

---

**SANA23 STANDARDS Senior LC Long Course Meters****Women**

	<b>B-QT</b>	<b>A-QT</b>
50 Free	28.45	27.32
100 Free	1:02.17	59.68
200 Free	2:15.86	2:10.42
400 Free	4:44.35	4:32.96
800 Free	10:00.93	9:34.77
1500 Free	19:01.01	18:11.34
50 Back	32.44	31.14
100 Back	1:09.28	1:06.48
200 Back	2:30.54	2:24.26
50 Breast	35.75	34.26
100 Breast	1:18.26	1:15.00
200 Breast	2:49.58	2:42.51
50 Fly	30.27	28.95
100 Fly	1:06.71	1:04.04
200 Fly	2:30.99	2:24.41
200 IM	2:33.92	2:27.50
400 IM	5:25.09	5:11.53

**Men**

	<b>B-QT</b>	<b>A-QT</b>
50 Free	25.14	24.13
100 Free	56.40	54.14
200 Free	2:02.65	1:57.74
400 Free	4:24.64	4:14.04
800 Free	9:11.81	8:48.79
1500 Free	17:59.70	17:12.70
50 Back	28.61	27.47
100 Back	1:02.34	59.85
200 Back	2:16.59	2:10.89
50 Breast	31.20	29.95
100 Breast	1:08.39	1:05.65
200 Breast	2:31.66	2:25.58
50 Fly	26.77	25.70
100 Fly	59.46	57.08
200 Fly	2:17.25	2:11.27
200 IM	2:17.08	2:11.60
400 IM	4:57.60	4:45.19

---