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

	<b>SNAT</b>	<b>YUTH</b>
50 Free	27,11	28,29
100 Free	59,49	1:02,07
200 Free	2:09,11	2:14,70
400 Free	4:30,90	4:41,92
800 Free	9:14,02	9:38,01
1500 Free	17:37,65	18:23,44
50 Back	31,73	
100 Back	1:08,15	1:10,93
200 Back	2:25,49	2:31,41
50 Breast	34,57	
100 Breast	1:15,46	1:18,54
200 Breast	2:43,14	2:49,78
50 Fly	28,65	
100 Fly	1:05,06	1:07,71
200 Fly	2:22,85	2:28,67
200 IM	2:27,90	2:33,95
400 IM	5:12,37	5:25,09

**Men**

	<b>SNAT</b>	<b>YUTH</b>
50 Free	23,89	24,93
100 Free	53,60	55,93
200 Free	1:56,56	2:01,61
400 Free	4:11,49	4:22,38
800 Free	8:36,68	8:59,05
1500 Free	16:35,34	17:18,51
50 Back	28,19	
100 Back	1:00,80	1:03,28
200 Back	2:11,25	2:16,60
50 Breast	30,98	
100 Breast	1:06,99	1:09,72
200 Breast	2:28,95	2:35,01
50 Fly	26,30	
100 Fly	58,42	1:00,80
200 Fly	2:10,77	2:16,10
200 IM	2:13,69	2:19,13
400 IM	4:45,96	4:57,61

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