

# 2009 Long Course Senior Mets Standards

updated 5/07/09

SCM	SCY	LCM		LCM	SCY	SCM
29.19	26.09	30.29	<b>50 Free</b>	27.49	23.29	25.99
1:03.29	56.69	1:05.49	<b>100 Free</b>	59.99	51.29	57.29
2:16.19	2:01.99	2:19.99	<b>200 Free</b>	2:10.99	1:51.49	2:04.49
4:39.99	5:19.99	4:55.99	<b>400 Free</b>	4:34.99	5:01.99	4:24.29
9:37.49	10:59.99	10:20.99	<b>800 Free</b>	9:49.99	10:35.99	9:16.49
18:47.69	18:50.99	19:54.99	<b>1500 Free</b>	18:44.99	18:03.49	18:00.29
1:11.49	1:03.99	1:15.99	<b>100 Back</b>	1:09.99	58.49	1:05.29
2:32.89	2:16.99	2:44.99	<b>200 Back</b>	2:33.99	2:07.99	2:22.89
1:21.09	1:12.59	1:24.99	<b>100 Breast</b>	1:19.99	1:06.49	1:14.29
2:55.29	2:36.99	3:05.99	<b>200 Breast</b>	2:52.99	2:26.49	2:43.49
1:09.79	1:02.49	1:12.49	<b>100 Fly</b>	<b>1:05.99</b>	57.09	1:03.79
2:36.29	2:19.99	2:45.99	<b>200 Fly</b>	2:36.99	2:11.99	2:27.39
2:34.09	2:17.99	2:38.99	<b>200 IM</b>	2:29.99	2:04.99	2:19.59
5:24.79	4:50.99	5:38.99	<b>400 IM</b>	5:21.99	4:32.99	5:04.69
NCT	NCT	NCT	<b>400 Free Relay</b>	NCT	NCT	NCT
NCT	NCT	NCT	<b>800 Free Relay</b>	NCT	NCT	NCT
NCT	NCT	NCT	<b>400 Medley Relay</b>	NCT	NCT	NCT