
SANAT STANDARDS SSA Youth & Senior Nat QT Long Course Meters**Female**

	SANA	SAYT
50 Free	27.39	30.81
100 Free	1:00.00	1:07.47
200 Free	2:12.34	2:27.26
400 Free	4:36.04	5:07.16
800 Free	9:28.53	10:32.63
1500 Free	17:59.48	20:01.18
50 Back	31.50	35.05
100 Back	1:07.23	1:14.81
200 Back	2:24.41	2:40.69
50 Breast	34.19	38.05
100 Breast	1:15.20	1:23.68
200 Breast	2:41.31	2:59.49
50 Fly	28.65	31.88
100 Fly	1:05.06	1:12.39
200 Fly	2:22.85	2:38.95
200 IM	2:27.90	2:44.58
400 IM	5:11.79	5:46.94

Male

	SANA	SAYT
50 Free	24.26	26.89
100 Free	54.37	1:00.27
200 Free	1:59.62	2:11.19
400 Free	4:18.08	4:43.04
800 Free	8:50.22	9:41.50
1500 Free	17:01.48	18:40.28
50 Back	27.61	30.28
100 Back	1:00.51	1:06.36
200 Back	2:11.25	2:23.84
50 Breast	30.43	33.37
100 Breast	1:06.70	1:13.15
200 Breast	2:27.15	2:41.38
50 Fly	26.11	28.64
100 Fly	57.99	1:03.60
200 Fly	2:09.40	2:21.91
200 IM	2:13.69	2:26.62
400 IM	4:44.39	5:11.89
