



# 2009 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

## TIME STANDARDS

Spring Championships – Orlando, FL  
March 17-21, 2009

| WOMEN                                    |          |          | EVENT DESCRIPTION | MEN                                      |          |          |
|--|----------|----------|-------------------|--|----------|----------|
| SCY                                      | SCM      | LC       |                   | SCY                                      | SCM      | LC       |
| 24.59                                    | 27.39    | 27.79    | 50 FREE           | 21.69                                    | 23.99    | 24.79    |
| 52.89                                    | 58.29    | 1:00.19  | 100 FREE          | 47.09                                    | 52.09    | 53.99    |
| 1:54.19                                  | 2:05.89  | 2:09.09  | 200 FREE          | 1:43.09                                  | 1:54.19  | 1:58.09  |
| 5:03.29                                  | 4:21.89  | 4:30.69  | 400/500 FREE      | 4:39.59                                  | 4:02.09  | 4:09.79  |
| 10:21.29                                 | 9:00.99  | 9:15.99  | 800/1000 FREE     | 9:39.79                                  | 8:26.99  | 8:40.79  |
| 17:24.29                                 | 17:14.59 | 17:46.59 | 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>         |          |          |
| 59.09                                    | 1:04.89  | 1:07.89  | 100 BACK          | 53.09                                    | 59.09    | 1:01.39  |
| 2:06.99                                  | 2:20.79  | 2:25.99  | 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>       |          |          |
| 1:06.89                                  | 1:14.69  | 1:16.79  | 100 BREAST        | 59.49                                    | 1:06.09  | 1:08.29  |
| 2:24.29                                  | 2:41.39  | 2:44.99  | 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>          |          |          |
| 58.49                                    | 1:04.29  | 1:05.79  | 100 FLY           | 51.89                                    | 56.89    | 58.89    |
| 2:07.39                                  | 2:19.99  | 2:24.19  | 200 FLY           | 1:54.89                                  | 2:05.79  | 2:10.59  |
| 2:09.49                                  | 2:22.89  | 2:27.59  | 200 INDIV. MEDLEY | 1:56.29                                  | 2:08.49  | 2:13.59  |
| 4:33.09                                  | 5:01.19  | 5:09.69  | 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>   |          |          |
| 3:39.99                                  | 4:02.79  | 4:06.99  | 400 FREE RELAY    | 3:12.79                                  | 3:24.29  | 3:41.89  |
| 7:49.79                                  | 8:45.09  | 8:53.89  | 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> |          |          |
| 4:01.29                                  | 4:28.89  | 4:36.39  | 400 MEDLEY RELAY  | 3:36.09                                  | 3:01.99  | 4:08.89  |

**QUALIFYING PERIOD: January 1, 2008 THROUGH THE ENTRY DEADLINE.**

**BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS Where bonus standard achieved**

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

Form Revised: Nov 10, 2008

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



# 2009 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

## BONUS TIME STANDARDS

Spring Championships – Orlando, FL

March 17-21, 2009

| WOMEN BONUS                              |          |          | EVENT DESCRIPTION | MEN BONUS                                |          |          |
|--|----------|----------|-------------------|--|----------|----------|
| SCY                                      | SCM      | LC       |                   | SCY                                      | SCM      | LC       |
| 25.09                                    | 27.89    | 28.29    | 50 FREE           | 22.19                                    | 24.49    | 25.29    |
| 53.89                                    | 59.29    | 1:01.19  | 100 FREE          | 48.09                                    | 53.09    | 54.99    |
| 1:55.19                                  | 2:07.89  | 2:11.09  | 200 FREE          | 1:45.09                                  | 1:56.19  | 2:00.09  |
| 5:05.29                                  | 4:25.89  | 4:34.69  | 400/500 FREE      | 4:44.59                                  | 4:06.09  | 4:14.79  |
| 10:26.29                                 | 9:08.99  | 9:23.99  | 800/1000 FREE     | 9:49.79                                  | 8:34.99  | 8:48.79  |
| 17:33.79                                 | 17:31.09 | 18:03.09 | 1500/1650 FREE    | 16:30.19                                 | 16:10.79 | 16:56.69 |
| <i>100 Back Qualifying Times</i>         |          |          | 50 BACK           | <i>100 Back Qualifying Times</i>         |          |          |
| 1:00.09                                  | 1:05.89  | 1:08.89  | 100 BACK          | 54.09                                    | 1:00.09  | 1:02.39  |
| 2:08.19                                  | 2:22.79  | 2:27.99  | 200 BACK          | 1:56.79                                  | 2:09.49  | 2:14.39  |
| <i>100 Breast Qualifying Times</i>       |          |          | 50 BREAST         | <i>100 Breast Qualifying Times</i>       |          |          |
| 1:07.89                                  | 1:15.69  | 1:17.79  | 100 BREAST        | 1:00.49                                  | 1:07.09  | 1:09.29  |
| 2:25.79                                  | 2:43.39  | 2:46.99  | 200 BREAST        | 2:11.79                                  | 2:27.59  | 2:31.79  |
| <i>100 Fly Qualifying Times</i>          |          |          | 50 FLY            | <i>100 Fly Qualifying Times</i>          |          |          |
| 59.49                                    | 1:05.29  | 1:06.79  | 100 FLY           | 52.89                                    | 57.89    | 59.89    |
| 2:08.79                                  | 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  |
| <i>400 Free Relay Qualifying Times</i>   |          |          | 200 FREE RELAY    | <i>400 Free Relay Qualifying Times</i>   |          |          |
| 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      |
| <i>400 Medley Relay Qualifying Times</i> |          |          | 200 MEDLEY RELAY  | <i>400 Medley Relay Qualifying Times</i> |          |          |
| n/a                                      | n/a      | n/a      | 400 MEDLEY RELAY  | n/a                                      | n/a      | n/a      |

**QUALIFYING PERIOD: January 1, 2008 THROUGH THE ENTRY DEADLINE.**

**BONUS EVENTS: MAKE 1 CUT, ADD 2 BONUS EVENTS Where bonus standard achieved**

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

Form revised: Nov 10 2008

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