

**2016 National YMCA Short Course Swimming Championships**  
**Meet Qualifying Time Standards**  
**April 4-8, 2016**

\* = change

WOMEN			EVENT	MEN		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:27.95	:27.40	:24.69	50 Free	:22.09	:24.51	:25.01
1:00.67	:59.48	:53.59	100 Free	:48.19	:53.49	:54.56
2:11.32	2:08.74	1:55.99	200 Free	1:45.39	1:56.98	1:59.32
4:34.61	4:29.22	5:07.69	500 Free	4:45.49	4:09.80	4:14.79
9:20.48	9:09.49	10:27.99	1000Y/800M Free	9:48.29	8:34.75	8:45.04
17:50.82	17:29.83	17:32.99	1650Y/1500M Free	16:27.29	16:24.32	16:44.01
1:07.35	1:06.03	:59.49	100 Back	:54.29	1:00.26	1:01.46
2:24.91	2:22.06	2:07.99	200 Back	1:56.99	2:09.85	2:12.45
1:17.20	1:15.69	<i>1:08.19</i> *	100 Breast	1:01.09	1:07.80	1:09.16
2:47.55	2:44.26	2:27.99	200 Breast	2:13.39	2:28.06	2:31.02
1:06.90	1:05.58	:59.09	100 Fly	<i>:53.19</i> *	:59.04	1:00.22
2:28.87	2:25.95	<i>2:11.49</i> *	200 Fly	1:58.99	2:12.07	2:14.72
2:27.85	2:24.95	<i>2:10.59</i> *	200 IM	<i>1:58.89</i> *	2:11.96	2:14.60
5:13.94	5:07.79	4:37.29	400 IM	<i>4:14.99</i> *	4:43.03	4:48.69
1:52.86	1:50.65	<i>1:39.69</i> *	200 Fr Rel	1:29.49	1:39.33	1:41.32
4:04.09	3:59.30	3:35.59	400 Fr Rel	3:13.89	3:35.21	3:39.52
8:50.99	8:40.57	7:48.99	800 Fr Rel	7:09.99	7:57.28	8:06.83
2:05.66	2:03.19	<i>1:50.99</i> *	200 Med Rel	1:39.99	1:50.98	1:53.20
4:32.16	4:26.83	<i>4:00.39</i> *	400 Med Rel	3:37.19	4:01.08	4:05.90

**Final 4/2/15**

Qualifying Period for the Short Course YMCA National Championship Meet:  
is March 1 of the previous season to the entry date for the meet

**!!!!NEW!!!!**

We have adopted the Hy-Tek conversion factors

Y to SCM = 1.11  
400/500 800/1000 = .875  
1650/1500 = .997  
Long Course = 1.02 \* SCM

**2016 National YMCA Short Course Swimming Championships**  
**Time Trial Qualifying Time Standards**  
**With 3% adjustment**  
**April 4 - 8, 2016**

WOMEN			EVENT	MEN		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:28.79	:28.22	:25.43	<b>50 Free</b>	:22.75	:25.25	:25.27
1:02.49	1:01.26	:55.19	<b>100 Free</b>	:49.63	:55.09	:55.12
2:15.26	2:12.61	1:59.46	<b>200 Free</b>	1:48.55	2:00.49	2:00.56
4:39.07	4:33.60	5:12.69	<b>500 Free</b>	4:50.49	4:14.17	4:19.26
9:27.62	9:16.49	10:35.99	<b>1000Y/800MFree</b>	9:56.29	8:41.75	8:52.18
18:06.08	17:44.78	17:47.99	<b>1650 Free</b>	16:42.29	16:39.28	16:59.26
1:09.37	1:08.01	1:01.27	<b>100 Back</b>	:55.91	1:02.06	1:02.10
2:29.25	2:26.33	2:11.82	<b>200 Back</b>	2:00.49	2:13.75	2:13.83
1:19.52	1:17.96	1:10.23	<b>100 Breast</b>	1:02.92	1:09.84	1:09.88
2:52.58	2:49.19	2:32.42	<b>200 Breast</b>	2:17.39	2:32.50	2:32.59
1:08.90	1:07.55	1:00.86	<b>100 Fly</b>	:54.78	1:00.81	1:00.84
2:33.33	2:30.33	2:15.43	<b>200 Fly</b>	2:02.55	2:16.04	2:16.12
2:32.28	2:29.30	2:14.50	<b>200 IM</b>	2:02.45	2:15.92	2:16.00
5:23.36	5:17.02	4:45.60	<b>400 IM</b>	4:22.63	4:51.53	4:51.69
xxx	xxx	xxx	<b>200 Fr Rel</b>	xxx	xxx	xxx
xxx	xxx	xxx	<b>400 Fr Rel</b>	xxx	xxx	xxx
xxx	xxx	xxx	<b>800 Fr Rel</b>	xxx	xxx	xxx
xxx	xxx	xxx	<b>200 Med Rel</b>	xxx	xxx	xxx
xxx	xxx	xxx	<b>400 Med Rel</b>	xxx	xxx	xxx

Time trials time standards are 3% over the meet qualifying time standard for most events  
400 IM and 500 Free are 5 seconds slower than Short Course qualifying times  
1000 Free 8 seconds slower 1650 Free 15 seconds slower than Short Course Qualifying times

**!!!!NEW!!!!**

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Long Course = 1.02 \* SCM