

2006 NCS Senior Champs Spring-Time Standards

	WOMEN		MEN	
METERS	YARDS		YARDS	METERS
29.99	26.39	50FR	24.29	27.99
1:04.79	56.99	100FR	52.29	1:00.19
2:19.39	2:03.29	200FR	1:54.29	2:10.69
4:51.99	5:26.99	500/400FR	5:07.59	4:32.39
	11:37.29	1000/800FR	11:14.49	
20:15.69	19:21.69	1650/1500FR	18:50.29	19:32.19
1:13.59	1:05.09	100BK	1:01.09	1:10.29
2:39.79	2:21.39	200BK	2:13.69	2:33.69
1:25.99	1:14.79	100BR	1:09.29	1:20.19
3:02.99	2:40.99	200BR	2:29.79	2:52.99
1:13.49	1:05.39	100FLY	1:01.39	1:09.39
2:39.99	2:22.39	200FLY	2:16.39	2:36.79
2:37.89	2:18.89	200IM	2:09.49	2:29.69
5:34.39	4:55.89	400IM	4:46.39	5:29.19