
SANAT 10 STANDARDS Short Course Meters**Women**

	WCUP	SNAT	
50 Free	26.87		28.44
100 Free	59.23		1:01.93
200 Free	2:07.60		2:13.98
400 Free	4:30.81		4:42.55
800 Free	9:32.67		9:40.58
1500 Free			18:53.08
50 Back	30.25		32.91
100 Back	1:03.54		1:11.61
200 Back	2:18.87		2:34.22
50 Breast	34.98		36.49
100 Breast	1:15.16		1:19.43
200 Breast	2:40.18		2:50.89
50 Fly	29.35		31.54
100 Fly	1:05.50		1:08.63
200 Fly	2:35.12		
100 IM	1:06.34		
200 IM	2:24.40		2:32.36
400 IM	5:20.40		5:21.44

Men

	WCUP	SNAT	
50 Free	22.78		24.90
100 Free	50.05		55.01
200 Free	1:50.19		2:01.83
400 Free	1:04.28		4:18.05
800 Free			9:03.80
1500 Free	17:05.15		17:06.13
50 Back	26.15		29.95
100 Back	55.02		1:03.87
200 Back	2:03.04		2:18.87
50 Breast	28.33		32.35
100 Breast	1:02.06		1:10.65
200 Breast	2:19.26		2:33.75
50 Fly	25.01		27.67
100 Fly	56.16		1:00.97
200 Fly	2:04.12		2:16.05
100 IM	1:06.34		
200 IM	2:07.45		2:16.41
400 IM	5:20.40		4:50.76
