

**2007 Short Course Nationals**  
**Nov 29 – Dec 1**  
**Atlanta, GA**

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.29	26.59	23.89	<b>50 FREESTYLE</b>	20.99	23.29	24.19
58.89	57.09	51.89	<b>100 FREESTYLE</b>	45.99	50.79	52.99
2:06.99	2:03.09	1:51.69	<b>200 FREESTYLE</b>	1:40.69	1:51.49	1:55.69
4:25.59	4:15.49	4:55.89	<b>400/500 FREESTYLE</b>	4:32.29	3:55.69	4:05.89
9:04.09	8:49.39	10:07.99	<b>800 FREESTYLE</b>	9:27.39	8:16.49	8:29.79
17:21.39	16:47.39	16:58.29	<b>1500 FREESTYLE</b>	15:47.79	15:30.39	16:18.59
1:06.69	1:03.39	57.69	<b>100 BACKSTROKE</b>	51.29	57.09	59.79
2:22.29	2:16.99	2:03.59	<b>200 BACKSTROKE</b>	1:50.99	2:03.29	2:09.09
1:14.99	1:12.79	1:05.19	<b>100 BREASTSTROKE</b>	57.59	1:03.99	1:06.79
2:41.59	2:37.29	2:20.69	<b>200 BREASTSTROKE</b>	2:04.99	2:20.19	2:25.29
1:04.39	1:02.79	57.09	<b>100 BUTTERFLY</b>	50.49	55.29	57.19
2:20.29	2:17.49	2:05.09	<b>200 BUTTERFLY</b>	1:51.79	2:02.29	2:06.99
2:24.29	2:19.19	2:06.09	<b>200 IM</b>	1:52.99	2:04.79	2:10.59
5:03.39	4:55.29	4:27.79	<b>400 IM</b>	4:00.99	4:26.79	4:37.39
4:01.49	3:58.89	3:33.49	<b>400 FREE RELAY</b>	3:09.39	3:30.49	3:37.69
8:45.29	8:37.99	7:43.39	<b>800 FREE RELAY</b>	7:00.49	7:47.49	7:59.89
4:30.49	4:25.49	3:58.19	<b>400 MEDLEY RELAY</b>	3:31.09	3:55.79	4:01.19

**Qualifying period is November 1, 2006 through the entry deadline.**

**SC Nationals Meet Notes:**

- No times trials for relay only swimmers
- LCM Time Trial Meet will be held Dec 2 following SC Nationals.
  - o No time standards
  - o Open to any SC Nationals individual event swimmer
  - o Two sessions: morning/afternoon
  - o Athletes may swim 3 events; no more than 2 per session

September 14, 2006