



# 2019 NCSA SWIMMING CHAMPIONSHIPS

## TIME STANDARDS

Orlando, FL  
March 19-23, 2019

| WOMEN                                    |          |          | EVENT DESCRIPTION       | MEN                                      |          |          |
|--|----------|----------|-------------------------|--|----------|----------|
| SCY                                      | SCM      | LCM      |                         | SCY                                      | SCM      | LCM      |
| 24.19                                    | 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    |
| 1:52.99                                  | 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 |
| <b>100 Back Qualifying Times</b>         |          |          | <b>50 BACK</b>          | <b>100 Back Qualifying Times</b>         |          |          |
| 57.99                                    | 1:04.39  | 1:07.19  | 100 BACK                | 52.89                                    | 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  |
| <b>100 Breast Qualifying Times</b>       |          |          | <b>50 BREAST</b>        | <b>100 Breast Qualifying Times</b>       |          |          |
| 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  |
| <b>100 Fly Qualifying Times</b>          |          |          | <b>50 FLY</b>           | <b>100 Fly Qualifying Times</b>          |          |          |
| 57.29                                    | 1:03.79  | 1:05.29  | 100 FLY                 | 51.69                                    | 56.89    | 58.89    |
| 2:06.39                                  | 2:18.99  | 2:23.19  | 200 FLY                 | 1:54.89                                  | 2:05.79  | 2:10.59  |
| <b>200 IM Qualifying Times</b>           |          |          | <b>100 INDIV MEDLEY</b> | <b>200 IM Qualifying Times</b>           |          |          |
| 2:07.99                                  | 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  |
| <b>400 Free Relay Qualifying Times</b>   |          |          | <b>200 FREE RELAY</b>   | <b>400 Free Relay Qualifying Times</b>   |          |          |
| 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  |
| <b>400 Medley Relay Qualifying Times</b> |          |          | <b>200 MEDLEY RELAY</b> | <b>400 Medley Relay Qualifying Times</b> |          |          |
| 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, 2018, through March 18, 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