



# 2019 NCSA SWIMMING CHAMPIONSHIPS

## TIME STANDARDS

Orlando, FL  
March 19-23, 2019

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.19	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
1:52.99	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
<b>100 Back Qualifying Times</b>			<b>50 BACK</b>	<b>100 Back Qualifying Times</b>		
57.99	1:04.39	1:07.19	100 BACK	52.89	59.09	1:01.39
2:05.99	2:19.79	2:24.29	200 BACK	1:54.79	2:07.49	2:12.39
<b>100 Breast Qualifying Times</b>			<b>50 BREAST</b>	<b>100 Breast Qualifying Times</b>		
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
<b>100 Fly Qualifying Times</b>			<b>50 FLY</b>	<b>100 Fly Qualifying Times</b>		
57.29	1:03.79	1:05.29	100 FLY	51.69	56.89	58.89
2:06.39	2:18.99	2:23.19	200 FLY	1:54.89	2:05.79	2:10.59
<b>200 IM Qualifying Times</b>			<b>100 INDIV MEDLEY</b>	<b>200 IM Qualifying Times</b>		
2:07.99	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
<b>400 Free Relay Qualifying Times</b>			<b>200 FREE RELAY</b>	<b>400 Free Relay Qualifying Times</b>		
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
<b>400 Medley Relay Qualifying Times</b>			<b>200 MEDLEY RELAY</b>	<b>400 Medley Relay Qualifying Times</b>		
3:55.09	4:25.89	4:30.99	400 MEDLEY RELAY	3:36.09	4:01.99	4:08.89

**QUALIFYING PERIOD:** January 1, 2018, through March 18, 2019, dates inclusive.  
**BONUS EVENTS:** One individual cut, 2 bonus events in which the swimmer has the bonus standard; 2 cuts, 2 bonus events, 3 cuts, 2 bonus events, etc. 50 strokes (fly, back, breast) have no bonus standard and may be added as a bonus if swimmers have additional bonus swims to use and the swimmer does not have the standard.  
 Individual event limit-3 per day; Relays-2 per team per event



# 2018 NCSA SWIMMING CHAMPIONSHIPS

## **BONUS STANDARDS**

Orlando, FL  
March 19-23, 2019

WOMEN			EVENT DESCRIPTION	MEN		
SCY	SCM	LCM		SCY	SCM	LCM
24.49	27.49	27.89	50 FREE	21.89	24.49	25.29
52.69	58.89	1:00.59	100 FREE	47.29	53.09	54.99
1:53.99	2:07.89	2:09.79	200 FREE	1:43.99	1:56.19	2:00.09
5:02.09	4:25.89	4:30.99	400/500 FREE	4:41.59	4:06.09	4:14.79
<b>NO BONUS CUTS ALLOWED</b>			800/1000 FREE	<b>NO BONUS CUTS ALLOWED</b>		
			1500/1650 FREE			
<b>NO BONUS STANDARD</b>			50 BACK	<b>NO BONUS STANDARD</b>		
58.69	1:05.89	1:08.89	100 BACK	53.79	1:00.09	1:02.39
2:06.89	2:21.79	2:26.29	200 BACK	1:55.79	2:09.49	2:13.99
<b>NO BONUS STANDARD</b>			50 BREAST	<b>NO BONUS STANDARD</b>		
1:07.39	1:15.19	1:17.29	100 BREAST	1:00.49	1:07.09	1:09.29
2:24.79	2:42.39	2:44.99	200 BREAST	2:11.79	2:27.59	2:31.79
<b>NO BONUS STANDARD</b>			50 FLY	<b>NO BONUS STANDARD</b>		
58.39	1:05.29	1:06.49	100 FLY	52.29	57.89	59.69
2:07.29	2:21.99	2:26.19	200 FLY	1:56.09	2:07.79	2:12.59
<b>NO BONUS CUTS ALLOWED</b>			100 INDIV MEDLEY	<b>NO BONUS CUTS ALLOWED</b>		
2:08.99	2:24.89	2:29.09	200 INDIV. MEDLEY	1:57.29	2:10.49	2:15.59
4:32.09	5:05.19	5:09.99	400 INDIV. MEDLEY	4:09.59	4:38.69	4:47.09
<b>ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER</b>			200 FREE RELAY	<b>ALL RELAYS MUST HAVE THE TIME STANDARD TO ENTER</b>		
			400 FREE RELAY			
			800 FREE RELAY			
			200 MEDLEY RELAY			
			400 MEDLEY RELAY			

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