

National YMCA Long Course Swimming Championships
July 27 - July 30, 2010
Qualifying Time Standards
Approved September 15, 2009

| Women | | | | Men | | | |
|--------------|-------------|-------------|----------------------|-------------|-------------|--------------|--|
| 25 yd Course | 25 M Course | 50 M Course | Senior (12 and Over) | 50 M Course | 25 M Course | 25 yd Course | |
| :25.38 | :28.32 | :29.29 | * 50 Free | * :26.69 | :25.10 | :22.73 | |
| :55.10 | 1:01.49 | 1:03.79 | * 100 Free | * :58.59 | :54.89 | :49.78 | |
| 1:58.69 | 2:12.47 | 2:17.29 | 200 Free | * 2:06.99 | 2:00.71 | 1:48.16 | |
| 5:14.63 | 4:35.26 | 4:45.99 | 400 (500) Free | * 4:29.69 | 4:16.22 | 4:52.86 | |
| 10:41.27 | 9:21.03 | 9:46.89 | 800(1000)Free | 9:12.99 | 8:49.51 | 10:05.24 | |
| 17:55.36 | 17:52.14 | 18:44.99 | 1500 (1650) Free | 17:52.99 | 16:49.15 | 16:52.18 | |
| ## | ## | ## | * 50 Back | * ## | ## | ## | |
| 1:02.18 | 1:09.39 | 1:12.49 | 100 Back | 1:06.89 | 1:03.23 | :56.66 | |
| 2:13.82 | 2:29.35 | 2:35.59 | * 200 Back | * 2:26.89 | 2:17.04 | 2:02.79 | |
| ## | ## | ## | * 50 Breast | * ## | ## | ## | |
| 1:10.26 | 1:18.41 | 1:22.29 | 100 Breast | * 1:15.59 | 1:11.04 | 1:03.65 | |
| 2:32.48 | 2:50.18 | 2:58.49 | * 200 Breast | 2:47.99 | 2:36.20 | 2:19.96 | |
| ## | ## | ## | * 50 Fly | * ## | ## | ## | |
| 1:01.01 | 1:08.09 | 1:10.19 | 100 Fly | * 1:03.69 | 1:01.28 | :54.91 | |
| 2:15.96 | 2:31.73 | 2:37.19 | 200 Fly | 2:26.99 | 2:18.88 | 2:04.44 | |
| 2:14.47 | 2:30.08 | 2:36.19 | * 200 IM | * 2:23.99 | 2:15.39 | 2:01.31 | |
| 4:44.85 | 5:17.91 | 5:26.99 | 400 IM | 5:08.39 | 4:53.25 | 4:22.76 | |
| 1:43.16 | 1:55.13 | 1:59.89 | * 200 Free Relay | * 1:49.19 | 1:43.03 | 1:32.32 | |
| 3:43.45 | 4:09.38 | 4:20.89 | * 400 Free Relay | * 3:58.29 | 3:45.03 | 3:21.63 | |
| 8:01.85 | 8:57.77 | 9:14.99 | 800 Free Relay | 8:45.99 | 8:13.83 | 7:22.47 | |
| 1:55.25 | 2:08.62 | 2:14.59 | * 200 Medley Relay | * 2:03.99 | 1:56.07 | 1:44.01 | |
| 4:09.70 | 4:38.68 | 4:52.99 | * 400 Medley Relay | * 4:27.99 | 4:12.13 | 3:45.91 | |

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
In addition they must enter either the 100 or the 200 of the stroke with the qualifying time**

Qualifying Period for the Long Course YMCA National Championship Meet:
July 1 of the previous year through the entry deadline (July 2010)

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

* **New Time** *