

2020 National YMCA Long Course Swimming Championship

Meet Qualifying Time Standards

(The short course yard and short course meter times are identical to YMCA Short Course Nationals' qualifying times)

WOMEN 25 Meter Course	WOMEN 25 Yard Course	WOMEN 50 Meter Course	EVENT	MEN 50 Meter Course	MEN 25 Yard Course	MEN 25 Meter Course
:27.40	:24.69	:28.49	50 Free	:25.79	:22.09	:24.51
:59.26	:53.39	1:01.69	100 Free	:56.69	:48.19	:53.49
2:08.08	1:55.39	2:13.99	200 Free	2:02.99	1:45.19	1:56.76
4:29.22	5:07.69	4:36.99	400M/500Y Free	4:17.99	4:45.49	4:09.80
9:09.49	10:27.99	9:26.99	800M/1000Y Free	8:51.99	9:46.99	8:33.61
9:25.96	10:46.82	9:43.99	800M Free Bonus†	9:07.99	10:04.59	8:49.01
17:29.83	17:32.99	18:14.99	1500M/1650Y Free	17:11.49	16:22.99	16:20.04
18:01.33	18:04.59	18:47.79	1500M Free Bonus†	17:42.39	16:52.47	16:49.43
---	---	---	50 Back	---	---	---
1:05.58	:59.09	1:09.59	100 Back	1:03.99	:53.89	:59.81
2:21.29	2:07.29	2:28.99	200 Back	2:18.99	1:56.59	2:09.41
---	---	---	50 Breast	---	---	---
1:15.35	1:07.89	1:18.99	100 Breast	1:11.99*	1:00.89	1:07.58
2:43.82	2:27.59	2:51.49	200 Breast	2:37.19*	2:12.69	2:27.28
---	---	---	50 Fly	---	---	---
1:05.14	:58.69	1:07.59	100 Fly	1:01.19	:52.79	:58.59
2:25.17	2:10.79	2:31.59	200 Fly	2:17.69	1:57.79	2:10.74
2:24.06	2:09.79	2:31.79	200 IM	2:19.49*	1:57.79	2:10.74
5:07.01	4:36.59	5:18.99	400 IM	4:54.99	4:14.99	4:43.03
1:50.65	1:39.69	1:53.99	200 Fr Rel	1:43.79	1:29.49	1:39.33
3:59.30	3:35.59	4:06.79	400 Fr Rel	3:46.79	3:13.89	3:35.21
8:38.35	7:46.99	8:57.89	800 Fr Rel	8:11.99	7:04.09	7:50.73
2:03.19	1:50.99	2:06.99	200 Med Rel	1:54.99	1:39.79	1:50.76
4:26.83	4:00.39	4:37.89	400 Med Rel	4:14.59	3:37.19	4:01.08

* = 2020 change

† Bonus Qualifying Times

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.

Note: The bonus event is included in the maximum of 5 total individual swims for the Championship

50 Back, Breast and Fly Strokes

There are no qualifying times for the 50 Back, Breast and Fly strokes

The athlete must have a qualifying time in the 100 or 200 distance of that stroke

Enter the 50 stroke with a provable 50 stroke time

If the athlete is not entered in the 100 or 200 of that stroke, the coach must be prepared to prove a time that qualifies in the 100 or 200 stroke

Qualifying Period

Qualifying Period for the Long Course YMCA National Championship Meet

is July 1 of the previous season to the entry date for the meet