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**SENIOR STANDARDS SENIOR SQUAD Short Course Meters**


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**Female Open**


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	<b>PLAT</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	22.42	26.21	26.75	28.00
100 Free	55.50	57.01	58.00	59.10
200 Free	2:01.81	2:07.00	2:09.00	2:12.20
400 Free	4:15.54	4:24.16	4:41.20	4:56.20
800 Free	8:45.41	9:26.42	9:28.70	9:48.70
1500 Free	16:46.76	17:40.00	18:40.00	19:10.00
50 Back	28.51	30.41	30.44	30.65
100 Back	1:01.21	1:02.93	1:05.98	1:07.00
200 Back	2:13.13	2:26.31	2:29.00	2:31.00
50 Breast	33.71	32.70	33.40	34.40
100 Breast	1:08.29	1:13.58	1:15.46	1:16.50
200 Breast	2:27.52	2:41.79	2:46.50	2:51.50
50 Fly	26.66	27.85	28.32	28.70
100 Fly	59.23	1:02.97	1:06.18	1:07.70
200 Fly	2:10.43	2:27.64	2:30.94	2:31.70
200 IM	2:09.59	2:16.43	2:21.90	2:26.90
400 IM	4:41.67	5:18.70	5:28.70	5:38.70

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**Male Open**


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	<b>PLAT</b>	<b>GOLD</b>	<b>SILV</b>	<b>BRON</b>
50 Free	21.68	22.53	22.80	23.80
100 Free	49.61	50.59	51.60	53.10
200 Free	1:50.16	1:51.78	1:59.00	2:03.00
400 Free	3:52.34	3:59.42	4:06.20	4:14.20
800 Free	7:59.61	9:08.70	9:18.70	9:28.70
1500 Free	15:19.14	16:19.80	17:42.23	18:09.00
50 Back	25.35	26.31	26.54	27.46
100 Back	54.45	57.10	57.50	1:00.30
200 Back	1:59.48	2:07.44	2:11.24	2:16.00
50 Breast	27.75	28.15	28.60	29.60
100 Breast	59.50	1:01.10	1:01.96	1:08.50
200 Breast	2:10.50	2:12.50	2:21.50	2:37.50
50 Fly	23.89	24.30	24.67	26.15
100 Fly	52.48	54.20	55.70	1:00.70
200 Fly	1:57.50	2:03.06	2:16.70	2:29.70
200 IM	1:56.33	1:57.44	2:04.26	2:06.90
400 IM	4:15.63	4:27.70	4:48.70	5:20.70

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