



2023 National YMCA Long Course Swimming Championship

July 25-29, 2023

Meet Qualifying Time Standards

Qualifying Period for the Long Course YMCA National Championship Meet
July 1, 2022 to the entry date for the meet

25 Meter Course	WOMEN			50 Meter Course	MEN	
	25 Yard Course	50 Meter Course			25 Yard Course	25 Meter Course
:27.73	:24.99	:28.49	50 Free	:25.79	:22.39	:24.85
:59.92	:53.99	1:01.69	100 Free	:56.69	:48.79	:54.15
2:09.41	1:56.59	2:13.99	200 Free	2:02.99	1:46.39	1:58.09
4:31.85	5:10.69	4:36.99	400M/500Y Free	4:17.99	4:48.49	4:12.42
9:14.74	10:33.99	9:26.99	800M/1000Y Free	8:51.99	9:52.99	8:38.86
9:31.27	10:52.89	9:43.99	800M Bonus†	9:07.99	10:10.59	8:54.26
17:39.80	17:42.99	18:14.99	1500M/1650Y Free	17:11.49	16:32.89	16:29.91
18:11.30	18:14.59	18:47.79	1500M Bonus†	17:42.39	17:02.39	16:59.32
1:06.25	:59.69	1:09.59	100 Back	1:03.99	:54.49	1:00.48
2:22.62	2:08.49	2:28.99	200 Back	2:18.99	1:57.79	2:10.74
1:16.02	1:08.49	1:18.99	100 Breast	1:11.99	1:01.49	1:08.25
2:45.15	2:28.79	2:51.49	200 Breast	2:37.19	2:13.89	2:28.61
1:05.81	:59.29	1:07.59	100 Fly	1:01.19	:53.39	:59.26
2:26.50	2:11.99	2:31.59	200 Fly	2:17.69	1:58.99	2:12.07
2:25.39	2:10.99	2:31.79	200 IM	2:19.49	1:58.99	2:12.07
5:09.67	4:38.99	5:18.99	400 IM	4:54.99	4:17.39	4:45.70
1:51.98	1:40.89	1:53.99	200 Fr Rel	1:43.79	1:30.69	1:40.66
4:01.96	3:37.99	4:06.79	400 Fr Rel	3:46.79	3:16.29	3:37.88
8:42.79	7:50.99	8:57.89	800 Fr Rel	8:11.99	7:08.89	7:56.06
2:04.53	1:52.19	2:06.99	200 Med Rel	1:54.99	1:40.99	1:52.09
4:29.49	4:02.79	4:37.89	400 Med Rel	4:14.59	3:39.59	4:03.74

all times are the same as 2022

† Bonus qualifying times explained

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.

The bonus event is included in the maximum of 5 individual swims.