
SAYOUTH STANDARDS Senior and Youth QT Long Course Meters**Women**

	SNAT	YUTH
50 Free	27.54	28.48
100 Free	59.48	1:02.97
200 Free	2:08.98	2:14.90
400 Free	4:31.79	4:44.26
800 Free	9:20.09	9:45.78
1500 Free	17:29.47	18:17.61
50 Back	31.76	
100 Back	1:08.12	1:11.16
200 Back	2:26.54	2:33.08
50 Breast	35.11	
100 Breast	1:16.71	1:18.76
200 Breast	2:44.52	2:48.92
50 Fly	29.32	
100 Fly	1:05.74	1:08.68
200 Fly	2:24.42	2:30.87
200 IM	2:25.36	2:33.36
400 IM	5:07.11	5:24.01

Men

	SNAT	YUTH
50 Free	24.10	25.16
100 Free	53.21	55.65
200 Free	1:57.52	2:02.91
400 Free	4:09.52	4:20.97
800 Free	8:32.28	8:55.78
1500 Free	16:35.34	17:30.13
50 Back	28.16	
100 Back	1:00.93	1:03.65
200 Back	2:12.70	2:18.62
50 Breast	30.83	
100 Breast	1:08.08	1:11.12
200 Breast	2:27.55	2:34.14
50 Fly	26.35	
100 Fly	58.64	1:01.26
200 Fly	2:10.99	2:16.73
200 IM	2:11.99	2:18.20
400 IM	4:39.54	4:54.93
