

Short course meter times were changed on September 20, 2010

## 2011 National YMCA Short Course Swimming and Diving Championships Meet Qualifying Time Standards

**April 5 - 8, 2011**

Approved September 13, 2011

WOMEN				MEN		
50 Meter Course	25 Meter Course	25 Yard Course	EVENT	25 Yard Course	25 Meter Course	50 Meter Course
:28.62	:28.11	:25.19	50 Free	:22.49	:25.10	:25.85
1:01.80	1:00.70	:54.39 *	100 Free	:48.99 *	:54.67	:56.31
2:12.19	2:10.56	1:56.99 *	200 Free	1:46.69	1:59.07	2:01.93
4:38.38	4:32.78	5:11.79	500 Free	4:49.89 *	4:13.62	4:22.34
9:27.07	9:16.07	10:35.59	1000Y/800M Free	9:56.49 *	8:41.86	8:54.48
18:03.45	17:38.61	17:41.79	1650Y/1500M Free	16:35.19	16:32.21	17:00.70
1:08.91	1:08.06	1:00.99 *	100 Back	:55.59 *	1:02.04	1:03.89
2:28.35	2:26.52	2:11.29 *	200 Back	1:59.39 *	2:13.24	2:17.22
1:19.75	1:17.44	1:09.39 *	100 Breast	1:02.79	1:10.07	1:12.58
2:50.44	2:47.39	2:29.99 *	200 Breast	2:17.29	2:33.22	2:38.71
1:07.40	1:06.95	:59.99 *	100 Fly	:54.19	1:00.47	1:01.23
2:29.98	2:28.98	2:13.49 *	200 Fly	2:01.99	2:16.14	2:18.62
2:30.78	2:28.09	2:12.69 *	200 IM	1:59.69	2:13.58	2:18.36
5:18.40	5:14.49	4:41.79 *	400 IM	4:19.79 *	4:49.94	4:58.60
1:55.55	1:53.49	1:41.69 *	200 Fr Rel	1:30.99	1:41.55	1:44.58
4:10.44	4:05.97	3:40.39	400 Fr Rel	3:18.79	3:41.86	3:48.49
8:57.27	8:50.68	7:55.49 *	800 Fr Rel	7:13.59	8:03.91	8:15.53
2:08.93	2:06.77	1:53.59	200 Med Rel	1:41.89	1:53.71	1:56.71
4:38.64	4:33.98	4:05.49	400 Med Rel	3:41.89	4:07.64	4:14.16

### Short Course Meter conversions changed September 20, 2010

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

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

\* New Time