
SANAT21 STANDARDS Senior**Women**

Long Course		Short Course	
50 Free	28,39	50 Free	27,49
100 Free	1:01,65	100 Free	1:01,18
200 Free	2:14,66	200 Free	2:13,06
400 Free	4:50,22	400 Free	4:38,78
800 Free	9:39,67	800 Free	9:31,89
1500 Free	18:46,44	1500 Free	17:59,44
50 Back		50 Back	
100 Back	1:10,53	100 Back	1:10,61
200 Back	2:33,72	200 Back	2:30,89
50 Breast		50 Breast	
100 Breast	1:20,15	100 Breast	1:17,51
200 Breast	2:55,48	200 Breast	2:47,89
50 Fly		50 Fly	
100 Fly	1:09,27	100 Fly	1:07,15
200 Fly	2:37,48	200 Fly	2:27,71
200 IM	2:33,70	200 IM	2:32,64
400 IM	5:25,68	400 IM	5:22,73

Men

Long Course		Short Course	
50 Free	25,05	50 Free	24,13
100 Free	54,55	100 Free	54,33
200 Free	2:01,48	200 Free	1:58,41
400 Free	4:25,89	400 Free	4:15,98
800 Free	8:59,05	800 Free	8:46,25
1500 Free	17:18,51	1500 Free	16:54,51
50 Back		50 Back	
100 Back	1:03,50	100 Back	1:02,08
200 Back	2:21,48	200 Back	2:14,20
50 Breast		50 Breast	
100 Breast	1:10,16	100 Breast	1:07,72
200 Breast	2:39,39	200 Breast	2:31,01
50 Fly		50 Fly	
100 Fly	59,36	100 Fly	59,40
200 Fly	2:19,29	200 Fly	2:13,30
200 IM	2:18,31	200 IM	2:15,93
400 IM	4:59,99	400 IM	4:51,21
