



# 2009 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

## TIME STANDARDS

Spring Championships – Orlando, FL  
March 17-21, 2009

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LC		SCY	SCM	LC
24.59	27.39	27.79	50 FREE	21.69	23.99	24.79
52.89	58.29	1:00.19	100 FREE	47.09	52.09	53.99
1:54.19	2:05.89	2:09.09	200 FREE	1:43.09	1:54.19	1:58.09
5:03.29	4:21.89	4:30.69	400/500 FREE	4:39.59	4:02.09	4:09.79
10:21.29	9:00.99	9:15.99	800/1000 FREE	9:39.79	8:26.99	8:40.79
17:24.29	17:14.59	17:46.59	1500/1650 FREE	16:13.69	15:55.79	16:41.69
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
59.09	1:04.89	1:07.89	100 BACK	53.09	59.09	1:01.39
2:06.99	2:20.79	2:25.99	200 BACK	1:54.79	2:07.49	2:12.39
<i>100 Breast Qualifying Times</i>			50 BREAST	<i>100 Breast Qualifying Times</i>		
1:06.89	1:14.69	1:16.79	100 BREAST	59.49	1:06.09	1:08.29
2:24.29	2:41.39	2:44.99	200 BREAST	2:09.79	2:25.59	2:29.79
<i>100 Fly Qualifying Times</i>			50 FLY	<i>100 Fly Qualifying Times</i>		
58.49	1:04.29	1:05.79	100 FLY	51.89	56.89	58.89
2:07.39	2:19.99	2:24.19	200 FLY	1:54.89	2:05.79	2:10.59
2:09.49	2:22.89	2:27.59	200 INDIV. MEDLEY	1:56.29	2:08.49	2:13.59
4:33.09	5:01.19	5:09.69	400 INDIV. MEDLEY	4:08.09	4:34.69	4:43.89
<i>400 Free Relay Qualifying Times</i>			200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>		
3:39.99	4:02.79	4:06.99	400 FREE RELAY	3:12.79	3:24.29	3:41.89
7:49.79	8:45.09	8:53.89	800 FREE RELAY	7:05.69	7:53.20	8:07.49
<i>400 Medley Relay Qualifying Times</i>			200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>		
4:01.29	4:28.89	4:36.39	400 MEDLEY RELAY	3:36.09	3:01.99	4:08.89

**QUALIFYING PERIOD: January 1, 2008 THROUGH THE ENTRY DEADLINE.**

**BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS Where bonus standard achieved**

**NO INDIVIDUAL EVENT LIMIT—TWO RELAY ENTRIES PER EVENT PER CLUB**

Form Revised: Nov 10, 2008

For Complete Meet Information: [www.ncsa-usa.org](http://www.ncsa-usa.org) or  
[www.juniornationals.org](http://www.juniornationals.org)



# 2009 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

## **BONUS TIME STANDARDS**

Spring Championships – Orlando, FL  
March 17-21, 2009

WOMEN BONUS			EVENT DESCRIPTION	MEN BONUS		
SCY	SCM	LC		SCY	SCM	LC
25.09	27.89	28.29	50 FREE	22.19	24.49	25.29
53.89	59.29	1:01.19	100 FREE	48.09	53.09	54.99
1:55.19	2:07.89	2:11.09	200 FREE	1:45.09	1:56.19	2:00.09
5:05.29	4:25.89	4:34.69	400/500 FREE	4:44.59	4:06.09	4:14.79
10:26.29	9:08.99	9:23.99	800/1000 FREE	9:49.79	8:34.99	8:48.79
17:33.79	17:31.09	18:03.09	1500/1650 FREE	16:30.19	16:10.79	16:56.69
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
1:00.09	1:05.89	1:08.89	100 BACK	54.09	1:00.09	1:02.39
2:08.19	2:22.79	2:27.99	200 BACK	1:56.79	2:09.49	2:14.39
<i>100 Breast Qualifying Times</i>			50 BREAST	<i>100 Breast Qualifying Times</i>		
1:07.89	1:15.69	1:17.79	100 BREAST	1:00.49	1:07.09	1:09.29
2:25.79	2:43.39	2:46.99	200 BREAST	2:11.79	2:27.59	2:31.79
<i>100 Fly Qualifying Times</i>			50 FLY	<i>100 Fly Qualifying Times</i>		
59.49	1:05.29	1:06.79	100 FLY	52.89	57.89	59.89
2:08.79	2:21.99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59
2:09.99	2:24.89	2:29.59	200 INDIV. MEDLEY	1:58.29	2:10.49	2:15.59
4:34.99	5:05.19	5:13.69	400 INDIV. MEDLEY	4:12.09	4:38.69	4:47.89
<i>400 Free Relay Qualifying Times</i>			200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>		
n/a	n/a	n/a	400 FREE RELAY	n/a	n/a	n/a
n/a	n/a	n/a	800 FREE RELAY	n/a	n/a	n/a
<i>400 Medley Relay Qualifying Times</i>			200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>		
n/a	n/a	n/a	400 MEDLEY RELAY	n/a	n/a	n/a

**QUALIFYING PERIOD: January 1, 2008 THROUGH THE ENTRY DEADLINE.**

**BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS Where bonus standard achieved**

**BONUS STANDARDS ONLY – SEE TIME STANDARDS CHART FOR CUT TIMES**

Form revised: Nov 10 2008

For Complete Meet Information: [www.ncsa-usa.org](http://www.ncsa-usa.org) or  
[www.juniornationals.org](http://www.juniornationals.org)