

2009 National YMCA Short Course Swimming and Diving Championships Meet Qualifying Time Standards 2006 conversions

April 6 - 9 , 2009

WOMEN			MEN			
50 Meter Course	25 Meter Course	25 Yard Course	EVENT	25 Yard Course	25 Meter Course	50 Meter Course
:28.73	:28.22	:25.29	50 Free	:22.59	:25.21	:25.96
1:02.14	1:01.03	:54.69 *	100 Free	:49.19	:54.89	:56.54
2:12.75	2:11.12	1:57.49	200 Free *	1:47.19	1:59.63	2:02.50
4:39.99	4:34.35	5:13.59 *	500 Free	4:50.29	4:13.97	4:22.70
9:31.88	9:20.79	10:40.99	1000Y/800M Free *	10:02.99	8:47.55	9:00.32
18:15.90	17:50.77	17:53.99 *	1650Y/1500M Free *	16:44.29	16:41.28	17:10.04
1:09.36	1:08.51	1:01.39 *	100 Back *	:55.99	1:02.48	1:04.35
2:29.25	2:27.42	2:12.09	200 Back	2:01.59	2:15.70	2:19.75
1:20.10	1:17.77	1:09.69 *	100 Breast *	1:02.79	1:10.07	1:12.58
2:50.78	2:47.73	2:30.29	200 Breast	2:17.39	2:33.33	2:38.83
1:07.96	1:07.51	1:00.49 *	100 Fly *	:54.29	1:00.59	1:01.34
2:30.77	2:29.76	2:14.19	200 Fly *	2:02.39	2:16.59	2:19.07
2:31.35	2:28.64	2:13.19	200 IM *	2:01.49	2:15.59	2:20.45
5:21.23	5:17.28	4:44.29	400 IM *	4:21.99	4:52.39	5:01.13
1:56.12	1:54.05	1:42.19 *	200 Fr Rel *	1:31.19	1:41.77	1:44.81
4:12.94	4:08.42	3:42.59 *	400 Fr Rel *	3:19.69	3:42.86	3:49.52
9:01.34	8:54.69	7:59.09 *	800 Fr Rel *	7:18.29	8:09.16	8:20.90
2:10.29	2:08.11	1:54.79 *	200 Med Rel *	1:42.79	1:54.72	1:57.74
4:42.50	4:37.77	4:08.89 *	400 Med Rel	3:43.99	4:09.98	4:16.57

Bold times represent changes for the 2008 - 2009 season

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.