

2008 National YMCA Short Course Swimming and Diving Championships Meet Qualifying Time Standards

50 Meter Course	WOMEN			EVENT	MEN		
	25 Meter Course	25 Yard Course			25 Yard Course	25 Meter Course	50 Meter Course
:28.73	:28.22	:25.29		50 Free	:22.59	:25.21	:25.96
1:02.26	1:01.14	:54.79		100 Free	:49.19	:54.89	:56.54
2:12.75	2:11.12	1:57.49		200 Free	1:47.39	1:59.85	2:02.73
4:40.43	4:34.79	5:14.09 *		500 Free	4:50.29	4:13.97	4:22.70
9:31.88	9:18.13	10:40.99		1000Y/800MFree	10:07.99	8:52.01	9:04.80
18:18.96	17:53.76	17:56.99		1650 Free	* 16:48.79	16:45.77	17:14.65
1:09.48	1:08.62	1:01.49		100 Back	:56.09	1:02.60	1:04.47
2:29.25	2:27.42	2:12.09		200 Back	2:01.59	2:15.70	2:19.75
1:20.21	1:17.89	1:09.79		100 Breast	1:02.89	1:10.18	1:12.70
2:50.78	2:47.73	2:30.29		200 Breast	2:17.39	2:33.33	2:38.83
1:08.07	1:07.62	1:00.59		100 Fly	:54.39	1:00.70	1:01.45
2:30.77	2:29.76	2:14.19		200 Fly	* 2:02.59	2:16.81	2:19.30
2:31.35	2:28.64	2:13.19		200 IM	2:01.89	2:16.03	2:20.91
5:21.23	5:17.28	4:44.29		400 IM	* 4:22.39	4:52.84	5:01.59
1:56.35	1:54.27	1:42.39 *		200 Fr Rel	1:31.29	1:41.88	1:44.93
4:13.17	4:08.64	3:42.79 *		400 Fr Rel	* 3:19.89	3:43.09	3:49.75
9:03.60	8:56.93	8:01.09 *		800 Fr Rel	* 7:20.29	8:11.39	8:23.18
2:10.52	2:08.33	1:54.99 *		200 Med Rel	* 1:42.89	1:54.83	1:57.85
4:42.73	4:38.00	4:09.09 *		400 Med Rel	* 3:43.99	4:09.98	4:16.57

* **New Time** *

Qualifying Period for the Short Course YMCA National Championship Meet:
March 1 of the preceding year to the entry deadline for short course championships
Also times achieved at the short course or long course YMCA Nationals of the preceding year

Meters to Yards conversions per 2006 NCAA Swimming & Diving Rule Book.