

**PVS 2007 Senior Long Course Championships Time Standards**  
**University of Maryland**  
**July 12-15, 2007**

Women			Men	
SCY	LCM		SCY	LCM
26.39	29.89	50 Free	23.69	26.79
56.99	1:04.49	100 Free	51.89	58.79
02:01.79	2:17.89	200 Free	1:52.69	2:07.59
05:23.39	4:48.59	400/500 Free	5:04.19	4:31.49
11:09.99	9:57.99	800/1000 Free	10:35.69	9:27.39
18:30.99	18:59.99	1500/1650 Free	17:48.19	18:16.09
01:04.19	1:12.69	100 Back	59.19	1:06.99
02:17.49	2:35.69	200 Back	02:06.89	2:23.69
01:12.89	1:22.59	100 Breast	01:07.39	1:16.29
02:36.69	2:57.39	200 Breast	02:27.39	2:46.89
01:02.79	1:11.09	100 Fly	56.49	1:03.99
02:17.19	2:35.29	200 Fly	02:06.89	2:23.69
02:17.99	2:36.29	200 IM	02:07.29	2:24.09
04:51.99	5:30.59	400 IM	04:33.19	5:09.29
03:56.89	4:28.19	400 Freestyle Relay	03:35.99	4:04.59
08:26.49	9:33.49	800 Freestyle Relay	07:49.39	8:51.49
04:27.09	5:02.39	400 Medley Relay	04:04.49	4:36.79
1:47.89	2:04.89	200 Freestyle Relay	1:37.89	1:53.19
2:14.19	2:34.89	200 Medley Relay	2:01.89	2:13.99

Times in **RED** revised from 2006