

SAYOUTH STANDARDS Senior LC Long Course Meters

Women

SANA	
50 Free	28.29
100 Free	1:02.07
200 Free	2:14.70
400 Free	4:41.92
800 Free	9:38.01
1500 Free	18:23.44
50 Back	
100 Back	1:10.93
200 Back	2:31.41
50 Breast	
100 Breast	1:18.54
200 Breast	2:49.78
50 Fly	
100 Fly	1:07.71
200 Fly	2:28.67
200 IM	2:33.95
400 IM	5:25.09

Men

SANA	
50 Free	24.93
100 Free	55.93
200 Free	2:01.61
400 Free	4:22.38
800 Free	8:59.05
1500 Free	17:18.51
50 Back	
100 Back	1:03.28
200 Back	2:16.60
50 Breast	
100 Breast	1:09.72
200 Breast	2:35.01
50 Fly	
100 Fly	1:00.80
200 Fly	2:16.10
200 IM	2:19.13
400 IM	4:57.61