

2022 National YMCA Long Course Swimming Championship July 19-23, 2022

Meet Qualifying Time Standards

WOMEN	Long Course			Long Course		MEN
25 Meter Course	25 Yard Course	50 Meter	50 Meter	25 Yard Course	25 Meter Course	25 Meter Course
:27.73	:24.99	:28.49	50 Free	:25.79	:22.39	:24.85
:59.92	:53.99	1:01.69	100 Free	:56.69	:48.79	:54.15
2:09.41	1:56.59	2:13.99	200 Free	2:02.99	1:46.39	1:58.09
4:31.85	5:10.69	4:36.99	400M/500Y Free	4:17.99	4:48.49	4:12.42
9:14.74	10:33.99	9:26.99	800M/1000Y Free	8:51.99	9:52.99	8:38.86
9:31.27	10:52.89	9:43.99	800M Bonus†	9:07.99	10:10.59	8:54.26
17:39.80	17:42.99	18:14.99	1500M/1650Y Free	17:11.49	16:32.89	16:29.91
18:11.30	18:14.59	18:47.79	1500M Bonus†	17:42.39	17:02.39	16:59.32
1:06.25	:59.69	1:09.59	100 Back	1:03.99	:54.49	1:00.48
2:22.62	2:08.49	2:28.99	200 Back	2:18.99	1:57.79	2:10.74
1:16.02	1:08.49	1:18.99	100 Breast	1:11.99	1:01.49	1:08.25
2:45.15	2:28.79	2:51.49	200 Breast	2:37.19	2:13.89	2:28.61
1:05.81	:59.29	1:07.59	100 Fly	1:01.19	:53.39	:59.26
2:26.50	2:11.99	2:31.59	200 Fly	2:17.69	1:58.99	2:12.07
2:25.39	2:10.99	2:31.79	200 IM	2:19.49	1:58.99	2:12.07
5:09.67	4:38.99	5:18.99	400 IM	4:54.99	4:17.39	4:45.70
1:51.98	1:40.89	1:53.99	200 Fr Rel	1:43.79	1:30.69	1:40.66
4:01.96	3:37.99	4:06.79	400 Fr Rel	3:46.79	3:16.29	3:37.88
8:42.79	7:50.99	8:57.89	800 Fr Rel	8:11.99	7:08.89	7:56.06
2:04.53	1:52.19	2:06.99	200 Med Rel	1:54.99	1:40.99	1:52.09
4:29.49	4:02.79	4:37.89	400 Med Rel	4:14.59	3:39.59	4:03.74

† Bonus qualifying times explained

If you enter one of the distance events (1500 or 800) at the standard qualifying time, then you are allowed to enter the other distance event using its bonus qualifying time standard.

The bonus event is included in the maximum of 5 individual swims.

Qualifying Period for the Long Course YMCA National Championship Meet:
is July 1, 2019 to the entry date for the meet