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

	<b>SNAT</b>	<b>YUTH</b>
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**

	<b>SNAT</b>	<b>YUTH</b>
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

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