

# 2007-08 YMCA Short Course Time Standards

## Women

## Men

US Nats.	Y 1st	Y 8th	Y 16th	Y Nats.		Y Nats.	Y 16th	Y 8th	Y 1st	US Nats.
23.89	23.57	24.22	24.46	25.29	<b>50 Free</b>	22:59	21.79	21.55	20.59	20.99
51.89	50.22	52.41	52.96	54.79	<b>100 Free</b>	49.19	47.48	46.74	44.97	45.99
1:51.69	1:49.83	1:52.97	1:53.63	1:57.49	<b>200 Free</b>	1:47.39	1:43.47	1:42.26	1:38.18	1:40.69
4:55.89	4:41.91	4:57.77	5:02.05	5:14.09	<b>500 Free</b>	4:50.29	4:39.94	4:37.59	4:26.71	4:32.29
10:07.99	9:39.09	10:07.06	10:17.48	10:40.99	<b>1000 Free</b>	10:07.99	9:44.19	9:36.22	9:09.91	9:27.39
16:58.29	16:04.96	16:52.49	17:12.95	17:56.99	<b>1650 Free</b>	16:48.79	16:21.64	16:09.94	15:23.79	15:47.79
57.69	56.60	57.58	58.95	1:01.49	<b>100 Back</b>	56.09	53.72	53.41	50.93	51.29
2:03.59	1:59.52	2:04.19	2:06.42	2:12.09	<b>200 Back</b>	2:01.59	1:56.25	1:54.61	1:50.03	1:50.99
1:05.19	1:04.24	1:05.69	1:06.67	1:09.79	<b>100 Breast</b>	1:02.89	59.53	58.88	57.63	57.59
2:20.69	2:17.78	2:21.73	2:23.80	2:30.29	<b>200 Breast</b>	2:17.39	2:09.43	2:08.09	2:03.14	2:04.99
57.09	54.47	57.56	58.14	1:00.59	<b>100 Fly</b>	54.39	51.76	51.14	48.81	50.49
2:05.09	1:59.01	2:04.49	2:08.09	2:14.19	<b>200 Fly</b>	2:02.59	1:55.21	1:53.16	1:49.36	1:51.79
2:06.09	2:01.03	2:07.69	2:09.83	2:13.19	<b>200 IM</b>	2:01.89	1:57.07	1:55.11	1:50.55	1:52.99
4:27.79	4:17.85	4:31.50	4:36.27	4:44.29	<b>400 IM</b>	4:22.39	4:10.12	4:05.47	3:56.69	4:00.99
	1:34.00	1:39.13	1:39.48	1:42.39	<b>200 Fr Rel</b>	1:31.29	1:28.02	1:27.47	1:23.72	
3:33.49	3:25.63	3:34.63	3:36.36	3:42.79	<b>400 Fr Rel</b>	3:19.89	3:12.87	3:10.84	3:04.76	3:09.39
7:43.39	7:23.46	7:45.05	7:50.99	8:01.09	<b>800 Fr Rel</b>	7:20.29	7:04.90	6:59.22	6:48.94	7:00.49
	1:45.77	1:48.98	1:50.24	1:54.99	<b>200 Med Rel</b>	1:42.89	1:38.29	1:36.62	1:34.67	
3:58.19	3:49.11	3:56.96	4:00.46	4:09.09	<b>400 Med Rel</b>	3:43.99	3:34.47	3:31.79	3:28.32	3:31.09