



# 2010 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

## TIME STANDARDS

Spring Championships – Orlando, FL  
March 16-20, 2010

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LC		SCY	SCM	LC
24.39	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
1:53.19	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
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
58.59	1:04.39	1:07.19	100 BACK	53.09	59.09	1:01.39
2:05.99	2:19.79	2:24.99	200 BACK	1:54.79	2:07.49	2:12.39
<i>100 Breast Qualifying Times</i>			50 BREAST	<i>100 Breast Qualifying Times</i>		
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
<i>100 Fly Qualifying Times</i>			50 FLY	<i>100 Fly Qualifying Times</i>		
57.99	1:03.79	1:05.29	100 FLY	51.89	56.89	58.89
2:06.39	2:18.99	2:23.19	200 FLY	1:54.89	2:05.79	2:10.59
2:08.49	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
<i>400 Free Relay Qualifying Times</i>			200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>		
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
<i>400 Medley Relay Qualifying Times</i>			200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>		
3:55.09	4:25.89	4:30.99	400 MEDLEY RELAY	3:36.09	3:01.99	4:08.89

**QUALIFYING PERIOD: Jan 1, 2009 THROUGH THE ENTRY DEADLINE.**

**BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS** Where bonus standard achieved There are no bonus entries permitted in the 1000 & 1650 Free. You must have the standard to enter.

**NO INDIVIDUAL EVENT LIMIT—TWO RELAY ENTRIES PER EVENT PER CLUB**

Form Revised: Oct 28 2009

For Complete Meet Information: [www.ncsa-usa.org](http://www.ncsa-usa.org) or [www.juniornationals.org](http://www.juniornationals.org)