

2025 National YMCA Short Course Swimming Championship Meet Qualifying Time Standards

50 Meter Course	WOMEN			25 Yard Course	MEN	
	25 Meter Course	25 Yard Course			25 Meter Course	50 Meter Course
:27.99	:27.49	:24.69		50 Free	:22.09	:25.09
1:00.69	:59.49	:53.59		100 Free	:48.19	:54.59
2:11.89	2:09.39	1:56.49		200 Free	1:45.19	1:59.09
4:34.69	4:29.29	5:07.99		500 Free	4:45.49	4:14.79
9:37.29	9:25.99	10:46.89		1000Y/800M Free	10:04.59	8:59.59
18:22.99	18:01.39	18:04.59		1650Y/1500M Free	16:52.49	17:09.69
1:07.39	1:06.09	:59.49		100 Back	:53.89	1:01.09
2:24.99	2:22.09	2:07.99		200 Back	1:56.59	2:12.09
1:17.29	1:15.69	1:08.19		100 Breast	1:00.89	1:08.99
2:47.59	2:44.29	2:27.99		200 Breast	2:12.69	2:30.29
1:06.99	1:05.59	:59.09		100 Fly	:52.79	:59.79
2:29.49	2:26.59	2:11.99		200 Fly	1:57.79	2:13.39
2:27.89	2:24.99	2:10.59		200 IM	1:57.79	2:13.39
5:13.99	5:07.79	4:37.29		400 IM	4:14.99	4:48.69
1:52.89	1:50.69	1:39.69		200 Fr Rel[^]	1:29.49	1:41.39
4:04.09	3:59.39	3:36.59		400 Fr Rel	3:13.89	3:39.59
8:50.99	8:40.59	7:48.99		800 Fr Rel	7:04.09	8:00.19
2:05.69	2:03.19	1:50.99		200 Med Rel[^]	1:39.79	1:52.99
4:32.19	4:26.89	4:01.39		400 Med Rel	3:37.19	4:05.99

New Time Standards are Hi-lighted

^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 is

February 1, 2024, to the entry date for the meet.