
FLSC STANDARDS Florida Senior Circuit Long Course Meters**Women**

	FLSC
50 Free	31.89
100 Free	1:08.19
200 Free	2:24.49
400 Free	4:59.29
800 Free	10:21.39
1500 Free	19:58.09
50 Back	39.69
100 Back	1:19.49
200 Back	2:48.19
50 Breast	45.29
100 Breast	1:30.79
200 Breast	3:13.39
50 Fly	37.39
100 Fly	1:14.89
200 Fly	2:42.39
200 IM	2:43.89
400 IM	5:46.39

Men

	FLSC
50 Free	28.69
100 Free	1:01.99
200 Free	2:13.59
400 Free	4:42.39
800 Free	9:51.89
1500 Free	18:44.99
50 Back	35.39
100 Back	1:11.29
200 Back	2:32.99
50 Breast	40.19
100 Breast	1:20.49
200 Breast	2:57.79
50 Fly	33.69
100 Fly	1:07.39
200 Fly	2:31.99
200 IM	2:30.19
400 IM	5:21.49

FLSC STANDARDS Florida Senior Circuit Yards**Women**

	FLSC
50 Free	28.39
100 Free	1:00.79
200 Free	2:09.29
1000 Free	11:32.49
1650 Free	19:38.29
50 Back	34.89
100 Back	1:09.89
200 Back	2:29.19
50 Breast	39.39
100 Breast	1:18.89
200 Breast	2:49.69
50 Fly	33.29
100 Fly	1:06.59
200 Fly	2:25.49
200 IM	2:24.49
400 IM	5:06.29

Men

	FLSC
50 Free	25.29
100 Free	54.79
200 Free	1:56.79
1000 Free	10:56.39
1650 Free	18:27.49
50 Back	31.79
100 Back	1:01.59
200 Back	2:15.59
50 Breast	35.49
100 Breast	1:11.09
200 Breast	2:35.09
50 Fly	30.29
100 Fly	1:00.59
200 Fly	2:13.59
200 IM	2:12.79
400 IM	4:48.79
