

2026 National YMCA Long Course Swimming Championship

Meet Qualifying Time Standards

Qualifying Period for the Long Course YMCA National Championship Meet
is April 1, 2025 to the entry date for the meet

WOMEN			MEN		
25 Meter Course	25 Yard Course	50 Meter Course		50 Meter Course	25 Yard Course 25 Meter Course
0:27.93	0:24.50	0:28.49	50 Free	0:25.79	0:21.92 0:25.28
1:00.48	0:53.05	1:01.69	100 Free	0:56.69	0:48.19 0:55.58
2:12.34	1:56.09	2:14.99	200 Free	2:03.59	1:45.05 2:01.17
4:33.52	5:12.19	4:38.99	500 Free	4:19.19	4:49.52 4:14.11
9:29.21	10:49.68	9:40.59	800M / 1000Y Free	9:01.89	10:05.29 8:51.26
18:14.40	18:18.43	18:36.29	1500M / 1650Y Free	17:30.99	17:14.17 17:10.38
1:08.72	1:00.28	1:10.09	100 Back	1:04.29	0:54.65 1:03.03
2:27.64	2:09.51	2:30.59	200 Back	2:19.99	1:58.99 2:17.25
1:17.93	1:08.36	1:19.49	100 Breast	1:11.99	1:01.19 1:10.58
2:49.40	2:28.60	2:52.79	200 Breast	2:37.79	2:14.12 2:34.70
1:06.26	0:58.13	1:07.59	100 Fly	1:01.19	0:52.01 0:59.99
2:29.60	2:11.23	2:32.59	200 Fly	2:18.29	1:57.55 2:15.58
2:29.79	2:11.40	2:32.79	200 IM	2:20.09	1:59.08 2:17.34
5:14.70	4:36.05	5:20.99	400 IM	4:56.19	4:11.76 4:50.38
1:51.75	1:38.03	1:53.99	200 Fr Rel	1:43.79	1:28.22 1:41.75
4:01.95	3:32.24	4:06.79	400 Fr Rel	3:46.79	3:12.77 3:42.34
8:47.34	7:42.59	8:57.89	800 Fr Rel	8:11.99	6:58.19 8:02.34
2:04.50	1:49.21	2:06.99	200 Med Rel	1:54.99	1:37.74 1:52.74
3:54.30	3:58.99	4:37.89	400 Med Rel	4:14.59	3:36.40 3:32.16

RAJ 1.2

* = change

If an athlete qualifies for either the 800 Freestyle or 1500 Freestyle,
they may swim the other with a provable time.