
SANAT21 STANDARDS Senior LC Long Course Meters**Female**

	SNAT
50 Free	28,29
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	
100 Back	1:10,53
200 Back	2:33,72
50 Breast	
100 Breast	1:20,15
200 Breast	2:55,48
50 Fly	
100 Fly	1:09,27
200 Fly	2:37,48
200 IM	2:33,70
400 IM	5:25,68

Male

	SNAT
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	
100 Back	1:03,50
200 Back	2:21,48
50 Breast	
100 Breast	1:10,16
200 Breast	2:39,39
50 Fly	
100 Fly	59,36
200 Fly	2:19,29
200 IM	2:18,31
400 IM	4:59,99
