

2009 National YMCA Short Course Swimming and Diving Championships Meet Qualifying Time Standards

April 6 - 9 , 2009

WOMEN			EVENT	MEN		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:28.92	:28.11	:25.19 *	50 Free *	:22.49	:25.10	:26.15
1:02.45	1:00.92	:54.59 *	100 Free *	:49.09	:54.78	:56.88
2:14.42	2:11.12	1:57.49	200 Free *	1:46.99	1:59.40	2:03.68
4:42.00	4:34.35	5:13.59 *	500 Free	4:50.29	4:13.97	4:22.70
9:32.31	9:20.79	10:40.99	1000Y/800MFree *	10:02.99	8:47.55	9:05.69
18:21.52	17:50.77	17:53.99 *	1650Y/1500M Free *	16:44.29	16:41.28	17:20.71
1:11.85	1:08.40	1:01.29 *	100 Back *	:55.89	1:02.37	1:06.93
2:34.13	2:27.42	2:12.09	200 Back *	2:01.39	2:15.47	2:22.97
1:19.98	1:17.66	1:09.59 *	100 Breast *	1:02.69	1:09.96	1:13.23
2:51.17	2:47.73	2:30.29	200 Breast	2:17.39	2:33.33	2:40.12
1:08.85	1:07.39	1:00.39 *	100 Fly *	:54.19	1:00.47	1:02.43
2:32.31	2:29.76	2:14.19	200 Fly *	2:02.19	2:16.37	2:21.09
2:33.62	2:28.64	2:13.19	200 IM *	2:01.49	2:15.59	2:21.76
5:24.53	5:17.28	4:44.29	400 IM *	4:21.99	4:52.39	5:02.87
1:57.32	1:54.05	1:42.19 *	200 Fr Rel *	1:31.09	1:41.66	1:45.91
4:14.45	4:08.20	3:42.39 *	400 Fr Rel *	3:19.49	3:42.64	3:51.15
9:08.15	8:54.69	7:59.09 *	800 Fr Rel *	7:18.29	8:09.16	8:25.52
2:11.97	2:08.00	1:54.69 *	200 Med Rel *	1:42.59	1:54.49	1:59.56
4:46.27	4:37.33	4:08.49 *	400 Med Rel *	3:43.59	4:09.54	4:21.20

Bold times represent changes for the 2008 - 2009 season

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 2008 NCAA Swimming & Diving Rule Book.