



2020 NCSA SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Orlando, FL
March 17-21, 2020

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.19	27.19	27.59	50 FREE	21.69	23.99	24.79
52.39	57.99	59.89	100 FREE	47.09	52.09	53.99
1:52.99	2:04.89	2:08.09	200 FREE	1:43.09	1:54.19	1:58.09
4:59.99	4:18.89	4:27.89	400/500 FREE	4:39.59	4:02.09	4:09.79
10:15.99	8:54.99	9:08.99	800/1000 FREE	9:39.79	8:26.99	8:40.79
17:12.89	17:02.59	17:34.59	1500/1650 FREE	16:13.69	15:55.79	16:41.69
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times		
57.99	1:04.39	1:07.19	100 BACK	52.89	59.09	1:01.39
2:05.99	2:19.79	2:24.29	200 BACK	1:54.79	2:07.49	2:12.39
100 Breast Qualifying Times			50 BREAST	100 Breast Qualifying Times		
1:06.39	1:14.19	1:16.29	100 BREAST	59.49	1:06.09	1:08.29
2:23.29	2:40.39	2:41.89	200 BREAST	2:09.79	2:25.59	2:29.79
100 Fly Qualifying Times			50 FLY	100 Fly Qualifying Times		
57.29	1:03.79	1:05.29	100 FLY	51.69	56.89	58.89
2:06.39	2:18.99	2:23.19	200 FLY	1:54.89	2:05.79	2:10.59
2:07.99	2:21.89	2:26.59	200 INDIV. MEDLEY	1:56.29	2:08.49	2:13.59
4:29.99	4:58.19	5:05.99	400 INDIV. MEDLEY	4:08.09	4:34.69	4:43.89
400 Free Relay Qualifying Times			200 FREE RELAY	400 Free Relay Qualifying Times		
3:32.09	3:57.79	4:00.99	400 FREE RELAY	3:12.79	3:24.29	3:41.89
7:40.79	8:36.09	8:44.89	800 FREE RELAY	7:05.69	7:53.20	8:07.49
400 Medley Relay Qualifying Times			200 MEDLEY RELAY	400 Medley Relay Qualifying Times		
3:55.09	4:25.89	4:30.99	400 MEDLEY RELAY	3:36.09	4:01.99	4:08.89

QUALIFYING PERIOD: January 1, 2018, through March 15, 2020, dates inclusive.

BONUS EVENTS: A swimmer with one (1) or two (2) qualifying times may enter up to two (2) bonus swims; three (3) qualifying times, up to one (1) bonus swim may be entered, and swimmers with four (4) or more qualifying times receive NO bonus swims. 50 strokes (fly, back, breast) have no bonus standard and may be added as a bonus if swimmers have additional bonus swims to use.



2020 NCSA SWIMMING CHAMPIONSHIPS

BONUS STANDARDS

Orlando, FL
March 19-23, 2020

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.49	27.49	27.89	50 FREE	21.89	24.49	25.29
52.69	58.89	1:00.59	100 FREE	47.29	53.09	54.99
1:53.99	2:07.89	2:09.79	200 FREE	1:43.99	1:56.19	2:00.09
5:02.09	4:25.89	4:30.99	400/500 FREE	4:41.59	4:06.09	4:14.79
NO BONUS CUTS ALLOWED			800/1000 FREE	NO BONUS CUTS ALLOWED		
			1500/1650 FREE			
NO BONUS STANDARD			50 BACK	NO BONUS STANDARD		
58.69	1:05.89	1:08.89	100 BACK	53.79	1:00.09	1:02.39
2:06.89	2:21.79	2:26.29	200 BACK	1:55.79	2:09.49	2:13.99
NO BONUS STANDARD			50 BREAST	NO BONUS STANDARD		
1:07.39	1:15.19	1:17.29	100 BREAST	1:00.49	1:07.09	1:09.29
2:24.79	2:42.39	2:44.99	200 BREAST	2:11.79	2:27.59	2:31.79
NO BONUS STANDARD			50 FLY	NO BONUS STANDARD		
58.39	1:05.29	1:06.49	100 FLY	52.29	57.89	59.69
2:07.29	2:21.99	2:26.19	200 FLY	1:56.09	2:07.79	2:12.59
2:08.99	2:24.89	2:29.09	200 INDIV. MEDLEY	1:57.29	2:10.49	2:15.59
4:32.09	5:05.19	5:09.99	400 INDIV. MEDLEY	4:09.59	4:38.69	4:47.09
ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER			200 FREE RELAY	ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER		
			400 FREE RELAY			
			800 FREE RELAY			
			200 MEDLEY RELAY			
			400 MEDLEY RELAY			

QUALIFYING PERIOD: January 1, 2018, through March 15, 2020, dates inclusive.

BONUS EVENTS: A swimmer with one (1) or two (2) qualifying times may enter up to two (2) bonus swims; three (3) qualifying times, up to one (1) bonus swim may be entered, and swimmers with four (4) or more qualifying times receive NO bonus swims. 50 strokes (fly, back, breast) have no bonus standard and may be added as a bonus if swimmers have additional bonus swims to use.