
SANAT STANDARDS SSA Youth & Senior Nat QT Short Course Meters

Female		
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	SANA	SAYT
50 Free	26.59	30.01
100 Free	58.40	1:05.87
200 Free	2:09.14	2:24.06
400 Free	4:29.64	5:00.76
800 Free	9:15.73	10:19.83
1500 Free	17:35.48	19:37.18
50 Back	30.90	34.45
100 Back	1:06.03	1:13.61
200 Back	2:22.01	2:38.29
50 Breast	33.19	37.05
100 Breast	1:13.20	1:21.68
200 Breast	2:37.31	2:55.49
50 Fly	27.95	31.18
100 Fly	1:03.66	1:10.99
200 Fly	2:20.05	2:36.15
200 IM	2:24.70	2:41.38
400 IM	5:05.39	5:40.54

Male		
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	SANA	SAYT
50 Free	23.46	26.09
100 Free	52.77	58.67
200 Free	1:56.42	2:07.99
400 Free	4:11.68	4:36.64
800 Free	8:37.42	9:28.70
1500 Free	16:37.48	18:16.28
50 Back	27.01	29.68
100 Back	59.31	1:05.16
200 Back	2:08.85	2:21.44
50 Breast	29.43	32.37
100 Breast	1:04.70	1:11.15
200 Breast	2:23.15	2:37.38
50 Fly	25.41	27.94
100 Fly	56.59	1:02.20
200 Fly	2:06.60	2:19.11
200 IM	2:10.49	2:23.42
400 IM	4:37.99	5:05.49
