



2008 NCSA JUNIOR NATIONAL SWIMMING CHAMPIONSHIPS

TIME STANDARDS

Spring Championships – Orlando, FL
March 18-22, 2008

WOMEN			EVENT			MEN			
SCY	SCM	LC	DESCRIPTION	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			
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times					
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			
100 Breast Qualifying Times			50 BREAST	100 Breast Qualifying Times					
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			
100 Fly Qualifying Times			50 FLY	100 Fly Qualifying Times					
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			
400 Free Relay Qualifying Times			200 FREE RELAY	400 Free Relay Qualifying Times					
3:36.99	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			
400 Medley Relay Qualifying Times			200 MEDLEY RELAY	400 Medley Relay Qualifying Times					
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, 2007 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: January 23, 2008

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



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BONUS TIME STANDARDS

Spring Championships – Orlando, FL
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WOMEN BONUS			EVENT			MEN BONUS			
SCY	SCM	LC	DESCRIPTION	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			
1:56.19	2:07.89	2:11.09	200 FREE	1:45.09	1:56.19	2:00.09			
5:08.29	4:25.89	4:34.69	400/500 FREE	4:44.59	4:06.09	4:14.79			
10:31.29	9:08.99	9:23.99	800/1000 FREE	9:49.79	8:34.99	8:48.79			
17:40.79	17:31.09	18:03.09	1500/1650 FREE	16:30.19	16:10.79	16:56.69			
100 Back Qualifying Times			50 BACK	100 Back Qualifying Times					
1:00.09	1:05.89	1:08.89	100 BACK	54.09	1:00.09	1:02.39			
2:08.99	2:22.79	2:27.99	200 BACK	1:56.79	2:09.49	2:14.39			
100 Breast Qualifying Times			50 BREAST	100 Breast Qualifying Times					
1:07.89	1:15.69	1:17.79	100 BREAST	1:00.49	1:07.09	1:09.29			
2:26.29	2:43.39	2:46.99	200 BREAST	2:11.79	2:27.59	2:31.79			
100 Fly Qualifying Times			50 FLY	100 Fly Qualifying Times					
59.49	1:05.29	1:06.79	100 FLY	52.89	57.89	59.89			
2:09.39	2:21.99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59			
2:11.49	2:24.89	2:29.59	200 INDIV. MEDLEY	1:58.29	2:10.49	2:15.59			
4:37.09	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: January 1, 2006 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: January 23, 2008

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