



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
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times		
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
100 Breast Qualifying Times			50 BREAST	100 Breast Qualifying Times		
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
100 Fly Qualifying Times			50 FLY	100 Fly Qualifying Times		
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
400 Free Relay Qualifying Times			200 FREE RELAY	400 Free Relay Qualifying Times		
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
400 Medley Relay Qualifying Times			200 MEDLEY RELAY	400 Medley Relay Qualifying Times		
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 or www.juniornationals.org



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BONUS TIME STANDARDS

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WOMEN BONUS			EVENT DESCRIPTION	MEN BONUS		
SCY	SCM	LC		SCY	SCM	LC
24.89	27.49	27.99	50 FREE	22.19	24.49	25.29
53.39	58.89	1:00.69	100 FREE	48.09	53.09	54.99
1:55.19	2:07.89	2:10.09	200 FREE	1:45.09	1:56.19	2:00.09
5:03.09	4:25.89	4:31.69	400/500 FREE	4:44.59	4:06.09	4:14.79
n/a	n/a	n/a	800/1000 FREE	n/a	n/a	n/a
n/a	n/a	n/a	1500/1650 FREE	n/a	n/a	n/a
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times		
59.59	1:05.89	1:08.89	100 BACK	54.09	1:00.09	1:02.39
2:06.99	2:21.79	2:26.99	200 BACK	1:56.79	2:09.49	2:14.39
100 Breast Qualifying Times			50 BREAST	100 Breast Qualifying Times		
1:07.39	1:15.19	1:17.29	100 BREAST	1:00.49	1:07.09	1:09.29
2:26.29	2:42.39	2:44.99	200 BREAST	2:11.79	2:27.59	2:31.79
100 Fly Qualifying Times			50 FLY	100 Fly Qualifying Times		
58.99	1:05.29	1:06.79	100 FLY	52.89	57.89	59.89
2:08.29	2:21.99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59
2:09.99	2:24.89	2:29.59	200 INDIV. MEDLEY	1:58.29	2:10.49	2:15.59
4:34.99	5:05.19	5:13.69	400 INDIV. MEDLEY	4:12.09	4:38.69	4:47.89
400 Free Relay Qualifying Times			200 FREE RELAY	400 Free Relay Qualifying Times		
n/a	n/a	n/a	400 FREE RELAY	n/a	n/a	n/a
n/a	n/a	n/a	800 FREE RELAY	n/a	n/a	n/a
400 Medley Relay Qualifying Times			200 MEDLEY RELAY	400 Medley Relay Qualifying Times		
n/a	n/a	n/a	400 MEDLEY RELAY	n/a	n/a	n/a

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.
BONUS STANDARDS ONLY – SEE TIME STANDARDS CHART FOR CUT TIMES

Form revised: Oct 28 2009

For Complete Meet Information: www.ncsa-usa.org or
www.juniornationals.org