

# 2010 YMCA / USA-S Long Course Standards



## Women

## Men

U.S. Nats	Jr. Nats.	Y 1st	Y 8th	Y 16th	Y 24th	Y Nats.		Y Nats.	Y 24th	Y 16th	Y 8th	Y 1st	Jr. Nats.	U.S. Nats
26.59	29.99	25.74	27.64	28.04	28.16	29.29	<b>50 Free</b>	26.69	25.16	24.94	24.62	24.11	24.29	23.59
57.29	58.59	56.79	59.62	1:00.54	1:00.94	1:03.79	<b>100 Free</b>	58.59	54.64	53.94	53.51	50.72	53.09	51.79
2:03.69	2:06.19	2:04.61	2:10.24	2:10.83	2:12.16	2:17.29	<b>200 Free</b>	2:06.99	1:59.43	1:58.91	1:57.51	1:50.75	1:55.89	1:53.39
4:19.49	4:24.69	4:20.13	4:30.84	4:35.88	4:38.60	4:45.99	<b>400 Free</b>	4:29.69	4:15.10	4:13.69	4:10.30	4:05.04	4:07.09	4:01.29
8:55.19	9:03.49	8:55.46	9:21.57	9:29.04	9:36.82	9:46.89	<b>800 Free</b>	9:12.99	9:09.85	8:52.98	8:38.54	8:25.05	8:35.59	8:23.09
17:06.69	17:20.49	16:59.47	17:49.69	18:15.40	18:38.07	18:44.99	<b>1500 Free</b>	17:52.99	17:16.76	16:52.31	16:28.90	15:59.42	16:15.49	16:02.49
		29.33	31.31	31.93	32.44		<b>50 Back</b>		29.37	29.11	28.57	26.43		
1:04.69	1:05.69	1:03.12	1:06.39	1:07.49	1:08.32	1:12.49	<b>100 Back</b>	1:06.89	1:01.63	1:01.12	1:00.27	57.04	1:00.09	58.29
2:19.09	2:20.99	2:16.39	2:23.83	2:25.24	2:26.89	2:35.59	<b>200 Back</b>	2:26.89	2:16.57	2:13.93	2:12.11	2:01.70	2:09.59	2:06.29
		33.44	34.80	35.05	35.26		<b>50 Breast</b>		32.16	31.57	31.20	29.61		
1:12.79	1:14.29	1:11.89	1:15.86	1:16.97	1:17.73	1:22.29	<b>100 Breast</b>	1:15.59	1:10.42	1:09.51	1:08.23	1:05.47	1:07.79	1:05.29
2:37.19	2:39.99	2:30.74	2:44.23	2:47.93	2:49.13	2:58.49	<b>200 Breast</b>	2:47.99	2:34.37	2:31.78	2:28.43	2:23.41	2:37.59	2:22.09
		27.27	29.61	30.13	30.30		<b>50 Fly</b>		27.36	27.05	26.50	24.18		
1:02.49	1:03.59	1:00.63	1:04.61	1:05.55	1:06.43	1:10.19	<b>100 Fly</b>	1:03.69	59.49	58.70	57.83	52.88	57.39	55.69
2:16.89	2:19.69	2:20.28	2:25.48	2:27.31	2:28.70	2:37.19	<b>200 Fly</b>	2:26.99	2:15.67	2:14.04	2:09.93	2:03.13	2:08.39	2:04.09
2:20.69	2:23.09	2:21.85	2:24.30	2:27.55	2:28.74	2:36.19	<b>200 IM</b>	2:23.99	2:14.04	2:13.35	2:11.31	2:05.53	2:11.39	2:07.99
4:56.99	5:02.09	4:54.10	5:10.01	5:15.43	5:19.25	5:26.99	<b>400 IM</b>	5:08.39	4:52.70	4:50.17	4:45.83	4:32.29	4:38.99	4:33.09
		1:48.29	1:51.70	1:53.29	1:54.80	1:59.89	<b>200 FrRel</b>	1:49.19	1:42.80	1:41.30	1:39.70	1:36.84		
3:54.79	3:54.79	3:55.40	4:03.93	4:06.76	4:10.45	4:20.89	<b>400 FrRel</b>	3:58.29	3:46.80	3:43.87	3:40.92	3:31.18	3:38.29	3:29.89
8:25.89	8:36.99	8:28.90	8:53.02	8:57.41	9:06.26	9:14.99	<b>800 FrRel</b>	8:45.99	8:22.14	8:07.36	8:00.37	7:49.21	7:54.99	7:44.99
		1:59.45	2:03.35	2:04.87	2:07.12	2:14.59	<b>200 MedRel</b>	2:03.99	1:53.83	1:52.45	1:50.91	1:47.50		
4:19.39	4:26.19	4:18.78	4:32.09	4:36.12	4:39.75	4:52.99	<b>400 MedRel</b>	4:27.99	4:12.67	4:07.33	4:06.32	3:56.31	4:01.99	3:52.49