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**SARS STANDARDS SA Regional SN Long Course Meters****Women**

	<b>SARS</b>
50 Free	28.39
100 Free	1:01.65
200 Free	2:14.66
400 Free	4:50.22
800 Free	9:39.67
1500 Free	18:46.44
50 Back	31.97
100 Back	1:10.53
200 Back	2:33.72
50 Breast	34.83
100 Breast	1:20.15
200 Breast	2:55.48
50 Fly	28.96
100 Fly	1:09.27
200 Fly	2:37.48
200 IM	2:33.70
400 IM	5:25.68

**Men**

	<b>SARS</b>
50 Free	25.05
100 Free	54.55
200 Free	2:01.48
400 Free	4:25.89
800 Free	8:59.05
1500 Free	17:18.51
50 Back	28.45
100 Back	1:03.50
200 Back	2:21.48
50 Breast	30.76
100 Breast	1:10.16
200 Breast	2:39.39
50 Fly	26.40
100 Fly	59.36
200 Fly	2:19.29
200 IM	2:18.31
400 IM	4:59.99

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