

2012 SENIOR METS - SHORT COURSE

LCM	SCM	SCY		SCY	SCM	LCM
29.49	28.69	25.69	50 Free	23.29	25.99	27.09
1:03.99	1:02.39	55.89	100 Free	50.19	56.09	58.19
2:17.29	2:13.89	1:59.99	200 Free	1:49.99	2:02.79	2:07.19
4:43.29	4:35.59	5:14.99	500 Free	4:56.99	4:19.89	4:28.79
9:45.79	9:33.99	10:55.99	1000 Free	10:22.99	9:05.09	9:23.79
19:08.79	18:36.69	18:39.99	1650 Free	17:49.99	17:46.79	18:28.79
1:13.39	1:09.89	1:02.59	100 Back	56.99	1:03.59	1:08.29
2:37.69	2:30.79	2:15.09	200 Back	2:03.99	2:18.39	2:26.09
1:22.89	1:20.49	1:12.09	100 Breast	1:04.49	1:11.99	1:15.39
2:57.69	2:54.09	2:35.99	200 Breast	2:22.99	2:39.59	2:46.69
1:10.69	1:09.19	1:01.99	100 Fly	55.19	1:01.59	1:03.59
2:37.79	2:35.09	2:18.99	200 Fly	2:05.99	2:20.59	2:25.49
2:36.89	2:31.79	2:15.99	200 IM	2:03.99	2:18.39	2:24.69
5:28.19	5:20.89	4:47.49	400 IM	4:25.99	4:56.89	5:07.49
4:32.69	4:27.89	3:59.99	400 Free Relay	3:35.99	4:01.09	4:08.19
9:47.59	9:40.39	8:39.99	800 Free Relay	7:59.99	8:55.69	9:07.49
5:07.59	5:02.49	4:30.99	400 Medley Relay	3:59.99	4:01.09	4:08.19

Eligibility period: from January 1, 2011 to the meet entry deadline

NOTE: 2012 is an Olympic Year so changes will be made to Senior Mets

Prelims will be run as short course yards

Finals will be run as long course meters

All relays will be held SCY at the end of the morning sessions

Only 2 relays per team will be accepted (A and B relays only)

Thursday session will be held SCY - 1650 for women and 1000 for men

Sunday distance events will be held in LCM only - women 800 free and men 1500 free