

## NATIONAL/REGIONAL TIME STANDARDS WOMEN

### SENIOR MEN SHORT COURSE YARDS

Distance & Stroke	SNS JUNIOR/T&F	SR TRAVEL STANDARD	2006 JUNIOR CHAMPS	2006 NATL CHAMPS
50 Free	26.09	21.69	21.39	20.69
100 Free	57.09	47.09	46.49	45.29
200 Free	2:04.09	1:43.09	1:41.69	1:39.69
400/500 Free	5:30.09	4:39.59	4:34.79	4:29.19
800/1000 Free	11:30.09	9:39.29	9:32.69	9:24.99
1500/1650 Free	18:30.09	16:13.69	15:56.69	15:41.59
100 Back	1:08.09	53.09	51.79	50.49
200 Back	2:28.09	1:54.79	1:52.29	1:49.59
100 Breast	1:15.09	59.49	58.29	56.69
200 Breast	2:44.09	2:09.79	2:07.19	2:03.39
100 Bfly	1:05.09	51.89	50.79	49.49
200 Bfly	2:27.09	1:54.89	1:53.19	1:50.49
200 I.M.	2:22.09	1:56.29	1:53.79	1:51.29
400 I.M.	5:00.09	4:08.09	4:02.49	3:58.19
400 F.R.	NT	3:12.79	3:11.89	3:09.89
800 F.R.	NT	7:05.69	7:05.69	7:01.59
400 M.R.	NT	3:36.09	3:36.09	3:31.29

### LONG COURSE METERS

Distance & Stroke	SNS JUNIOR/T&F	SR TRAVEL STANDARD	2006 JUNIOR CHAMPS	2006 NATL CHAMPS
50 Free	29.69	24.79	24.79	23.79
100 Free	1:03.69	53.99	53.89	52.19
200 Free	2:17.99	1:58.09	1:57.29	1:54.09
500/400 Free	4:56.29	4:09.79	4:08.59	4:02.99
1000/800 Free	10:16.99	8:40.79	8:37.29	8:24.29
1650/1500 Free	19:29.99	16:41.69	16:31.39	16:06.49
100 Back	1:16.99	1:01.39	1:00.59	58.69
200 Back	2:45.69	2:12.39	2:11.49	2:07.19
100 Breast	1:23.49	1:08.29	1:08.39	1:05.59
200 Breast	3:01.89	2:29.79	2:28.59	2:22.79
100 Bfly	1:12.09	58.89	58.19	56.19
200 Bfly	2:43.69	2:10.59	2:09.79	2:05.09
200 I.M.	2:38.49	2:13.59	2:12.39	2:08.79
400 I.M.	5:42.99	4:43.89	4:41.59	4:34.29
400 F.R.	NT	3:41.89	3:41.49	3:33.59
800 F.R.	NT	8:07.49	8:07.49	7:51.59
400 M.R.	NT	4:08.89	4:08.89	3:55.69

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.