|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Summer Senior State Time Standards 2021** | | | | | | |
| **MEN** | | |  | **WOMEN** | | |
| **LC Meters** | **Yards** | **SC Meters** |  | **LC Meters** | **Yards** | **SC Meters** |
| 26.19 | 22.59 | 25.19 | **50 FREE** | 28.99 | 25.19 | 28.09 |
| 56.99 | 49.19 | 54.89 | **100 FREE** | 1:02.39 | 54.29 | 1:00.19 |
| 2:03.99 | 1:47.89 | 1:59.59 | **200 FREE** | 2:14.69 | 1:57.39 | 2:10.19 |
| 4:21.99 | 4:50.69 | 4:13.49 | **400/500 FREE** | 4:45.09 | 5:16.29 | 4:35.99 |
| 9:03.79 | 10:09.19 | 9:03.69 | **800/1000 FREE** | 9:46.99 | 10:51.19 | 9:28.49 |
| 17:39.99 | 17:08.89 | 17:05.69 | **1500/1650 FREE** | 18:10.49 | 18:49.09 | 17:46.49 |
|  |  |  |  | | | |
| 32.09 | 28.29 | 32.59 | **50 BK** | 34.19 | 29.99 | 33.29 |
| 1:05.29 | 56.09 | 1:03.49 | **100 BACK** | 1:10.79 | 1:01.49 | 1:08.89 |
| 2:20.59 | 2:02.59 | 2:18.19 | **200 BACK** | 2:31.19 | 2:12.59 | 2:28.79 |
|  |  |  |  | | | |
| 35.59 | 30.89 | 34.29 | **50 BREAST** | 39.99 | 34.89 | 38.69 |
| 1:15.09 | 1:05.89 | 1:12.99 | **100 BREAST** | 1:22.99 | 1:11.39 | 1:20.19 |
| 2:44.09 | 2:22.99 | 2:40.09 | **200 BREAST** | 2:58.99 | 2:36.19 | 2:53.29 |
|  |  |  |  | | | |
| 28.89 | 25.19 | 27.99 | **50 Fly** | 31.79 | 27.89 | 30.79 |
| 1:02.59 | 54.99 | 1:00.99 | **100 FLY** | 1:07.99 | 59.39 | 1:05.99 |
| 2:21.79 | 2:04.09 | 2:17.09 | **200 FLY** | 2:35.39 | 2:16.19 | 2:31.09 |
|  |  |  |  | | | |
| 2:21.49 | 2:02.99 | 2:17.59 | **200 IM** | 2:33.69 | 2:14.29 | 2:28.99 |
| 4:59.49 | 4:23.99 | 4:53.09 | **400 IM** | 5:28.29 | 4:47.09 | 5:18.69 |