
SANAT22 STANDARDS Senior LC Long Course Meters**Women**

		SNAT
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	31.13
100	Back	1:06.46
200	Back	2:22.39
50	Breast	33.92
100	Breast	1:14.03
200	Breast	2:40.59
50	Fly	28.20
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	27.70
100	Back	59.85
200	Back	2:09.20
50	Breast	29.95
100	Breast	1:05.66
200	Breast	2:25.59
50	Fly	25.70
100	Fly	57.14
200	Fly	2:07.82
200	IM	2:11.60
400	IM	4:41.49
