

2008

2008 National YMCA Long Course Swimming Championships
July 29 - August 1, 2008
Qualifying Time Standards

2008 National YMCA Short Course Swimming and Diving Championships
April 1 - 4, 2008
Qualifying Time Standards

Women			Men			Senior (12 & Over)	Women			Men		
25 Yard Course	25 Meter Course	50 Meter Course	25 Yard Course	25 Meter Course	50 Meter Course		25 Yard Course	25 Meter Course	50 Meter Course	25 Yard Course	25 Meter Course	50 Meter Course
:25.48	:28.43	:29.39 *	:22.89	:25.21	:26.99	50 Free	:25.29	:28.22	:28.73	:22.59	:25.21	:25.96
:55.30	1:01.71	1:03.99 *	:49.84	:55.62	:58.79	100 Free	:54.79	1:01.14	1:02.26	:49.19	:54.89	:56.54
1:58.83	2:12.61	2:17.29	1:49.21	2:01.88	2:08.99	200 Free	1:57.49	2:11.12	2:12.75	1:47.39	1:59.85	2:02.73
5:16.16	4:36.60	4:45.99	4:53.89	4:17.12	4:32.49 *	400 (500) Free	5:14.09	4:34.79	4:40.43 *	4:50.29	4:13.97	4:22.70
10:46.43	9:25.55	9:46.89	10:09.01	8:52.81	9:12.99	800(1000)Free	10:40.99	9:18.13	9:31.88	10:07.99	8:52.01	9:04.80
18:05.49	18:02.24	18:44.99	17:01.25	16:58.19	17:52.99	1500 (1650) Free	17:56.99	17:53.76	18:18.96	16:48.79	16:45.77	17:14.65 *
:29.93	:33.40	:34.59	:27.58	:30.78	:32.39	50 Back						
1:02.38	1:09.61	1:12.49	:56.82	1:03.41	1:06.99	100 Back	1:01.49	1:08.62	1:09.48	:56.09	1:02.60	1:04.47
2:14.64	2:30.26	2:37.89	2:03.69	2:18.04	2:26.99 *	200 Back	2:12.09	2:27.42	2:29.25	2:01.59	2:15.70	2:19.75
:32.99	:36.81	:38.39	:30.66	:34.21	:36.29	50 Breast						
1:10.53	1:18.72	1:22.79 *	1:03.92	1:11.34	1:16.29	100 Breast	1:09.79	1:17.89	1:20.21	1:02.89	1:10.18	1:12.70
2:32.99	2:50.74	2:59.99 *	2:20.61	2:36.92	2:49.99 *	200 Breast	2:30.29	2:47.73	2:50.78	2:17.39	2:33.33	2:38.83
:28.47	:31.77	:32.39	:25.94	:28.95	:29.89	50 Fly						
1:01.21	1:08.31	1:10.19	:55.19	1:01.59	1:04.19	100 Fly	1:00.59	1:07.62	1:08.07	:54.39	1:00.70	1:01.45
2:16.68	2:32.54	2:39.19	2:05.43	2:19.98	2:28.99 *	200 Fly	2:14.19	2:29.76	2:30.77	2:02.59	2:16.81	2:19.30 *
2:14.84	2:30.49	2:36.99	2:03.41	2:17.73	2:26.19 *	200 IM	2:13.19	2:28.64	2:31.35	2:01.89	2:16.03	2:20.91
4:45.99	5:19.18	5:26.99	4:24.65	4:55.36	5:09.39 *	400 IM	4:44.29	5:17.28	5:21.23	4:22.39	4:52.84	5:01.59 *
1:43.90	1:55.95	2:01.49 *	1:32.76	1:43.52	1:49.99	200 Free Relay	1:42.39	1:54.27	1:56.35 *	1:31.29	1:41.88	1:44.93
3:45.46	4:11.63	4:22.29	3:22.57	3:46.07	3:58.99	400 Free Relay	3:42.79	4:08.64	4:13.17 *	3:19.89	3:43.09	3:49.75 *
8:05.63	9:01.99	9:18.99	7:28.11	8:20.11	8:49.99	800 Free Relay	8:01.09	8:56.93	9:03.60 *	7:20.29	8:11.39	8:23.18 *
1:56.48	2:09.99	2:15.59 *	1:44.91	1:57.08	2:04.79	200 Medley Relay	1:54.99	2:08.33	2:10.52 *	1:42.89	1:54.83	1:57.85 *
4:13.27	4:42.67	4:56.99	3:47.89	4:14.34	4:29.99	400 Medley Relay	4:09.09	4:38.00	4:42.73 *	3:43.99	4:09.98	4:16.57 *

* Changed in 2008

Qualifying Period for the Long Course YMCA National Championship Meet:
 July 1 of the previous year through the entry deadline

Qualifying Period for the Short Course YMCA National Championship Meet:
 March 1 of the preceding year to the entry deadline for short course championship