



**2016 NCSA
SWIMMING CHAMPIONSHIPS**
TIME STANDARDS
Orlando, FL
March 15-19, 2016

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.39	27.19	27.59	50 FREE	21.69	23.99	24.79
52.39	57.99	59.89	100 FREE	47.09	52.09	53.99
1:53.19	2:04.89	2:08.09	200 FREE	1:43.09	1:54.19	1:58.09
4:59.99	4:18.89	4:27.89	400/500 FREE	4:39.59	4:02.09	4:09.79
10:15.99	8:54.99	9:08.99	800/1000 FREE	9:39.79	8:26.99	8:40.79
17:12.89	17:02.59	17:34.59	1500/1650 FREE	16:13.69	15:55.79	16:41.69
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times		
57.99	1:04.39	1:07.19	100 BACK	53.09	59.09	1:01.39
2:05.99	2:19.79	2:24.29	200 BACK	1:54.79	2:07.49	2:12.39
100 Breast Qualifying Times			50 BREAST	100 Breast Qualifying Times		
1:06.39	1:14.19	1:16.29	100 BREAST	59.49	1:06.09	1:08.29
2:23.29	2:40.39	2:41.89	200 BREAST	2:09.79	2:25.59	2:29.79
100 Fly Qualifying Times			50 FLY	100 Fly Qualifying Times		
57.79	1:03.79	1:05.29	100 FLY	51.89	56.89	58.89
2:06.39	2:18.99	2:23.19	200 FLY	1:54.89	2:05.79	2:10.59
2:08.49	2:21.89	2:26.59	200 INDIV. MEDLEY	1:56.29	2:08.49	2:13.59
4:29.99	4:58.19	5:05.99	400 INDIV. MEDLEY	4:08.09	4:34.69	4:43.89
400 Free Relay Qualifying Times			200 FREE RELAY	400 Free Relay Qualifying Times		
3:32.09	3:57.79	4:00.99	400 FREE RELAY	3:12.79	3:24.29	3:41.89
7:40.79	8:36.09	8:44.89	800 FREE RELAY	7:05.69	7:53.20	8:07.49
400 Medley Relay Qualifying Times			200 MEDLEY RELAY	400 Medley Relay Qualifying Times		
3:55.09	4:25.89	4:30.99	400 MEDLEY RELAY	3:36.09	4:01.99	4:08.89

QUALIFYING PERIOD: January 1, 2015, THROUGH THE ENTRY DEADLINE, March 8, 2016.
 BONUS EVENTS: One individual cut, 2 bonus events in which the swimmer has the bonus standard; 2 cuts, 2 bonus events, 3 cuts, 2 bonus events, etc. 50 strokes (fly, back, breast) have no bonus standard and may be added as a bonus if swimmers have additional bonus swim to use.

Individual event limit-3 per day; Relays-2 per team per event



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SCY	SCM	LCM		SCY	SCM	LCM
24.59	27.49	27.99	50 FREE	21.89	24.49	25.29
52.79	58.89	1:00.69	100 FREE	47.29	53.09	54.99
1:54.19	2:07.89	2:09.79	200 FREE	1:43.99	1:56.19	2:00.09
5:02.59	4:25.89	4:31.69	400/500 FREE	4:41.59	4:06.09	4:14.79
NO BONUS CUTS ALLOWED			800/1000 FREE	NO BONUS CUTS ALLOWED		
NO BONUS STANDARD			1500/1650 FREE	NO BONUS STANDARD		
NO BONUS STANDARD			50 BACK	NO BONUS STANDARD		
58.69	1:05.89	1:08.89	100 BACK	53.79	1:00.09	1:02.39
2:06.89	2:21.79	2:26.29	200 BACK	1:56.19	2:09.49	2:14.39
NO BONUS STANDARD			50 BREAST	NO BONUS STANDARD		
1:07.39	1:15.19	1:17.29	100 BREAST	1:00.49	1:07.09	1:09.29
2:24.79	2:42.39	2:44.99	200 BREAST	2:11.79	2:27.59	2:31.79
NO BONUS STANDARD			50 FLY	NO BONUS STANDARD		
58.69	1:05.29	1:06.79	100 FLY	52.59	57.89	59.89
2:07.29	2:21.99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59
2:09.49	2:24.89	2:29.59	200 INDIV. MEDLEY	1:57.29	2:10.49	2:15.59
4:32.09	5:05.19	5:11.59	400 INDIV. MEDLEY	4:09.59	4:38.69	4:47.09
ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER			200 FREE RELAY	ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER		
ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER			400 FREE RELAY	ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER		
ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER			800 FREE RELAY	ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER		
ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER			200 MEDLEY RELAY	ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER		
ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER			400 MEDLEY RELAY	ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER		

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