

## 2019 Long Course Senior Mets Standards

Women				Men			
SCM	SCY	LCM			LCM	SCY	SCM
27.99	25.19	28.79	<b>50</b>	<b>Free</b>	26.19	22.79	25.39
1:00.79	54.69	1:02.29	<b>100</b>	<b>Free</b>	56.79	49.69	55.19
2:11.29	1:58.29	2:14.49	<b>200</b>	<b>Free</b>	2:03.89	1:48.69	2:00.69
4:31.19	5:10.99	4:37.59	<b>400</b>	<b>Free</b>	4:22.79	4:52.99	4:16.79
9:22.89	10:44.99	9:35.69	<b>800</b>	<b>Free</b>	9:04.49	10:09.99	8:51.69
18:10.89	18:12.99	18:34.89	<b>1500</b>	<b>Free</b>	17:40.79	17:19.99	17:16.79
1:07.39	1:00.69	1:08.59	<b>100</b>	<b>Back</b>	1:03.39	55.99	1:02.199
2:25.99	2:11.49	2:28.39	<b>200</b>	<b>Back</b>	2:17.79	2:01.99	2:15.39
1:18.09	1:10.29	1:20.09	<b>100</b>	<b>Breast</b>	1:12.49	1:03.49	1:10.49
2:48.69	2:31.99	2:52.69	<b>200</b>	<b>Breast</b>	2:39.39	2:19.99	2:35.39
1:06.79	1:00.19	1:07.89	<b>100</b>	<b>Fly</b>	1:02.49	54.99	1:01.09
2:30.99	2:15.99	2:33.79	<b>200</b>	<b>Fly</b>	2:20.49	2:03.99	2:17.69
2:26.49	2:11.99	2:30.49	<b>200</b>	<b>IM</b>	2:17.99	2:01.39	2:14.79
5:12.99	4:41.99	5:21.89	<b>400</b>	<b>IM</b>	4:57.19	4:21.99	4:40.79
4:11.69	3:45.79	4:17.29	<b>400</b>	<b>Free Relay</b>	3:50.59	3:21.89	3:44.19
8:58.79	8:05.39	9:11.59	<b>800</b>	<b>Free Relay</b>	8:23.89	7:22.39	8:11.09
4:40.09	4:12.29	4:46.49	<b>400</b>	<b>Medley Relay</b>	4:18.39	3:46.99	4:11.99

**Eligibility Period - from May 1, 2018 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**