

CHARGER AQUATICS

NMQT STANDARDS New Mexico State QT Long Course Meters

Women 10 & Under

	NMQT
50 Free	40.79
100 Free	1:32.99
200 Free	3:23.59
50 Back	49.89
100 Back	1:48.89
50 Breast	54.89
100 Breast	2:02.29
50 Fly	48.59
100 Fly	1:55.19
200 IM	3:46.49

Women 11-12

	NMQT
50 Free	36.39
100 Free	1:19.59
200 Free	2:50.79
400 Free	6:00.09
50 Back	42.29
100 Back	1:31.09
200 Back	3:15.29
50 Breast	45.59
100 Breast	1:41.89
200 Breast	3:40.59
50 Fly	39.39
100 Fly	1:30.79
200 Fly	3:14.19
200 IM	3:14.79
400 IM	6:55.89

Women 13-14

	NMQT
50 Free	33.79
100 Free	1:12.29
200 Free	2:39.99
400 Free	5:42.99
800 Free	11:41.99
1500 Free	22:23.09
50 Back	39.19
100 Back	1:24.29
200 Back	3:15.29
50 Breast	43.19
100 Breast	1:36.59
200 Breast	3:43.99
50 Fly	36.79
100 Fly	1:24.09
200 Fly	3:16.29
200 IM	2:59.79
400 IM	7:01.19

CHARGER AQUATICS

NMQT STANDARDS New Mexico State QT Long Course Meters**Women 15 & Over**

	NMQT
50 Free	31.99
100 Free	1:09.99
200 Free	2:34.99
400 Free	5:25.79
800 Free	11:30.19
1500 Free	22:10.69
50 Back	37.59
100 Back	1:22.69
200 Back	2:57.99
50 Breast	41.39
100 Breast	1:33.89
200 Breast	3:21.19
50 Fly	35.29
100 Fly	1:20.39
200 Fly	2:56.19
200 IM	2:52.79
400 IM	6:19.79

Men 10 & Under

	NMQT
50 Free	44.29
100 Free	1:41.59
200 Free	3:35.49
50 Back	56.39
100 Back	1:58.09
50 Breast	1:01.59
100 Breast	2:13.59
50 Fly	52.89
100 Fly	2:09.79
200 IM	4:10.69

Men 11-12

	NMQT
50 Free	37.99
100 Free	1:23.29
200 Free	3:00.69
400 Free	6:21.69
50 Back	45.69
100 Back	1:39.19
200 Back	3:25.79
50 Breast	51.09
100 Breast	1:49.19
200 Breast	3:54.19
50 Fly	42.99
100 Fly	1:37.49
200 Fly	3:28.29
200 IM	3:29.59
400 IM	7:23.49

CHARGER AQUATICS

NMQT STANDARDS New Mexico State QT Long Course Meters

Men 13-14

	NMQT
50 Free	32.79
100 Free	1:11.49
200 Free	2:35.19
400 Free	5:27.99
800 Free	11:21.79
1500 Free	21:35.29
50 Back	38.79
100 Back	1:20.59
200 Back	3:07.49
50 Breast	43.19
100 Breast	1:28.09
200 Breast	3:32.39
50 Fly	36.69
100 Fly	1:16.99
200 Fly	3:05.19
200 IM	2:55.99
400 IM	6:41.89

Men 15 & Over

	NMQT
50 Free	28.99
100 Free	1:03.99
200 Free	2:24.89
400 Free	5:14.39
800 Free	10:52.09
1500 Free	20:49.49
50 Back	36.99
100 Back	1:16.49
200 Back	2:43.89
50 Breast	41.19
100 Breast	1:26.39
200 Breast	3:08.79
50 Fly	32.99
100 Fly	1:13.39
200 Fly	2:43.19
200 IM	2:48.79
400 IM	5:54.39
