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**NCSA06 STANDARDS Nat Club Jr Nats06 Yards**

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**Women**

	<b>NCSb</b>	<b>NCSA</b>
50 Free	25.09	24.59
100 Free	53.89	52.89
200 Free	1:56.19	1:54.19
500 Free	5:08.29	5:03.29
100 Back	1:00.09	59.09
200 Back	2:08.99	2:06.99
100 Breast	1:07.89	1:06.89
200 Breast	2:26.29	2:24.29
100 Fly	59.49	58.49
200 Fly	2:09.39	2:07.39
200 IM	2:11.49	2:09.49
400 IM	4:37.09	4:33.09
400 Free Relay		3:36.99
800 Free Relay		7:49.79
400 Medley Relay		4:01.29

**Men**

	<b>NCSb</b>	<b>NCSA</b>
50 Free	22.19	21.69
100 Free	48.09	47.09
200 Free	1:45.09	1:43.09
500 Free	4:44.59	4:39.59
100 Back	54.09	53.09
200 Back	1:56.79	1:54.79
100 Breast	1:00.49	59.49
200 Breast	2:11.79	2:09.79
100 Fly	52.89	51.89
200 Fly	1:56.89	1:54.89
200 IM	1:58.29	1:56.29
400 IM	4:12.09	4:08.09
400 Free Relay		3:12.79
800 Free Relay	7:05.69	7:05.69
400 Medley Relay		3:36.09

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