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**SANAT10 STANDARDS Long Course Meters**

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**Women 13-13**

	<b>YUTH</b>	<b>SNAT</b>
50 Free	28.48	
100 Free	1:01.87	
200 Free	2:13.60	
400 Free	4:41.41	
800 Free	9:37.40	
1500 Free	18:46.90	
50 Back	32.66	
100 Back	1:10.96	
200 Back	2:32.64	
50 Breast	36.54	
100 Breast	1:19.36	
200 Breast	2:50.44	
50 Fly	31.42	
100 Fly	1:08.04	
200 Fly	2:30.47	
200 IM	2:31.50	
400 IM	5:12.89	

**Women 14-14**

	<b>YUTH</b>	<b>SNAT</b>
50 Free	28.48	
100 Free	1:01.87	
200 Free	2:13.60	
400 Free	4:41.41	
800 Free	9:37.40	
1500 Free	18:46.90	
50 Back	32.66	
100 Back	1:10.96	
200 Back	2:32.64	
50 Breast	36.54	
100 Breast	1:19.36	
200 Breast	2:50.44	
50 Fly	31.42	
100 Fly	1:08.25	
200 Fly	2:30.47	
200 IM	2:31.50	
400 IM	5:19.29	

**Women 15-15**

	<b>YUTH</b>	<b>SNAT</b>
50 Free	28.48	
100 Free	1:02.97	
200 Free	2:15.99	
400 Free	4:46.44	
800 Free	9:37.40	
1500 Free	18:46.90	
50 Back	32.66	
100 Back	1:12.19	

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**SANAT10 STANDARDS Long Course Meters**

200 Back	2:35.29
50 Breast	36.54
100 Breast	1:20.74
200 Breast	2:53.41
50 Fly	31.42
100 Fly	1:09.44
200 Fly	2:34.39
200 IM	2:34.21
400 IM	5:19.29

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**Women 16-16**

	<b>YUTH</b>	<b>SNAT</b>
50 Free	28.48	
100 Free	1:01.87	
200 Free	2:13.60	
400 Free	4:41.41	
800 Free	9:37.40	
1500 Free	18:46.90	
50 Back	32.66	
100 Back	1:10.96	
200 Back	2:32.64	
50 Breast	36.54	
100 Breast	1:19.36	
200 Breast	2:50.44	
50 Fly	31.42	
100 Fly	1:08.25	
200 Fly	2:30.47	
200 IM	2:31.50	
400 IM	5:19.29	

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**Women 17-17**

	<b>YUTH</b>	<b>SNAT</b>
50 Free	28.48	
100 Free	1:01.87	
200 Free	2:13.60	
400 Free	4:41.41	
800 Free	9:37.40	
1500 Free	18:46.90	
50 Back	32.66	
100 Back	1:10.96	
200 Back	2:32.64	
50 Breast	36.54	
100 Breast	1:19.36	
200 Breast	2:50.44	
50 Fly	31.42	
100 Fly	1:08.25	
200 Fly	2:30.47	
200 IM	2:31.50	
400 IM	5:19.29	

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**SANAT10 STANDARDS Long Course Meters**

**Women 18-18**

	<b>YUTH</b>	<b>SNAT</b>
50 Free		
100 Free		
200 Free		
400 Free		
800 Free		
1500 Free		
50 Back		
100 Back		
200 Back		
50 Breast		
100 Breast		
200 Breast		
50 Fly		
100 Fly		
200 Fly		

**Women**

	<b>YUTH</b>	<b>SNAT</b>
50 Free		27.72
100 Free		1:00.21
200 Free		2:10.03
400 Free		4:33.87
800 Free		9:22.42
1500 Free		18:16.71
50 Back		31.81
100 Back		1:09.10
200 Back		2:28.66
50 Breast		35.58
100 Breast		1:17.29
200 Breast		2:46.00
50 Fly		30.60
100 Fly		1:06.47
200 Fly		2:26.54
200 IM		2:27.44
400 IM		5:10.74

**Men 14-14**

	<b>YUTH</b>	<b>SNAT</b>
50 Free	25.03	
100 Free	55.14	
200 Free	2:01.77	
400 Free	4:17.56	
800 Free	9:02.08	
1500 Free	17:02.74	
50 Back	29.77	
100 Back	1:03.41	
200 Back	2:17.68	
50 Breast	32.50	
100 Breast	1:10.81	

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**SANAT10 STANDARDS Long Course Meters**

200 Breast	2:33.74
50 Fly	27.65
100 Fly	1:00.79
200 Fly	2:15.32
200 IM	2:18.40
400 IM	4:57.16

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**Men 15-15**


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	<b>YUTH</b>	<b>SNAT</b>
50 Free	25.03	
100 Free	56.12	
200 Free	2:03.94	
400 Free	4:22.15	
800 Free	9:02.08	
1500 Free	17:02.74	
50 Back	29.77	
100 Back	1:04.51	
200 Back	2:20.07	
50 Breast	32.50	
100 Breast	1:12.04	
200 Breast	2:36.42	
50 Fly	27.65	
100 Fly	1:01.85	
200 Fly	2:18.85	
200 IM	2:15.97	
400 IM	4:49.41	

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**Men 16-16**


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	<b>YUTH</b>	<b>SNAT</b>
50 Free	25.03	
100 Free	55.14	
200 Free	2:01.77	
400 Free	4:17.56	
800 Free	9:02.08	
1500 Free	17:02.74	
50 Back	29.77	
100 Back	1:03.41	
200 Back	2:17.68	
50 Breast	32.50	
100 Breast	1:10.81	
200 Breast	2:33.74	
50 Fly	27.65	
100 Fly	1:00.79	
200 Fly	2:15.32	
200 IM	2:15.97	
400 IM	4:49.41	

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**Men 17-17**


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	<b>YUTH</b>	<b>SNAT</b>
50 Free	25.03	
100 Free	55.14	

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**SANAT10 STANDARDS Long Course Meters**

200 Free	2:01.77
400 Free	4:17.56
800 Free	9:02.08
1500 Free	17:02.74
50 Back	29.77
100 Back	1:03.41
200 Back	2:17.68
50 Breast	32.50
100 Breast	1:10.81
200 Breast	2:33.74
50 Fly	27.65
100 Fly	1:00.97
200 Fly	2:15.32
200 IM	2:15.97
400 IM	4:49.41

**Men 18-18**

	<b>YUTH</b>	<b>SNAT</b>
50 Free	25.03	
100 Free	55.14	
200 Free	2:01.77	
400 Free	4:17.56	
800 Free	9:02.08	
1500 Free	17:02.74	
50 Back	29.77	
100 Back	1:03.41	
200 Back	2:17.68	
50 Breast	32.50	
100 Breast	1:10.81	
200 Breast	2:33.74	
50 Fly	27.65	
100 Fly	1:00.79	
200 Fly	2:15.32	
200 IM	2:15.97	
400 IM	4:49.41	

**Men**

	<b>YUTH</b>	<b>SNAT</b>
50 Free		24.36
100 Free		53.66
200 Free		1:58.50
400 Free		4:10.66
800 Free		8:47.56
1500 Free		16:35.34
50 Back		29.00
100 Back		1:01.76
200 Back		2:14.09
50 Breast		31.65
100 Breast		1:08.96
200 Breast		2:29.73
50 Fly		26.92
100 Fly		59.20

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**SANAT10 STANDARDS Long Course Meters**

200 Fly	2:11.79
200 IM	2:12.33
400 IM	4:41.66

