

# 2010 Long Course Senior Mets Standards

updated 5/01/2010

Women				Men		
SCM	SCY	LCM		LCM	SCY	SCM
<b>28.89</b>	<b>25.89</b>	30.29	<b>50 Free</b>	27.49	23.29	25.99
<b>1:03.09</b>	<b>56.09</b>	<b>1:04.99</b>	<b>100 Free</b>	<b>59.19</b>	<b>50.79</b>	<b>56.69</b>
<b>2:15.09</b>	<b>2:00.99</b>	2:19.99	<b>200 Free</b>	<b>2:09.99</b>	<b>1:50.99</b>	<b>2:03.89</b>
<b>4:37.39</b>	<b>5:16.99</b>	4:55.99	<b>400 Free</b>	4:34.99	<b>5:01.49</b>	<b>4:23.79</b>
9:37.49	10:59.99	<b>10:14.99</b>	<b>800 Free</b>	9:49.99	<b>10:29.99</b>	<b>9:11.19</b>
<b>18:36.69</b>	<b>18:39.99</b>	19:54.99	<b>1500 Free</b>	18:44.99	18:03.49	18:00.29
<b>1:11.09</b>	<b>1:03.09</b>	<b>1:14.99</b>	<b>100 Back</b>	<b>1:08.19</b>	<b>57.99</b>	<b>1:04.79</b>
<b>2:32.79</b>	<b>2:16.09</b>	<b>2:39.99</b>	<b>200 Back</b>	<b>2:28.99</b>	<b>2:05.99</b>	<b>2:20.69</b>
1:21.09	1:12.59	1:24.99	<b>100 Breast</b>	<b>1:18.99</b>	<b>1:05.49</b>	<b>1:13.09</b>
2:55.29	2:36.99	3:05.99	<b>200 Breast</b>	2:52.99	<b>2:24.99</b>	<b>2:41.89</b>
1:09.79	1:02.49	<b>1:11.99</b>	<b>100 Fly</b>	<b>1:04.99</b>	<b>56.09</b>	<b>1:03.49</b>
2:36.29	2:19.99	2:45.99	<b>200 Fly</b>	<b>2:31.99</b>	<b>2:08.99</b>	<b>2:23.99</b>
<b>2:32.89</b>	<b>2:16.99</b>	2:38.99	<b>200 IM</b>	<b>2:26.99</b>	2:04.99	2:19.59
<b>5:24.09</b>	<b>4:50.49</b>	5:38.99	<b>400 IM</b>	5:21.99	<b>4:28.99</b>	<b>5:00.29</b>
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

Eligibility Period - from May 1, 2009 to the meet entry deadline