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**SASEN22C STANDARDS Senior QTs 2022 Long Course Meters**


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**Female**

	<b>SNAT</b>	<b>SARS</b>
50 Free	27.32	28.39
100 Free	59.69	1:01.65
200 Free	2:10.42	2:14.66
400 Free	4:32.97	4:50.22
800 Free	9:19.64	9:39.67
1500 Free	17:42.61	18:46.44
50 Back	31.13	31.97
100 Back	1:06.46	1:10.53
200 Back	2:22.39	2:33.72
50 Breast	33.92	34.83
100 Breast	1:14.03	1:20.15
200 Breast	2:40.59	2:55.48
50 Fly	28.20	28.96
100 Fly	1:04.04	1:09.27
200 Fly	2:20.61	2:37.48
200 IM	2:25.59	2:33.70
400 IM	5:07.49	5:25.68

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**Male**

	<b>SNAT</b>	<b>SARS</b>
50 Free	24.13	25.05
100 Free	54.15	54.55
200 Free	1:57.75	2:01.48
400 Free	4:14.05	4:25.89
800 Free	8:41.93	8:59.05
1500 Free	16:45.51	17:18.51
50 Back	27.70	28.45
100 Back	59.85	1:03.50
200 Back	2:09.20	2:21.48
50 Breast	29.95	30.76
100 Breast	1:05.66	1:10.16
200 Breast	2:25.59	2:39.39
50 Fly	25.70	26.40
100 Fly	57.14	59.36
200 Fly	2:07.82	2:19.29
200 IM	2:11.60	2:18.31
400 IM	4:41.49	4:59.99

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