

2008 National YMCA Short Course Swimming and Diving Championships
Time Trial Qualifying Time Standards
YMCA National Short Course Swimming Championships
April 1-4, 2008

Women				Men		
LCM	SCM	SCY		SCY	SCM	LCM
:31.61	:31.04	:27.81	50 Free	:24.84	:27.73	:28.56
1:08.48	1:07.26	1:00.26	100 Free	:54.10	1:00.38	1:02.19
2:26.03	2:24.23	2:09.23	200 Free	1:58.12	2:11.84	2:15.00
5:08.48	5:02.27	5:45.49	500 Free	5:19.31	4:39.36	4:48.97
10:29.07	10:13.94	11:45.08	1000Y/800MFree	11:08.78	9:45.21	9:59.28
20:08.86	19:41.14	19:44.68	1650 Free	18:29.66	18:26.34	18:58.12
1:16.42	1:15.48	1:07.63	100 Back	1:01.69	1:08.86	1:10.91
2:44.17	2:42.16	2:25.29	200 Back	2:13.74	2:29.27	2:33.73
1:28.24	1:25.67	1:16.76	100 Breast	1:09.17	1:17.20	1:19.97
3:07.86	3:04.50	2:45.31	200 Breast	2:31.12	2:48.67	2:54.71
1:14.88	1:14.38	1:06.64	100 Fly	:59.82	1:06.77	1:07.60
2:45.85	2:44.74	2:27.60	200 Fly	2:14.84	2:30.50	2:33.23
2:46.48	2:43.51	2:26.50	200 IM	2:14.07	2:29.64	2:35.00
5:53.35	5:49.01	5:12.71	400 IM	4:48.62	5:22.13	5:31.75
2:07.98	2:05.70	1:52.62	200 Fr Rel	1:40.41	1:52.07	1:55.42
4:38.48	4:33.51	4:05.06	400 Fr Rel	3:39.87	4:05.40	4:12.73
9:57.96	9:50.62	8:49.19	800 Fr Rel	8:04.31	9:00.53	9:13.50
2:23.57	2:21.17	2:06.48	200 Med Rel	1:53.17	2:06.31	2:09.64
5:11.00	5:05.80	4:33.99	400 Med Rel	4:06.38	4:34.98	4:42.23
:34.59	:33.40	:29.93	50 Back	:27.58	:30.78	:32.39
:38.39	:36.81	:32.99	50 Breast	:30.66	:34.21	:36.29
:32.39	:31.77	:28.47	50 Fly	:25.94	:28.95	:29.89

Time trials time standards are 10% over the meet qualifying time standard for each event.

For 50s of the strokes the standard is set at 10% over the short course qualifying time for Long Course Nationals