

2021 Long Course Senior Mets Standards

| Women | | | | | Men | | |
|----------------|--------------|----------------|-------------|---------------------|----------------|----------------|----------------|
| SCM | SCY | LCM | | | LCM | SCY | SCM |
| 27.99 | 25.19 | 28.79 | 50 | Free | 26.19 | 22.79 | 25.39 |
| 1:00.79 | 54.69 | 1:02.29 | 100 | Free | 55.69 | 49.49 | 54.89 |
| 2:11.29 | 1:58.29 | 2:14.49 | 200 | Free | 2:03.89 | 1:48.69 | 2:00.69 |
| 4:31.19 | 5:10.99 | 4:37.59 | 400 | Free | 4:22.79 | 4:52.99 | 4:16.79 |
| 9:22.89 | 10:44.99 | 9:35.69 | 800 | Free | 9:04.49 | 10:09.99 | 8:51.69 |
| 18:10.89 | 18:12.99 | 18:34.89 | 1500 | Free | 17:40.79 | 17:19.99 | 17:16.79 |
| 1:07.39 | 1:00.69 | 1:08.59 | 100 | Back | 1:03.39 | 55.99 | 1:02.199 |
| 2:25.99 | 2:11.49 | 2:28.39 | 200 | Back | 2:17.79 | 2:01.99 | 2:15.39 |
| 1:18.09 | 1:10.29 | 1:20.09 | 100 | Breast | 1:12.49 | 1:03.49 | 1:10.49 |
| 2:48.69 | 2:31.99 | 2:52.69 | 200 | Breast | 2:38.29 | 2:18.99 | 2:34.29 |
| 1:06.59 | 59.99 | 1:07.79 | 100 | Fly | 1:01.99 | 54.59 | 1:00.59 |
| 2:30.99 | 2:15.99 | 2:33.79 | 200 | Fly | 2:20.49 | 2:03.99 | 2:17.69 |
| 2:26.49 | 2:11.99 | 2:30.49 | 200 | IM | 2:17.99 | 2:01.39 | 2:14.79 |
| 5:12.99 | 4:41.99 | 5:21.89 | 400 | IM | 4:57.19 | 4:21.99 | 4:40.79 |
| 4:11.69 | 3:45.79 | 4:17.29 | 400 | Free Relay | 3:50.59 | 3:21.89 | 3:44.19 |
| 8:58.79 | 8:05.39 | 9:11.59 | 800 | Free Relay | 8:23.89 | 7:22.39 | 8:11.09 |
| 4:40.09 | 4:12.29 | 4:46.49 | 400 | Medley Relay | 4:18.39 | 3:46.99 | 4:11.99 |

Eligibility Period - from January 1, 2019 to the meet entry deadline

There will be NO relays at this summer 2021 SMLC

