

SANAT22 STANDARDS Senior LC Long Course Meters

Women

	SNAT
50 Free	27.32
100 Free	59.69
200 Free	2:10.42
400 Free	4:32.97
800 Free	9:19.64
1500 Free	17:42.61
50 Back	
100 Back	1:06.46
200 Back	2:22.39
50 Breast	
100 Breast	1:14.03
200 Breast	2:40.59
50 Fly	
100 Fly	1:04.04
200 Fly	2:20.61
200 IM	2:25.59
400 IM	5:07.49

Men

	SNAT
50 Free	24.13
100 Free	54.15
200 Free	1:57.75
400 Free	4:14.05
800 Free	8:41.93
1500 Free	16:45.51
50 Back	
100 Back	59.85
200 Back	2:09.20
50 Breast	
100 Breast	1:05.66
200 Breast	2:25.59
50 Fly	
100 Fly	57.14
200 Fly	2:07.82
200 IM	2:11.60
400 IM	4:41.49