

2026 National YMCA Short Course Swimming Championship

Meet Qualifying Time Standards

WOMEN				MEN		
50 Meter Course	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:28.07	:27.52	:24.79 *	50 Free	:22.09	:24.52	:25.01
1:00.90	:59.71	:53.79 *	100 Free	:48.19	:53.49	:54.56
2:11.89	2:09.30	1:56.49	200 Free	1:45.19	1:56.76	1:59.10
4:37.56	4:32.12	5:10.99 *	500 Free	4:47.99 *	4:11.99	4:17.03
9:33.15	9:21.92	10:42.19 *	1000Y/800M Free	9:58.29 *	8:43.50	8:53.97
18:22.96	18:01.34	18:04.59	1650Y/1500M Free	16:45.79 *	16:42.77	17:02.83
1:07.35	1:06.03	:59.49	100 Back	:53.89	:59.82	1:01.01
2:24.91	2:22.07	2:07.99	200 Back	1:57.19 *	2:10.08	2:12.68
1:17.20	1:15.69	1:08.19	100 Breast	1:00.89	1:07.59	1:08.94
2:47.55	2:44.27	2:27.99	200 Breast	2:12.69	2:27.29	2:30.23
1:07.13	1:05.81	:59.29 *	100 Fly	:52.79	:58.60	:59.77
2:29.89	2:26.95	2:12.39 *	200 Fly	1:57.79	2:10.75	2:13.36
2:27.85	2:24.95	2:10.59	200 IM	1:57.79	2:10.75	2:13.36
5:15.87	5:09.68	4:38.99 *	400 IM	4:15.99 *	4:44.15	4:49.83
1:52.87	1:50.66	1:39.69	200 Fr Rel	1:29.49	1:39.33	1:41.32
4:05.22	4:00.41	3:36.59	400 Fr Rel	3:13.89	3:35.22	3:39.52
8:50.99	8:40.58	7:48.99	800 Fr Rel	7:04.09	7:50.74	8:00.15
2:05.66	2:03.20	1:50.99	200 Med Rel	1:39.79	1:50.77	1:52.98
4:33.30	4:27.94	4:01.39	400 Med Rel	3:37.19	4:01.08	4:05.90

* = change

If an athlete qualifies for either the 1000 or the 1650, they may also swim the other.

If a team qualifies for for the 400 Medley Relay, they also qualify for the 200 Medley Relay, likewise for the 400 Free Relay and the 200 Free Relay

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