:24.39	2:10.09	2:30.59	200 Back	2:19.99	1:58.79	2:11.79
1:16.59	1:08.99	1:19.49	100 Breast	1:11.99	1:01.49	1:08.29
2:46.29	2:29.79	2:52.49	200 Breast	2:37.79	2:14.49	2:29.29
1:05.89	:59.29	1:07.59	100 Fly	1:01.19	:53.39	:59.29
2:27.59	2:12.99	2:32.59	200 Fly	2:18.29	1:59.59	2:12.79
2:26.49	2:11.99	2:32.79	200 IM	2:20.09	1:59.59	2:12.79
5:11.89	4:40.99	5:20.99	400 IM	4:56.19	4:18.59	4:47.09
1:51.99	1:40.89	1:53.99	200 Fr Rel	1:43.79	1:30.69	1:40.69
4:01.99	3:37.89	4:06.79	400 Fr Rel	3:46.79	3:16.29	3:37.89
8:42.79	7:50.99	8:57.89	800 Fr Rel	8:11.99	7:08.89	7:56.09
2:04.59	1:52.19	2:06.99	200 Med Rel	1:54.99	1:40.99	1:52.09
4:29.49	4:02.79	4:37.89	400 Med Rel	4:14.59	3:39.59	4:03.79

New times are shaded

Athletes who qualify in one of the freestyle distance events (800 Meter Freestyle and 1500 Meter Freestyle) may enter the other event without the qualifying time. The entry time must be a provable time. See Meet Handbook for details.