
SANAT21 STANDARDS Senior LC Short Course Meters**Women**

	SNAT
50 Free	27.49
100 Free	1:01.18
200 Free	2:13.06
400 Free	4:38.78
800 Free	9:31.89
1500 Free	17:59.44
50 Back	
100 Back	1:10.61
200 Back	2:30.89
50 Breast	
100 Breast	1:17.51
200 Breast	2:47.89
50 Fly	
100 Fly	1:07.15
200 Fly	2:27.71
200 IM	2:32.64
400 IM	5:22.73

Men

	SNAT
50 Free	24.13
100 Free	54.33
200 Free	1:58.41
400 Free	4:15.98
800 Free	8:46.25
1500 Free	16:54.51
50 Back	
100 Back	1:02.08
200 Back	2:14.20
50 Breast	
100 Breast	1:07.72
200 Breast	2:31.01
50 Fly	
100 Fly	59.40
200 Fly	2:13.30
200 IM	2:15.93
400 IM	4:51.21
