

**National YMCA Short Course Swimming and Diving Championships**  
**April 4-7, 2006, Fort Lauderdale, Florida**  
**Qualifying Time Standards**

50 Meter Course	WOMEN		EVENT	MEN		
	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:28.85	:28.33	:25.39	50 Free	:22.69	:25.32	:26.08
1:02.60	1:01.48	:55.09	100 Free	:49.49	:55.23	:56.88
2:13.54	2:11.90	1:58.19	200 Free	1:47.79	2:00.30	2:03.18
4:41.06	4:35.40	5:14.79	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	16:52.99	16:49.96	17:18.96
1:09.81	1:08.96	1:01.79	100 Back	:56.49	1:03.04	1:04.93
2:29.70	2:27.86	2:12.49	200 Back	2:01.99	2:16.14	2:20.21
1:20.44	1:18.11	1:09.99	100 Breast	1:03.09	1:10.41	1:12.93
2:51.23	2:48.18	2:30.69	200 Breast	2:17.59	2:33.56	2:39.06
1:08.30	1:07.84	1:00.79 *	100 Fly	:54.79	1:01.14	1:01.90
2:31.22	2:30.21	2:14.59	200 Fly	2:03.79 *	2:18.15	2:20.67
2:32.26	2:29.54	2:13.99	200 IM	2:02.29	2:16.48	2:21.37
5:21.23	5:17.28	4:44.29	400 IM	4:24.39	4:55.07	5:03.89
1:56.57	1:54.49	1:42.59	200 Fr Rel	1:31.29	1:41.88	1:44.93
4:13.85	4:09.31	3:43.39	400 Fr Rel	3:20.49	3:43.76	3:50.44
9:08.46	9:01.72	8:05.39	800 Fr Rel	7:24.29	8:15.85	8:27.76
2:11.31	2:09.11	1:55.69	200 Med Rel	1:43.09	1:55.05	1:58.08
4:43.98	4:39.22	4:10.19	400 Med Rel	3:45.19	4:11.32	4:17.94