

# 2023 National YMCA Short Course Swimming Championship

## Meet Qualifying Time Standards

### April 3-7, 2023

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	<b>50 Free</b>	:22.09	:24.51
1:00.44	:59.26	:53.39	<b>100 Free</b>	:48.19	:53.49
2:10.64	2:08.08	1:55.39	<b>200 Free</b>	1:45.19	1:56.76
4:34.61	4:29.22	5:07.69	<b>500 Free</b>	4:45.49	4:09.80
9:20.48	9:09.49	10:27.99	<b>1000Y/800M Free</b>	9:46.99	8:33.61
9:37.28	9:25.96	10:46.82	<b>1000 Y Bonus†</b>	10:04.59	8:49.01
17:50.82	17:29.83	17:32.99	<b>1650Y/1500M Free</b>	16:22.99	16:20.04
18:22.96	18:01.33	18:04.59	<b>1650 Y Bonus†</b>	16:52.47	16:49.43
1:06.90	1:05.58	:59.09	<b>100 Back</b>	:53.89	:59.81
2:24.11	2:21.29	2:07.29	<b>200 Back</b>	1:56.59	2:09.41
1:16.86	1:15.35	1:07.89	<b>100 Breast</b>	1:00.89	1:07.58
2:47.10	2:43.82	2:27.59	<b>200 Breast</b>	2:12.69	2:27.28
1:06.44	1:05.14	:58.69	<b>100 Fly</b>	:52.79	:58.59
2:28.08	2:25.17	2:10.79	<b>200 Fly</b>	1:57.79	2:10.74
2:26.94	2:24.06	2:09.79	<b>200 IM</b>	1:57.79	2:10.74
5:13.15	5:07.01	4:36.59	<b>400 IM</b>	4:14.99	4:43.03
1:52.86	1:50.65	1:39.69	<b>200 Fr Rel<sup>^</sup></b>	1:29.49	1:39.33
4:04.09	3:59.30	3:35.59	<b>400 Fr Rel</b>	3:13.89	3:35.21
8:48.72	8:38.35	7:46.99	<b>800 Fr Rel</b>	7:04.09	7:50.73
2:05.66	2:03.19	1:50.99	<b>200 Med Rel<sup>^</sup></b>	1:39.79	1:50.76
4:32.16	4:26.83	4:00.39	<b>400 Med Rel</b>	3:37.19	4:01.08

**There are no changes this year**

#### †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.

#### ^Additional Qualifying Standards for 200 Medley Relay and 200 Free Relay

May use 400 MR and 400 FR times to qualify when 200 time cannot be proven.

**Qualifying Period for the Short Course YMCA National Championship Meet  
February 1, 2022, to the entry date for the meet**