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

| | SNAT | YUTH |
|------------|-------------|-------------|
| 50 Free | 26,31 | 27,49 |
| 100 Free | 57,89 | 1:00,47 |
| 200 Free | 2:05,91 | 2:11,50 |
| 400 Free | 4:24,50 | 4:35,52 |
| 800 Free | 9:01,22 | 9:25,21 |
| 1500 Free | 17:13,65 | 17:59,44 |
| 50 Back | 31,13 | |
| 100 Back | 1:06,95 | 1:09,72 |
| 200 Back | 2:23,09 | 2:29,01 |
| 50 Breast | 33,57 | |
| 100 Breast | 1:13,46 | 1:16,54 |
| 200 Breast | 2:39,14 | 2:45,78 |
| 50 Fly | 27,95 | |
| 100 Fly | 1:03,66 | 1:06,31 |
| 200 Fly | 2:20,05 | 2:25,87 |
| 200 IM | 2:24,70 | 2:30,75 |
| 400 IM | 5:04,34 | 5:18,69 |

Men

| | SNAT | YUTH |
|------------|-------------|-------------|
| 50 Free | 23,56 | 24,23 |
| 100 Free | 52,06 | 54,52 |
| 200 Free | 1:55,30 | 2:00,74 |
| 400 Free | 4:04,26 | 4:11,16 |
| 800 Free | 8:34,76 | 8:49,28 |
| 1500 Free | 16:11,34 | 16:38,74 |
| 50 Back | 28,40 | 29,17 |
| 100 Back | 1:00,56 | 1:03,31 |
| 200 Back | 2:11,69 | 2:17,67 |
| 50 Breast | 30,65 | 31,50 |
| 100 Breast | 1:06,96 | 1:10,04 |
| 200 Breast | 2:25,73 | 2:32,42 |
| 50 Fly | 26,22 | 26,95 |
| 100 Fly | 57,80 | 1:00,45 |
| 200 Fly | 2:08,99 | 2:16,05 |
| 200 IM | 2:09,13 | 2:15,20 |
| 400 IM | 4:35,26 | 4:50,76 |
