

2010 National YMCA Short Course Swimming and Diving Championships Meet Qualifying Time Standards

April 7-10, 2010

Approved September 15, 2009

| 50 Meter Course | WOMEN | | EVENT | MEN | | |
|-----------------|-----------------|----------------|------------------|----------------|-----------------|-----------------|
| | 25 Meter Course | 25 Yard Course | | 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 | :54.59 * | 100 Free | :49.19 | :54.89 | :56.54 |
| 2:12.53 | 2:10.90 | 1:57.29 * | 200 Free | 1:46.69 * | 1:59.07 | 2:01.93 |
| 4:38.38 | 4:32.78 | 5:11.79 * | 500 Free | 4:50.29 | 4:13.97 | 4:22.70 |
| 9:27.07 | 9:16.07 | 10:35.59 * | 1000Y/800M Free | 9:59.29 * | 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 | 1:01.19 * | 100 Back | :55.89 * | 1:02.37 | 1:04.24 |
| 2:29.02 | 2:27.19 | 2:11.89 * | 200 Back | 2:00.29 * | 2:14.25 | 2:18.26 |
| 1:19.98 | 1:17.66 | 1:09.59 * | 100 Breast | 1:02.79 * | 1:10.07 | 1:12.58 |
| 2:50.67 | 2:47.62 | 2:30.19 * | 200 Breast | 2:17.29 * | 2:33.22 | 2:38.71 |
| 1:07.74 | 1:07.28 | 1:00.29 * | 100 Fly | :54.19 * | 1:00.47 | 1:01.23 |
| 2:30.55 | 2:29.54 | 2:13.99 * | 200 Fly | 2:01.99 * | 2:16.14 | 2:18.62 |
| 2:31.12 | 2:28.42 | 2:12.99 * | 200 IM | 1:59.69 * | 2:13.58 | 2:18.36 |
| 5:19.31 | 5:15.39 | 4:42.59 * | 400 IM | 4:21.29 * | 4:50.16 | 4:58.83 |
| 1:55.89 | 1:53.82 | 1:41.99 * | 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 | 7:57.19 * | 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 |

Long Course Conversions were changed September 21, 2009

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.