

## 2022 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	<b>55.69</b>	<b>49.49</b>	<b>54.89</b>
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	<b>2:38.29</b>	<b>2:18.99</b>	<b>2:34.29</b>
<b>1:06.59</b>	<b>59.99</b>	<b>1:07.79</b>	100	Fly	<b>1:01.99</b>	<b>54.59</b>	<b>1:00.59</b>
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 May 1, 2021 to the meet entry deadline**

