

2008 Long Course Senior Mets Standards

SCY	SCM	LCM		LCM	SCM	SCY
26.09	29.19	30.29	50 Free	27.49	25.99	23.29
56.69	1:03.29	1:05.49	100 Free	59.99	57.29	51.29
2:01.99	2:16.19	2:19.99	200 Free	2:10.99	2:04.49	1:51.49
5:19.99	4:39.99	4:55.99	400 Free	4:34.99	4:24.29	5:01.99
10:59.99	9:37.49	10:20.99	800 Free	9:49.99	9:16.49	10:35.99
18:50.99	18:47.69	19:54.99	1500 Free	18:44.99	18:00.29	18:03.49
1:03.99	1:11.49	1:15.99	100 Back	1:09.99	1:05.29	58.49
2:16.99	2:32.89	2:44.99	200 Back	2:33.99	2:22.89	2:07.99
1:12.59	1:21.09	1:24.99	100 Breast	1:19.99	1:14.29	1:06.49
2:36.99	2:55.29	3:05.99	200 Breast	2:52.99	2:43.49	2:26.49
1:02.49	1:09.79	1:12.49	100 Fly	1:06.99	1:03.79	57.09
2:19.99	2:36.29	2:45.99	200 Fly	2:36.99	2:27.39	2:11.99
2:17.99	2:34.09	2:38.99	200 IM	2:29.99	2:19.59	2:04.99
4:50.99	5:24.79	5:38.99	400 IM	5:21.99	5:04.69	4:32.99
NCT	NCT	NCT	400 Free Relay	NCT	NCT	NCT
NCT	NCT	NCT	800 Free Relay	NCT	NCT	NCT
NCT	NCT	NCT	400 Medley Relay	NCT	NCT	NCT