

**National YMCA Long Course Swimming Championships**  
**July 31 - August 3, 2007**  
**Qualifying Time Standards**

25 yd Course	Women			Senior (12 and Over)	Men		
	25 M Course	50 M Course			50 M Course	25 M Course	25 yd Course
:25.60	:29.06	:29.59	*	50 Free	:26.99	:26.20	:22.95
:55.52	1:02.94	1:04.09		100 Free	:58.79	:57.08	:50.04
1:59.29	2:15.60	2:17.29	*	200 Free	* 2:08.99	2:05.96	1:49.48
5:16.63	4:40.23	4:45.99	*	400 (500) Free	4:32.99	4:23.91	4:54.08
10:46.43	9:35.08	9:46.89	*	800(1000)Free	* 9:12.99	8:54.60	10:09.01
18:05.49	18:19.19	18:44.99	*	1500 (1650) Free	* 17:52.99	17:23.03	17:04.05
:29.93	:34.16	:34.59		50 Back	:32.39	:31.45	:27.58
1:01.91	1:11.60	1:12.49		100 Back	1:06.99	1:05.04	:57.09
2:14.90	2:35.95	2:37.89		200 Back	2:27.99	2:23.69	2:04.24
:32.99	:37.27	:38.39	*	50 Breast	:36.29	:35.03	:30.66
1:10.70	1:20.48	1:22.89		100 Breast	1:16.29	1:13.65	1:04.06
2:33.31	2:56.97	3:00.19		200 Breast	2:50.49	2:44.59	2:20.88
:28.47	:32.17	:32.39		50 Fly	* :29.89	:29.52	:25.94
1:01.35	1:09.71	1:10.19		100 Fly	* 1:04.19	1:03.40	:55.46
2:17.22	2:38.12	2:39.19	*	200 Fly	2:32.59	2:29.86	2:07.28
2:15.78	2:34.18	2:36.99	*	200 IM	2:27.59	2:22.48	2:04.08
4:45.99	5:22.97	5:26.99	*	400 IM	5:12.69	5:03.61	4:26.94
1:44.09	1:59.51	2:01.69		200 Free Relay	1:49.99	1:46.79	1:32.76
3:45.86	4:17.60	4:22.29		400 Free Relay	3:58.99	3:52.05	3:22.97
8:08.49	9:12.12	9:18.99	*	800 Free Relay	8:49.99	8:37.56	7:30.77
1:57.00	2:13.51	2:15.79		200 Medley Relay	* 2:04.79	2:01.58	1:45.04
4:14.01	4:52.01	4:56.99		400 Medley Relay	4:29.99	4:23.05	3:48.69

Qualifying Period for the Long Course YMCA National Championship Meet:  
Day 1 of the previous long course YMCA National Championship through the entry deadline (July 2007),  
achieved at the 2006 YMCA National Long Course Swimming Championships.

Meters to Yards conversions per 2006 NCAA Swimming & Diving Rule Book.

\* New Time