

## USA Team

## TJCC STANDARDS Short Course 2007 Yards

## Women 10 &amp; Under

	<b>NRT</b>	<b>FARW</b>	<b>AZST</b>	<b>BB</b>	<b>AZRG</b>
50 Free	27.49	30.19	33.79	36.19	40.09
100 Free	59.79	1:06.99	1:11.99	1:22.09	1:31.99
200 Free	2:10.29	2:27.99	2:39.39	2:58.29	3:20.19
500 Free	5:46.99	6:20.99	6:52.19	7:39.49	8:30.49
50 Back	31.69	35.99	40.39	43.49	48.89
100 Back	1:07.99	1:16.99	1:24.89	1:33.99	1:45.69
50 Breast	35.29	40.59	45.49	47.79	53.59
100 Breast	1:16.69	1:27.99	1:35.19	1:46.69	1:59.99
50 Fly	30.19	34.49	38.69	42.99	48.79
100 Fly	1:07.69	1:18.99	1:29.89	1:42.09	1:57.49
100 IM	1:08.49	1:16.99	1:23.39	1:34.39	1:45.69
200 IM	2:26.89	2:46.99	2:59.89	3:19.39	3:42.69

## Women 11-12

50 Free	25.19	27.19	29.49	32.19	34.69
100 Free	54.49	59.19	1:03.69	1:08.29	1:15.99
200 Free	1:57.69	2:09.29	2:17.79	2:31.79	2:43.49
500 Free	5:13.79	5:47.09	6:08.29	6:40.09	7:10.79
1000 Free	10:52.59	11:54.99	12:52.69	13:57.39	15:39.49
1650 Free	18:20.79	19:45.39	21:43.69	23:30.19	
50 Back	28.79	31.99	35.89	37.09	39.99
100 Back	1:01.19	1:08.99	1:15.59	1:21.89	1:28.89
200 Back	2:12.69	2:28.99	2:39.49	2:50.19	3:13.39
50 Breast	31.89	35.99	40.39	41.09	50.29
100 Breast	1:08.89	1:17.59	1:25.69	1:29.29	1:36.39
200 Breast	2:30.29	2:47.89	3:00.99	3:12.49	3:37.19
50 Fly	27.49	30.29	33.89	35.39	38.19
100 Fly	1:00.39	1:08.39	1:16.79	1:20.59	1:26.79
200 Fly	2:15.69	2:30.99	2:48.09	2:52.99	3:05.39
100 IM	1:02.19	1:08.49	1:15.49	1:20.29	1:26.79
200 IM	2:13.09	2:27.99	2:39.29	2:51.79	3:05.39
400 IM	4:44.79	5:15.89	6:19.29	6:06.19	6:53.69

## Women 13-14

50 Free	24.19	26.29	27.39	30.99	33.49
100 Free	52.29	56.89	58.49	1:07.39	1:12.99
200 Free	1:52.49	2:04.09	2:06.59	2:25.39	2:36.59
500 Free	4:58.09	5:25.99	5:39.49	6:22.39	6:51.79
1000 Free	10:14.99	11:09.99	12:02.29	13:08.29	14:08.89
1650 Free	17:07.69	18:31.19	21:11.69	21:53.19	23:34.19
50 Back			34.29		37.19
100 Back	57.59	1:04.99	1:09.09	1:14.39	1:21.39
200 Back	2:04.89	2:20.89	2:27.59	2:39.59	2:54.59
50 Breast			39.99		47.99
100 Breast	1:05.79	1:12.89	1:18.69	1:24.49	1:30.99
200 Breast	2:21.39	2:39.99	2:46.69	3:01.99	3:15.99
50 Fly			32.49		36.39
100 Fly	57.39	1:04.29	1:07.19	1:13.79	1:19.79
200 Fly	2:06.59	2:24.99	2:34.19	2:40.99	2:53.39
100 IM					
200 IM	2:06.89	2:19.49	2:25.09	2:43.89	2:56.69

USA Team

**TJCC STANDARDS Short Course 2007 Yards**

400 IM	4:27.99	4:58.19	5:16.19	5:46.19	6:13.49
--------	---------	---------	---------	---------	---------

**Women 15-16**

50 Free		25.99	26.89	30.49	
100 Free		56.49	57.89	1:06.19	
200 Free		2:01.99	2:06.39	2:22.39	
500 Free		5:21.99	5:44.09	6:17.39	
1000 Free		11:09.99	11:48.49	12:55.49	
1650 Free		18:39.99	19:46.49	21:38.89	
50 Back			31.69		
100 Back		1:05.99	1:08.29	1:13.29	
200 Back		2:20.99	2:26.29	2:37.99	
50 Breast			35.59		
100 Breast		1:13.99	1:16.99	1:22.69	
200 Breast		2:38.99	2:45.49	2:58.39	
50 Fly			30.49		
100 Fly		1:02.69	1:06.49	1:12.39	
200 Fly		2:21.49	2:25.79	2:38.79	
200 IM		2:17.99	2:25.59	2:40.69	
400 IM		4:55.99	5:13.69	5:40.29	

**Men 10 & Under**

50 Free	27.29	30.29	34.99	35.59	39.19
100 Free	59.69	1:06.99	1:16.59	1:19.99	1:29.19
200 Free	2:09.59	2:26.99	2:50.89	2:50.89	3:09.89
500 Free	5:45.69	6:10.89	6:59.29	7:35.19	8:25.79
50 Back	31.59	35.99	41.89	43.89	49.49
100 Back	1:08.19	1:18.99	1:32.89	1:32.49	1:43.29
50 Breast	35.99	40.59	48.19	48.19	53.89
100 Breast	1:18.59	1:28.99	1:44.29	1:44.79	1:56.99
50 Fly	29.99	34.09	44.59	41.99	47.29
100 Fly	1:07.09	1:20.99	1:43.59	1:40.59	1:55.39
100 IM	1:08.99	1:16.99	1:29.09	1:31.39	1:41.59
200 IM	2:27.59	2:48.29	3:14.59	3:18.09	3:40.89

**Men 11-12**

50 Free	24.29	26.99	30.49	30.99	33.49
100 Free	52.79	58.49	1:06.29	1:08.09	1:13.49
200 Free	1:55.69	2:10.19	2:22.39	2:27.99	2:39.69
500 Free	5:07.69	5:46.59	6:39.89	6:35.09	7:06.99
1000 Free	10:47.79	11:44.99	12:55.79	13:52.99	15:10.59
1650 Free	18:05.59	20:23.49	22:00.99	23:23.89	
50 Back	27.99	31.99	36.69	36.79	41.19
100 Back	59.69	1:08.99	1:16.99	1:19.09	1:26.69
200 Back	2:10.69	2:23.99	2:52.39	2:46.59	3:20.99
50 Breast	31.19	34.99	42.09	41.09	50.49
100 Breast	1:07.29	1:16.99	1:30.09	1:28.39	1:35.99
200 Breast	2:27.89	2:41.69	3:15.99	3:07.39	3:49.99
50 Fly	26.49	29.99	35.99	35.49	38.29
100 Fly	59.09	1:08.49	1:21.69	1:19.29	1:26.79
200 Fly	2:12.89	2:29.99	3:12.79	2:51.49	3:20.99
100 IM	1:00.59	1:07.09	1:18.39	1:18.29	1:25.19
200 IM	2:10.49	2:27.99	2:46.29	2:49.69	3:04.39
400 IM	4:41.39	5:15.89	6:27.89	5:59.59	7:45.49

## USA Team

**TJCC STANDARDS Short Course 2007 Yards****Men 13-14**

50 Free	22.39	24.59	26.49	27.89	31.09
100 Free	48.69	53.09	56.79	1:02.89	1:07.69
200 Free	1:45.69	1:55.99	2:04.89	2:16.29	2:27.79
500 Free	4:44.99	5:11.99	5:31.99	6:07.69	6:36.79
1000 Free	9:49.79	10:49.99	12:06.39	12:39.99	13:41.19
1650 Free	16:24.59	19:09.99	21:18.09	21:06.99	22:55.99
50 Back			33.39		40.09
100 Back	54.39	1:01.99	1:07.59	1:10.29	1:15.69
200 Back	1:57.59	2:14.99	2:26.29	2:31.09	2:42.79
50 Breast			38.39		46.09
100 Breast	1:01.19	1:08.99	1:17.19	1:18.39	1:32.59
200 Breast	2:13.59	2:32.09	2:46.69	2:49.39	3:02.39
50 Fly			31.39		37.09
100 Fly	53.29	1:00.49	1:06.19	1:08.69	1:14.69
200 Fly	1:57.99	2:17.99	2:34.59	2:32.59	2:45.99
200 IM	1:59.09	2:11.99	2:22.09	2:33.69	2:46.19
400 IM	4:14.09	4:46.99	5:09.39	5:27.59	5:53.39

**Men 15-16**

50 Free		23.19	24.09	27.49	
100 Free		50.89	52.69	59.99	
200 Free		1:50.99	1:56.19	2:10.89	
500 Free		5:06.19	5:21.89	5:52.29	
1000 Free		10:39.99	11:05.19	12:08.19	
1650 Free		17:59.99	18:36.29	20:21.89	
50 Back			28.69		
100 Back		59.99	1:01.89	1:06.39	
200 Back		2:09.99	2:13.49	2:23.69	
50 Breast			32.39		
100 Breast		1:05.99	1:09.19	1:14.99	
200 Breast		2:26.99	2:30.79	2:42.59	
50 Fly			27.49		
100 Fly		56.39	59.49	1:05.59	
200 Fly		2:10.99	2:13.59	2:25.59	
200 IM		2:06.59	2:14.69	2:26.99	
400 IM		4:38.99	4:49.69	5:13.19	