



# 2014 NCSA SWIMMING CHAMPIONSHIPS

Time Standards  
Orlando, FL  
March 18-22, 2014

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
<i>100 Back Qualifying Times</i>			50 BACK	<i>100 Back Qualifying Times</i>		
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
<i>100 Breast Qualifying Times</i>			50 BREAST	<i>100 Breast Qualifying Times</i>		
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
<i>100 Fly Qualifying Times</i>			50 FLY	<i>100 Fly Qualifying Times</i>		
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
<i>400 Free Relay Qualifying Times</i>			200 FREE RELAY	<i>400 Free Relay Qualifying Times</i>		
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
<i>400 Medley Relay Qualifying Times</i>			200 MEDLEY RELAY	<i>400 Medley Relay Qualifying Times</i>		
3:55.09	4:25.89	4:30.99	400 MEDLEY RELAY	3:36.09	3:01.99	4:08.89

**QUALIFYING PERIOD: January 1, 2013 THROUGH THE ENTRY DEADLINE.**

**BONUS EVENTS:** Swimmers with one Individual cut are allowed up to 2 bonus cuts in which they have the bonus standard. The 50s of the strokes have no bonus standard (fly, back, breast) and may be added as bonus cuts if swimmers have additional bonus swims to use.

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



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March 18-22, 2014

WOMEN BONUS			EVENT DESCRIPTION	MEN BONUS		
SCY	SCM	LC		SCY	SCM	LC
24.69	27.49	27.99	50 FREE	21.99	24.49	25.29
52.89	58.89	1:00.69	100 FREE	47.49	53.09	54.99
1:54.59	2:07.89	2:10.09	200 FREE	1:43.99	1:56.19	2:00.09
5:02.59	4:25.89	4:31.69	400/500 FREE	4:41.59	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
<b>NO BONUS CUT</b>			50 BACK	<b>NO BONUS CUT</b>		
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	1:56.39	2:09.49	2:14.39
<b>NO BONUS CUT</b>			50 BREAST	<b>NO BONUS CUT</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 CUT</b>			50 FLY	<b>NO BONUS CUT</b>		
58.79	1:05.29	1:06.79	100 FLY	52.59	57.89	59.89
2:07.89	2:21.99	2:26.19	200 FLY	1:56.89	2:07.79	2:12.59
2:09.49	2:24.89	2:29.59	200 INDIV. MEDLEY	1:57.29	2:10.49	2:15.59
4:32.09	5:05.19	5:13.69	400 INDIV. MEDLEY	4:10.29	4:38.69	4:47.89
All relays must have the time standards to enter			200 FREE RELAY	All relays must have the time standards to enter		
			400 FREE RELAY			
			800 FREE RELAY			
			200 MEDLEY RELAY			
			400 MEDLEY RELAY			

**QUALIFYING PERIOD:** January 1, 2013 through March 11, 2014.

**BONUS EVENTS:** Swimmers with one Individual cut are allowed up to 2 bonus cuts in which they have the bonus standard. The 50s of the strokes have no bonus standard (fly, back, breast) and may be added as bonus cuts if swimmers have additional bonus swims to use.

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