



2019 NCSA SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Orlando, FL
March 19-23, 2019

WOMEN		EVENT DESCRIPTION	MEN	
SCY	LCM		SCY	LCM
24.19	27.59	50 FREE	21.69	24.79
52.39	59.89	100 FREE	47.09	53.99
1:52.99	2:08.09	200 FREE	1:43.09	1:58.09
4:59.99	4:27.89	400/500 FREE	4:39.59	4:09.79
10:15.99	9:08.99	800/1000 FREE	9:39.79	8:40.79
17:12.89	17:34.59	1500/1650 FREE	16:13.69	16:41.69
<i>100 Back Qualifying Times</i>		50 BACK	<i>100 Back Qualifying Times</i>	
57.99	1:07.19	100 BACK	52.89	1:01.39
2:05.99	2:24.29	200 BACK	1:54.79	2:12.39
<i>100 Breast Qualifying Times</i>		50 BREAST	<i>100 Breast Qualifying Times</i>	
1:06.39	1:16.29	100 BREAST	59.49	1:08.29
2:23.29	2:41.89	200 BREAST	2:09.79	2:29.79
<i>100 Fly Qualifying Times</i>		50 FLY	<i>100 Fly Qualifying Times</i>	
57.29	1:05.29	100 FLY	51.69	58.89
2:06.39	2:23.19	200 FLY	1:54.89	2:10.59
<i>200 IM Qualifying Times</i>		100 INDIV MEDLEY	<i>200 IM Qualifying Times</i>	
2:07.99	2:26.59	200 INDIV. MEDLEY	1:56.29	2:13.59
4:29.99	5:05.99	400 INDIV. MEDLEY	4:08.09	4:43.89
<i>400 Free Relay Qualifying Times</i>		200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>	
3:32.09	4:00.99	400 FREE RELAY	3:12.79	3:41.89
7:40.79	8:44.89	800 FREE RELAY	7:05.69	8:07.49
<i>400 Medley Relay Qualifying Times</i>		200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>	
3:55.09	4:30.99	400 MEDLEY RELAY	3:36.09	4:08.89

QUALIFYING PERIOD: January 1, 2018, through March 17, 2019, dates inclusive.
 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 swims to use and the swimmer does not have the standard.
 Individual event limit-3 per day; Relays-2 per team per event



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SCY	LCM		SCY	LCM
24.49	27.89	50 FREE	21.89	25.29
52.69	1:00.59	100 FREE	47.29	54.99
1:53.99	2:09.79	200 FREE	1:43.99	2:00.09
5:02.09	4:30.99	400/500 FREE	4:41.59	4:14.79
NO BONUS CUTS ALLOWED		800/1000 FREE	NO BONUS CUTS ALLOWED	
		1500/1650 FREE		
NO BONUS STANDARD		50 BACK	NO BONUS STANDARD	
58.69	1:08.89	100 BACK	53.79	1:02.39
2:06.89	2:26.29	200 BACK	1:55.79	2:13.99
NO BONUS STANDARD		50 BREAST	NO BONUS STANDARD	
1:07.39	1:17.29	100 BREAST	1:00.49	1:09.29
2:24.79	2:44.99	200 BREAST	2:11.79	2:31.79
NO BONUS STANDARD		50 FLY	NO BONUS STANDARD	
58.39	1:06.49	100 FLY	52.29	59.69
2:07.29	2:26.19	200 FLY	1:56.09	2:12.59
NO BONUS CUTS ALLOWED		100 INDIV MEDLEY	NO BONUS CUTS ALLOWED	
2:08.99	2:29.09	200 INDIV. MEDLEY	1:57.29	2:15.59
4:32.09	5:09.99	400 INDIV. MEDLEY	4:09.59	4:47.09
ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER		200 FREE RELAY	ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER	
		400 FREE RELAY		
		800 FREE RELAY		
		200 MEDLEY RELAY		
		400 MEDLEY RELAY		

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