

**National YMCA Short Course Swimming and Diving Championships**  
**April 2-5, 2007, Fort Lauderdale, Florida**  
**Qualifying Time Standards**

50 Meter Course	WOMEN		EVENT	MEN		
	25 Meter Course	25 Yard Course		25 Yard Course	25 Meter Course	50 Meter Course
:28.73	:28.22	:25.29	50 Free	:22.59	:25.21	:25.96
1:02.26	1:01.14	:54.79	100 Free	:49.19	:54.89	:56.54
2:12.75	2:11.12	1:57.49	200 Free	1:47.39	1:59.85	2:02.73
4:41.06	4:35.40	5:14.79	500 Free	4:50.29	4:13.97	4:22.70
9:31.88	9:18.13	10:40.99	1000Y/800MFree	10:07.99	8:52.01	9:04.80
18:18.96	17:53.76	17:56.99	1650 Free	16:52.99	16:49.96	17:18.96
1:09.48	1:08.62	1:01.49	100 Back	:56.09	1:02.60	1:04.47
2:29.25	2:27.42	2:12.09	200 Back	2:01.59	2:15.70	2:19.75
1:20.21	1:17.89	1:09.79	100 Breast	1:02.89	1:10.18	1:12.70
2:50.78	2:47.73	2:30.29	200 Breast	2:17.39	2:33.33	2:38.83
1:08.07	1:07.62	1:00.59	100 Fly	:54.39	1:00.70	1:01.45
2:30.77	2:29.76	2:14.19	200 Fly	2:03.39	2:17.71	2:20.21
2:31.35	2:28.64	2:13.19	200 IM	2:01.89	2:16.03	2:20.91
5:21.23	5:17.28	4:44.29	400 IM	4:24.39	4:55.07	5:03.89
1:56.57	1:54.49	1:42.59	200 Fr Rel	1:31.29	1:41.88	1:44.93
4:13.85	4:09.31	3:43.39	400 Fr Rel	3:20.49	3:43.76	3:50.44
9:08.46	9:01.72	8:05.39	800 Fr Rel	7:24.29	8:15.85	8:27.76
2:11.31	2:09.11	1:55.69	200 Med Rel	1:43.09	1:55.05	1:58.08
4:43.98	4:39.22	4:10.19	400 Med Rel	3:45.19	4:11.32	4:17.94

All 50 yard, 100 yard and 200 yard individual events have changed.