

# 2010 National YMCA Short Course Swimming and Diving Championships Meet Qualifying Time Standards

April 7-10, 2010

Approved September 15, 2009

50 Meter Course	WOMEN			EVENT	MEN		
	25 Meter Course	25 Yard Course			25 Yard Course	25 Meter Course	50 Meter Course
:28.62	:28.11	:25.19 *		50 Free	:22.49 *	:25.10	:25.85
1:02.03	1:00.92	:54.59 *		100 Free	:49.19	:54.89	:56.54
2:12.53	2:10.90	1:57.29 *		200 Free	1:46.69 *	1:59.07	2:01.93
4:38.38	4:32.78	5:11.79 *		500 Free	4:50.29	4:13.97	4:22.70
9:27.07	9:16.07	10:35.59 *		1000Y/800M Free	9:59.29 *	8:44.31	8:56.99
18:03.45	17:38.61	17:41.79 *		1650Y/1500M Free	16:35.19 *	16:32.21	17:00.70
1:09.14	1:08.29	1:01.19 *		100 Back	:55.89 *	1:02.37	1:04.24
2:29.02	2:27.19	2:11.89 *		200 Back	2:00.29 *	2:14.25	2:18.26
1:19.98	1:17.66	1:09.59 *		100 Breast	1:02.79 *	1:10.07	1:12.58
2:50.67	2:47.62	2:30.19 *		200 Breast	2:17.29 *	2:33.22	2:38.71
1:07.74	1:07.28	1:00.29 *		100 Fly	:54.19 *	1:00.47	1:01.23
2:30.55	2:29.54	2:13.99 *		200 Fly	2:01.99 *	2:16.14	2:18.62
2:31.12	2:28.42	2:12.99 *		200 IM	1:59.69 *	2:13.58	2:18.36
5:19.31	5:15.39	4:42.59 *		400 IM	4:21.29 *	4:50.16	4:58.83
1:55.89	1:53.82	1:41.99 *		200 Fr Rel	1:30.99 *	1:41.55	1:44.58
4:10.44	4:05.97	3:40.39 *		400 Fr Rel	3:18.79 *	3:41.86	3:48.49
8:59.19	8:52.57	7:57.19 *		800 Fr Rel	7:13.59 *	8:03.91	8:15.53
2:08.93	2:06.77	1:53.59 *		200 Med Rel	1:41.89 *	1:53.71	1:56.71
4:38.64	4:33.98	4:05.49 *		400 Med Rel	3:41.89 *	4:07.64	4:14.16

### Long Course Conversions were changed September 21, 2009

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.