

## 2017 Long Course Senior Mets Standards

Women								Men		
SCM	SCY	LCM				LCM	SCY	SCM		
27.99	25.19	28.79	50	Free		26.29	22.99	25.49		
1:00.79	54.69	1:02.29	100	Free		56.79	49.69	55.19		
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		4:23.29	4:54.99	4:16.89		
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		2:39.39	2:19.99	2:35.39		
1:06.89	1:00.29	1:08.29	100	Fly		1:02.49	54.99	1:01.09		
2:30.99	2:15.99	2:33.79	200	Fly		2:20.49	2:03.99	2:17.69		
2:27.59	2:12.99	2:30.89	200	IM		2:17.99	2:01.39	2:14.79		
5:16.39	4:44.99	5:22.79	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, 2016 to the meet entry deadline

At Least 2 swimmers in each relay must be entered in the meet in individual events

Only two (2) relays per team may score

A-B-C-D Relays may be entered as long as all requirements are followed