

# 2011 Long Course Senior Mets Standards

updated 5/01/2011

Women				Men		
SCM	SCY	LCM		LCM	SCY	SCM
<b>28.69</b>	<b>25.69</b>	30.29	<b>50 Free</b>	27.49	23.29	25.99
<b>1:02.39</b>	<b>55.89</b>	1:04.99	<b>100 Free</b>	59.19	<b>50.19</b>	<b>56.09</b>
<b>2:13.89</b>	<b>1:59.99</b>	<b>2:18.99</b>	<b>200 Free</b>	2:09.99	<b>1:49.99</b>	<b>2:02.79</b>
<b>4:35.59</b>	<b>5:14.99</b>	<b>4:52.99</b>	<b>400 Free</b>	<b>4:31.99</b>	<b>4:56.99</b>	<b>4:19.89</b>
<b>9:33.89</b>	<b>10:55.99</b>	<b>10:12.99</b>	<b>800 Free</b>	9:49.99	<b>10:22.99</b>	<b>9:05.09</b>
18:36.69	18:39.99	<b>19:47.99</b>	<b>1500 Free</b>	<b>18:40.99</b>	<b>17:49.99</b>	<b>17:46.79</b>
<b>1:09.89</b>	<b>1:02.59</b>	1:14.99	<b>100 Back</b>	<b>1:07.99</b>	<b>56.99</b>	<b>1:03.59</b>
<b>2:30.79</b>	<b>2:15.09</b>	<b>2:38.99</b>	<b>200 Back</b>	<b>2:27.99</b>	<b>2:03.99</b>	<b>2:18.39</b>
<b>1:20.49</b>	<b>1:12.09</b>	1:24.99	<b>100 Breast</b>	<b>1:17.99</b>	<b>1:04.49</b>	<b>1:11.99</b>
<b>2:54.09</b>	<b>2:35.99</b>	<b>3:04.99</b>	<b>200 Breast</b>	2:52.99	<b>2:22.99</b>	<b>2:39.59</b>
<b>1:09.19</b>	<b>1:01.99</b>	1:11.99	<b>100 Fly</b>	<b>1:04.49</b>	<b>55.19</b>	<b>1:01.59</b>
<b>2:35.09</b>	<b>2:18.99</b>	<b>2:43.99</b>	<b>200 Fly</b>	<b>2:28.99</b>	<b>2:05.99</b>	<b>2:20.59</b>
<b>2:31.79</b>	<b>2:15.99</b>	<b>2:37.29</b>	<b>200 IM</b>	<b>2:25.49</b>	<b>2:03.99</b>	<b>2:18.39</b>
<b>5:20.89</b>	<b>4:47.49</b>	<b>5:35.99</b>	<b>400 IM</b>	<b>5:12.99</b>	<b>4:25.99</b>	<b>4:56.89</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, 2010 to the meet entry deadline