

2011 National YMCA Short Course Swimming and Diving Championships
Meet Qualifying Time Standards
April 5 - 8, 2011

Approved September 13, 2011

WOMEN			MEN			
50 Meter Course	25 Meter Course	25 Yard Course	EVENT	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	:54.39 *	100 Free	:48.99 *	:54.89	:56.54
2:12.53	2:10.90	1:56.99 *	200 Free	1:46.69	1:59.07	2:01.93
4:38.38	4:32.78	5:11.79	500 Free	4:49.89 *	4:13.97	4:22.70
9:27.07	9:16.07	10:35.59	1000Y/800M Free	9:56.49 *	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	1:00.99 *	100 Back	:55.59 *	1:02.37	1:04.24
2:29.02	2:27.19	2:11.29 *	200 Back	1:59.39 *	2:14.25	2:18.26
1:19.98	1:17.66	1:09.39 *	100 Breast	1:02.79	1:10.07	1:12.58
2:50.67	2:47.62	2:29.99 *	200 Breast	2:17.29	2:33.22	2:38.71
1:07.74	1:07.28	:59.99 *	100 Fly	:54.19	1:00.47	1:01.23
2:30.55	2:29.54	2:13.49 *	200 Fly	2:01.99	2:16.14	2:18.62
2:31.12	2:28.42	2:12.69 *	200 IM	1:59.69	2:13.58	2:18.36
5:19.31	5:15.39	4:41.79 *	400 IM	4:19.79 *	4:50.16	4:58.83
1:55.89	1:53.82	1:41.69 *	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	7:55.49 *	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

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.