

NATIONAL/REGIONAL TIME STANDARDS WOMEN

SENIOR WOMEN SHORT COURSE YARDS

Distance & Stroke	SNS JUNIOR/T&F	SR TRAVEL STANDARD	2007 JUNIOR CHAMPS	2007 NATL CHAMPS
50 Free	28.09	24.59	23.89	23.59
100 Free	1:01.09	52.89	51.79	51.19
200 Free	2:12.09	1:54.19	1:51.29	1:50.29
400/500 Free	5:50.09	5:03.29	4:55.29	4:52.49
800/1000 Free	12:10.09	10:21.29	10:10.99	10:03.09
1500/1650 Free	19:35.09	17:24.29	16:54.19	16:50.19
100 Back	1:11.09	59.09	57.39	56.69
200 Back	2:30.09	2:06.99	2:03.39	2:02.19
100 Breast	1:20.09	1:06.89	1:04.89	1:04.19
200 Breast	2:54.09	2:24.29	2:19.79	2:18.69
100 Bfly	1:09.09	58.49	56.49	56.19
200 Bfly	2:35.09	2:07.39	2:04.09	2:03.09
200 I.M.	2:30.09	2:09.49	2:05.29	2:04.09
400 I.M.	5:15.09	4:33.09	4:25.29	4:23.79
400 F.R.	NT	3:36.99	3:35.49	3:35.99
800 F.R.	NT	7:49.79	7:49.79	7:41.69
400 M.R.	NT	4:01.29	4:01.29	4:00.49

LONG COURSE METERS

Distance & Stroke	SNS JUNIOR/T&F	SR TRAVEL STANDARD	2007 JUNIOR CHAMPS	2007 NATL CHAMPS
50 Free	31.49	27.79	27.39	26.79
100 Free	1:07.79	1:00.19	58.89	57.69
200 Free	2:26.79	2:09.09	2:06.79	2:04.49
500/400 Free	5:09.29	4:30.69	4:24.99	4:20.89
1000/800 Free	10:44.39	9:15.99	9:06.69	8:56.29
1650/1500 Free	20:05.99	17:46.69	17:32.49	17:06.69
100 Back	1:18.29	1:07.89	1:06.49	1:05.39
200 Back	2:46.99	2:25.99	2:22.79	2:19.99
100 Breast	1:28.59	1:16.79	1:14.89	1:13.29
200 Breast	3:12.39	2:44.99	2:41.39	2:38.09
100 Bfly	1:16.39	1:05.79	1:04.39	1:03.09
200 Bfly	2:51.59	2:24.19	2:21.19	2:17.29
200 I.M.	2:46.89	2:27.59	2:23.69	2:21.49
400 I.M.	5:59.49	5:09.69	5:03.69	4:57.79
400 F.R.	NT	4:06.99	4:05.69	3:58.39
800 F.R.	NT	8:53.89	8:53.89	8:34.09
400 M.R.	NT	4:36.39	4:36.39	4:25.49

QUALIFYING PERIODS. For Junior Champs, July 1, 2006 through entry deadline for meet. For Spring Champs, Feb 1, 2006 and for Summer Champs, July 1, 2006 through entry deadlines.