

**2007 Spring Championships**  
**March 27 - 31**                      **East Meadow, NY**

**19 – Over Standards**

| <b>WOMEN</b> |            |            | <b>EVENT</b>             | <b>MEN</b> |            |            |
|--------------|------------|------------|--------------------------|------------|------------|------------|
| <b>LCM</b>   | <b>SCM</b> | <b>SCY</b> |                          | <b>SCY</b> | <b>SCM</b> | <b>LCM</b> |
| 26.89        | 26.29      | 23.59      | <b>50 FREESTYLE</b>      | 20.69      | 22.89      | 23.89      |
| 58.09        | 56.39      | 51.19      | <b>100 FREESTYLE</b>     | 45.29      | 49.99      | 52.39      |
| 2:05.29      | 2:01.59    | 1:50.29    | <b>200 FREESTYLE</b>     | 1:39.69    | 1:50.39    | 1:54.49    |
| 4:22.49      | 4:12.59    | 4:52.49    | <b>400/500 FREESTYLE</b> | 4:29.19    | 3:53.09    | 4:03.79    |
| 8:57.89      | 8:55.19    | 10:03.09   | <b>800 FREESTYLE</b>     | 9:24.99    | 8:14.39    | 8:25.89    |
| 17:09.69     | 16:39.29   | 16:50.19   | <b>1500 FREESTYLE</b>    | 15:41.59   | 15:24.29   | 16:09.49   |
| 1:05.79      | 1:02.29    | 56.69      | <b>100 BACKSTROKE</b>    | 50.49      | 56.19      | 58.89      |
| 2:20.39      | 2:15.39    | 2:02.19    | <b>200 BACKSTROKE</b>    | 1:49.59    | 2:01.69    | 2:07.59    |
| 1:13.49      | 1:11.69    | 1:04.19    | <b>100 BREASTSTROKE</b>  | 56.69      | 1:02.19    | 1:05.79    |
| 2:38.49      | 2:35.09    | 2:18.69    | <b>200 BREASTSTROKE</b>  | 2:03.39    | 2:18.39    | 2:23.19    |
| 1:03.29      | 1:01.79    | 56.19      | <b>100 BUTTERFLY</b>     | 49.49      | 54.29      | 56.39      |
| 2:17.69      | 2:15.29    | 2:03.09    | <b>200 BUTTERFLY</b>     | 1:50.49    | 2:00.89    | 2:05.49    |
| 2:21.89      | 2:16.89    | 2:04.09    | <b>200 IM</b>            | 1:51.29    | 2:02.99    | 2:09.19    |
| 4:58.59      | 4:50.89    | 4:23.79    | <b>400 IM</b>            | 3:58.19    | 4:23.69    | 4:35.09    |
| 4:02.39      | 4:01.19    | 3:35.99    | <b>400 FREE RELAY</b>    | 3:09.89    | 3:30.59    | 3:37.69    |
| 8:42.09      | 8:35.09    | 7:41.69    | <b>800 FREE RELAY</b>    | 7:01.59    | 7:47.89    | 7:59.59    |
| 4:29.49      | 4:28.39    | 4:00.49    | <b>400 MEDLEY RELAY</b>  | 3:31.29    | 3:54.59    | 3:59.69    |

**18 – Under Standards**

| <b>WOMEN</b> |            |            | <b>EVENT</b>             | <b>MEN</b> |            |            |
|--------------|------------|------------|--------------------------|------------|------------|------------|
| <b>LCM</b>   | <b>SCM</b> | <b>SCY</b> |                          | <b>SCY</b> | <b>SCM</b> | <b>LCM</b> |
| 27.09        | 26.49      | 23.79      | <b>50 FREESTYLE</b>      | 20.99      | 23.19      | 24.69      |
| 58.49        | 56.79      | 51.59      | <b>100 FREESTYLE</b>     | 45.89      | 50.69      | 52.99      |
| 2:06.09      | 2:02.39    | 1:51.09    | <b>200 FREESTYLE</b>     | 1:40.89    | 1:51.69    | 1:55.69    |
| 4:24.09      | 4:14.29    | 4:54.49    | <b>400/500 FREESTYLE</b> | 4:32.19    | 3:55.69    | 4:06.19    |
| 9:01.09      | 8:48.59    | 10:07.09   | <b>800 FREESTYLE</b>     | 9:30.99    | 8:19.59    | 8:30.69    |
| 17:15.69     | 16:45.89   | 16:56.79   | <b>1500 FREESTYLE</b>    | 15:51.49   | 15:33.99   | 16:18.49   |
| 1:06.19      | 1:02.69    | 57.09      | <b>100 BACKSTROKE</b>    | 51.09      | 56.89      | 59.49      |
| 2:21.19      | 2:16.29    | 2:02.99    | <b>200 BACKSTROKE</b>    | 1:50.79    | 2:03.09    | 2:08.79    |
| 1:13.89      | 1:12.09    | 1:04.59    | <b>100 BREASTSTROKE</b>  | 57.29      | 1:03.69    | 1:08.39    |
| 2:39.29      | 2:35.99    | 2:19.49    | <b>200 BREASTSTROKE</b>  | 2:04.59    | 2:19.69    | 2:28.59    |
| 1:03.69      | 1:02.19    | 56.59      | <b>100 BUTTERFLY</b>     | 50.09      | 54.89      | 56.99      |
| 2:19.19      | 2:16.19    | 2:03.89    | <b>200 BUTTERFLY</b>     | 1:50.69    | 2:01.19    | 2:06.69    |
| 2:22.69      | 2:17.79    | 2:04.89    | <b>200 IM</b>            | 1:52.49    | 2:04.29    | 2:10.39    |
| 5:00.19      | 4:52.69    | 4:25.39    | <b>400 IM</b>            | 4:00.59    | 4:26.39    | 4:37.49    |
| 4:02.39      | 4:01.19    | 3:35.99    | <b>400 FREE RELAY</b>    | 3:09.89    | 3:30.59    | 3:37.69    |
| 8:42.09      | 8:35.09    | 7:41.69    | <b>800 FREE RELAY</b>    | 7:01.59    | 7:47.89    | 7:59.59    |
| 4:29.49      | 4:28.39    | 4:00.49    | <b>400 MEDLEY RELAY</b>  | 3:31.29    | 3:54.59    | 3:59.69    |

**Qualifying Period is Feb 1, 2006 through entry deadline**

Age defined as of March 27, 2007

Bonus Events available; no time standards for bonus events

4/13/06