

**2010 National YMCA Short Course
Swimming Championship
Meet Qualifying Time Standards**

April 7-10, 2010

Approved September 22, 2009

25 Yard Course	EVENT	25 Yard Course
:25.19 *	50 Free	:22.49 *
:54.59 *	100 Free	:49.19
1:57.29 *	200 Free	1:46.69 *
5:11.79 *	500 Free	4:50.29
10:35.59 *	1000Y/800M Free	9:59.29 *
17:41.79 *	1650Y/1500M Free	16:35.19 *
1:01.19 *	100 Back	:55.89 *
2:11.89 *	200 Back	2:00.29 *
1:09.59 *	100 Breast	1:02.79 *
2:30.19 *	200 Breast	2:17.29 *
1:00.29 *	100 Fly	:54.19 *
2:13.99 *	200 Fly	2:01.99 *
2:12.99 *	200 IM	1:59.69 *
4:42.59 *	400 IM	4:21.29 *
1:41.99 *	200 Fr Rel	1:30.99 *
3:40.39 *	400 Fr Rel	3:18.79 *
7:57.19 *	800 Fr Rel	7:13.59 *
1:53.59 *	200 Med Rel	1:41.89 *
4:05.49 *	400 Med Rel	3:41.89 *

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