

2020 YMCA STATE TIME STANDARDS

GIRLS				EVENT	BOYS			
9-10	11-12	13-14	15-18		9-10	11-12	13-14	15-18
33.79	29.99	28.59	28.09	50 free	34.59	30.59	27.59	26.59
1:15.99	1:06.89	1:02.69	1:01.69	100 free	1:19.09	1:09.19	1:00.09	58.09
2:50.09	2:24.39	2:19.09	2:16.09	200 free	2:55.69	2:32.19	2:12.99	2:06.99
7:45.89	6:45.99	6:35.99	6:25.99	500 free	7:59.99	6:59.99	6:15.99	5:45.99
-----	-----	12:59.99	12:59.99	1,000 free	-----	-----	12:29.99	12:29.99
-----	-----	20:29.99	20:29.99	1,650 free	-----	-----	19:59.99	19:59.99
40.99	36.09	-----	-----	50 back	41.69	37.09	-----	-----
1:29.99	1:16.49	1:14.49	1:13.49	100 back	1:32.29	1:20.19	1:13.49	1:11.49
-----	2:48.09	2:40.99	2:37.99	200 back	-----	3:09.59	2:38.69	2:32.69
45.59	39.99	-----	-----	50 breast	48.09	41.99	-----	-----
1:42.79	1:27.69	1:22.99	1:21.99	100 breast	1:44.29	1:32.09	1:19.49	1:17.49
-----	3:11.09	2:57.99	2:54.99	200 breast	-----	3:25.79	2:52.79	2:46.79
39.99	34.19	-----	-----	50 fly	42.69	36.29	-----	-----
1:40.99	1:22.99	1:12.99	1:11.99	100 fly	1:40.59	1:26.69	1:09.99	1:07.99
-----	3:12.59	2:49.99	2:46.99	200 fly	-----	3:23.99	2:44.99	2:38.99
1:26.59	1:16.29	-----	-----	100 IM	1:30.99	1:20.29	-----	-----
3:16.09	2:47.59	2:38.99	2:35.99	200 IM	3:24.69	2:55.69	2:32.99	2:26.99
-----	6:19.89	5:32.89	5:26.89	400 IM	-----	6:30.89	5:31.09	5:18.09
2:21.99	2:02.99	1:57.99	-----	200 free relay	2:24.99	2:04.99	1:51.99	-----
-----	-----	-----	4:20.99	400 free relay	-----	-----	-----	3:54.99
2:38.99	2:17.99	2:11.99	2:10.99	200 medley relay	2:41.99	2:21.99	2:05.99	1:57.99

2020 Zone Qualifying Times

Accepted May 7, 2019

* indicates a changed time

Girls			10 & Under	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:34.40	:33.73	:30.39	50 Free *	:30.69	:34.06	:34.74
1:16.63	1:15.13	1:07.69 *	100 Free	1:08.19	1:15.69	1:17.20
2:49.92	2:46.59	2:30.09 *	200 Free *	2:31.09	2:47.70	2:51.05
:40.51	:39.72	:35.79	50 Back	:36.29	:40.28	:41.08
1:28.75	1:27.01	1:18.39	100 Back *	1:19.49	1:28.23	1:29.99
:45.61	:44.72	:40.29 *	50 Breast	:42.29	:46.94	:47.87
1:41.20	1:39.22	1:29.39 *	100 Breast *	1:30.59	1:40.55	1:42.56
:38.93	:38.17	:34.39 *	50 Fly *	:35.19	:39.06	:39.84
1:31.23	1:29.45	1:20.59 *	100 Fly *	1:23.59	1:32.78	1:34.63
1:27.84	1:26.12	1:17.59	100 IM *	1:19.09	1:27.78	1:29.53
3:10.42	3:06.69	2:48.19 *	200 IM *	2:49.99	3:08.68	3:12.45
2:45.28	2:42.04	2:25.99	200 M. R.	2:31.39	2:48.04	2:51.40
2:27.05	2:24.17	2:09.89	200 F. R	2:14.39	2:29.17	2:32.15

Girls			11 - 12	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:30.66	:30.06	:27.09	50 Free *	:26.99	:29.95	:30.54
1:07.46	1:06.14	:59.59	100 Free	:59.59	1:06.14	1:07.46
2:28.86	2:25.95	2:11.49 *	200 Free	2:12.59	2:27.17	2:30.11
5:12.36	5:06.24	5:49.99 *	500 Free	5:49.29	5:05.62	5:11.73
:35.64	:34.95	:31.49	50 Back *	:31.89	:35.39	:36.09
1:17.08	1:15.57	1:08.09	100 Back *	1:08.69	1:16.24	1:17.76
:40.51	:39.72	:35.79	50 Breast	:35.69	:39.61	:40.40
1:29.08	1:27.34	1:18.69	100 Breast	1:19.69	1:28.45	1:30.21
:34.05	:33.39	:30.09	50 Fly *	:30.29	:33.62	:34.29
1:18.67	1:17.13	1:09.49	100 Fly *	1:09.99	1:17.68	1:19.23
1:17.76	1:16.24	1:08.69	100 IM *	1:08.59	1:16.13	1:17.65
2:50.15	2:46.82	2:30.29 *	200 IM	2:32.09	2:48.81	2:52.18
2:24.78	2:21.95	2:07.89	200 M. R.	2:10.99	2:25.39	2:28.29
2:09.28	2:06.75	1:54.19	200 F. R	1:55.09	2:07.74	2:10.29

Girls			13 - 14	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:29.41	:28.84	:25.99 *	50 Free	:24.19	:26.85	:27.38
1:03.49	1:02.25	:56.09 *	100 Free	:52.79	:58.59	:59.76
2:19.58	2:16.85	2:03.29	200 Free	1:56.09	2:08.85	2:11.42
4:56.65	4:50.84	5:32.39	500 Free	5:15.89	4:36.40	4:41.92
1:11.87	1:10.47	1:03.49 *	100 Back	1:00.69	1:07.36	1:08.70
1:22.29	1:20.68	1:12.69 *	100 Breast	1:08.89	1:16.46	1:17.98
1:12.32	1:10.91	1:03.89	100 Fly	:59.49	1:06.03	1:07.35
2:39.05	2:35.94	2:20.49	200 IM	2:11.09	2:25.50	2:28.41
2:16.52	2:13.85	2:00.59 *	200 M. R.	1:55.89	2:08.63	2:11.20
2:01.92	1:59.53	1:47.69 *	200 F. R	1:42.69	1:53.98	1:56.25

Girls			15 & Over	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:28.85	:28.29	:25.49	50 Free	:22.59	:25.07	:25.57
1:02.48	1:01.26	:55.19 *	100 Free	:49.19	:54.60	:55.69
2:15.61	2:12.96	1:59.79	200 Free	1:48.99	2:00.97	2:03.38
4:52.54	4:46.81	5:27.79	500 Free	5:03.49	4:25.55	4:30.86
1:10.74	1:09.36	1:02.49 *	100 Back	:56.99	1:03.25	1:04.51
1:20.47	1:18.90	1:11.09	100 Breast	1:03.39	1:10.36	1:11.76
1:09.27	1:07.92	1:01.19	100 Fly *	:55.09	1:01.14	1:02.36
2:34.07	2:31.05	2:16.09 *	200 IM	2:03.49	2:17.07	2:19.81

Girls			Senior	Boys		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
10:18.48	10:06.36	11:32.99	1000 Free	10:54.29	9:32.50	9:43.95
19:25.40	19:02.55	19:05.99	1650 Free *	17:59.99	17:56.75	18:18.28
:33.16	:32.51	:29.29	50 Back	:26.99	:29.95	:30.54
2:32.04	2:29.06	2:14.29	200 Back	2:05.39	2:19.18	2:21.96
:37.45	:36.72	:33.09	50 Breast	:29.89	:33.17	:33.83
2:53.66	2:50.26	2:33.39	200 Breast	2:20.99	2:36.49	2:39.61
:31.91	:31.29	:28.19	50 Fly	:25.59	:28.40	:28.96
2:38.83	2:35.72	2:20.29 *	200 Fly *	2:08.99	2:23.17	2:26.03
5:37.37	5:30.76	4:57.99	400 IM *	4:35.99	5:06.34	5:12.46
1:58.52	1:56.20	1:44.69	200 F. R. *	1:33.49	1:43.77	1:45.84
4:19.71	4:14.62	3:49.39	400 F. R.	3:28.29	3:51.20	3:55.82
9:30.15	9:18.98	8:23.59	800 F. R.	7:49.59	8:41.24	8:51.66
2:11.77	2:09.19	1:56.39	200 M. R.	1:45.99	1:57.64	1:59.99
4:45.97	4:40.37	4:12.59	400 M. R.	3:50.99	4:16.39	4:21.51

Qualifying Period for the 2020 Zone Meet is March 1, 2019 through the entry deadline.

Conversions from Hy-tec

1.11	SC Meters to/from Yards
2%	SC Meters to/from LC Meters
0.875	400/500 and 800/1000 Meters to Yards
0.997	1500 Meters to/from 1650 Yards

2020 National YMCA Short Course Swimming Championship

Meet Qualifying Time Standards March 30 - April 3, 2020

WOMEN			MEN		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course 50 Meter Course
:27.95	:27.40	:24.69	50 Free	:22.09	:24.51 :25.01
1:00.44	:59.26	:53.39	100 Free	:48.19	:53.49 :54.56
2:10.64	2:08.08	1:55.39 *	200 Free *	1:45.19	1:56.76 1:59.09
4:34.61	4:29.22	5:07.69	500 Free	4:45.49	4:09.80 4:14.79
9:20.48	9:09.49	10:27.99	1000Y/800M Free	9:46.99	8:33.61 8:43.88
9:37.28	9:25.96	10:46.82	1000 Y Bonus†	10:04.59	8:49.01 8:59.59
17:50.82	17:29.83	17:32.99	1650Y/1500M Free	16:22.99	16:20.04 16:39.64
18:22.96	18:01.33	18:04.59	1650 Y Bonus†	16:52.47	16:49.43 17:09.62
1:06.90	1:05.58	:59.09 *	100 Back *	:53.89	:59.81 1:01.01
2:24.11	2:21.29	2:07.29 *	200 Back	1:56.59	2:09.41 2:12.00
1:16.86	1:15.35	1:07.89	100 Breast *	1:00.89	1:07.58 1:08.93
2:47.10	2:43.82	2:27.59	200 Breast *	2:12.69	2:27.28 2:30.23
1:06.44	1:05.14	:58.69 *	100 Fly *	:52.79	:58.59 :59.76
2:28.08	2:25.17	2:10.79	200 Fly *	1:57.79	2:10.74 2:13.36
2:26.94	2:24.06	2:09.79 *	200 IM *	1:57.79	2:10.74 2:13.36
5:13.15	5:07.01	4:36.59	400 IM	4:14.99	4:43.03 4:48.69
1:52.86	1:50.65	1:39.69	200 Fr Rel	1:29.49	1:39.33 1:41.32
4:04.09	3:59.30	3:35.59	400 Fr Rel	3:13.89	3:35.21 3:39.52
8:48.72	8:38.35	7:46.99	800 Fr Rel *	7:04.09	7:50.73 8:00.15
2:05.66	2:03.19	1:50.99	200 Med Rel *	1:39.79	1:50.76 1:52.98
4:32.16	4:26.83	4:00.39	400 Med Rel	3:37.19	4:01.08 4:05.90

* = change

†Bonus qualifying times explained

If you enter one of the distance events (1650 or 1000) 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 4 individual swims.

Qualifying Period for the Short Course YMCA National Championship Meet:

is March 1 of the previous season to the entry date for the meet