
NCSA06 STANDARDS Nat Club Jr Nats06 Long Course Meters

Women

	NCSb	NCSA
50 Free	28.29	
100 Free	1:01.19	
200 Free	2:11.09	
500 Free	4:34.69	
800 Free	9:23.99	
1500 Free	18:03.09	
100 Back	1:08.89	
200 Back	2:27.99	
100 Breast	1:17.79	
200 Breast	2:46.99	
100 Fly	1:06.79	
200 Fly	2:26.19	
200 IM	2:29.59	
400 IM	5:13.69	
400 Free Relay		
800 Free Relay		
400 Medley Relay		

Men

	NCSb	NCSA
50 Free	25.29	
100 Free	54.99	
200 Free	2:00.09	
500 Free	4:14.79	
800 Free	8:48.79	
1500 Free	16:56.69	
100 Back	1:02.39	
200 Back	2:14.39	
100 Breast	1:09.29	
200 Breast	2:31.79	
100 Fly	59.89	
200 Fly	2:12.59	
200 IM	2:15.59	
400 IM	4:47.89	
400 Free Relay		
800 Free Relay		
400 Medley Relay	4:08.89	
