

Swimming South Africa  
Registration Data - 2008 / 2009

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**SANAT09- STANDARDS Long Course Meters**

**Women Open**

	<b>SNAT</b>	<b>BNAT</b>
50 Free	27.72	29.24
100 Free	1:00.21	1:03.53
200 Free	2:10.03	2:17.18
400 Free	4:33.87	4:48.95
800 Free	9:22.42	9:53.38
1500 Free	18:16.71	19:17.08
50 Back	31.81	33.51
100 Back	1:09.10	1:12.81
200 Back	2:28.66	2:36.62
50 Breast	35.58	37.49
100 Breast	1:17.29	1:21.43
200 Breast	2:46.00	2:54.89
50 Fly	30.60	32.24
100 Fly	1:06.47	1:10.03
200 Fly	2:26.54	2:34.39
200 IM	2:27.44	2:35.56
400 IM	5:10.74	5:27.84

**Men Open**

	<b>SNAT</b>	<b>BNAT</b>
50 Free	24.36	25.70
100 Free	53.66	56.61
200 Free	1:58.50	2:05.03
400 Free	4:10.66	4:24.45
800 Free	8:47.56	9:16.60
1500 Free	16:35.34	17:30.13
50 Back	29.00	30.55
100 Back	1:01.76	1:05.07
200 Back	2:14.09	2:21.27
50 Breast	31.65	33.35
100 Breast	1:08.96	1:12.65
200 Breast	2:29.73	2:37.75
50 Fly	26.92	28.37
100 Fly	59.20	1:02.37
200 Fly	2:11.79	2:18.85
200 IM	2:12.33	2:19.61
400 IM	4:41.66	4:57.16

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