

# 2016 Long Course Senior Mets Standards

updated 8/19/2015

| Women    |              |                |                         | Men            |          |          |
|----------|--------------|----------------|-------------------------|----------------|----------|----------|
| SCM      | SCY          | LCM            |                         | LCM            | SCY      | SCM      |
| 28.49    | 25.69        | 29.69          | <b>50 Free</b>          | <b>26.99</b>   | 23.09    | 25.89    |
| 1:01.99  | <b>55.59</b> | <b>1:03.59</b> | <b>100 Free</b>         | <b>58.19</b>   | 50.19    | 55.69    |
| 2:13.09  | 1:59.99      | 2:17.99        | <b>200 Free</b>         | <b>2:07.99</b> | 1:49.99  | 2:01.99  |
| 4:33.99  | 5:14.99      | 4:49.99        | <b>400 Free</b>         | 4:31.99        | 4:56.99  | 4:18.29  |
| 9:30.79  | 10:55.99     | 10:03.99       | <b>800 Free</b>         | 9:39.99        | 10:19.99 | 8:57.79  |
| 18:18.79 | 18:32.99     | 19:47.99       | <b>1500 Free</b>        | 18:40.99       | 17:39.99 | 17:26.39 |
| 1:08.59  | 1:01.69      | <b>1:12.59</b> | <b>100 Back</b>         | 1:07.99        | 56.99    | 1:03.19  |
| 2:28.39  | 2:13.49      | <b>2:35.99</b> | <b>200 Back</b>         | <b>2:26.99</b> | 2:03.99  | 2:17.59  |
| 1:19.79  | 1:11.69      | <b>1:23.99</b> | <b>100 Breast</b>       | 1:16.99        | 1:04.49  | 1:11.59  |
| 2:53.29  | 2:35.99      | <b>3:01.99</b> | <b>200 Breast</b>       | <b>2:47.99</b> | 2:22.99  | 2:38.79  |
| 1:08.79  | 1:01.99      | <b>1:10.69</b> | <b>100 Fly</b>          | 1:04.49        | 55.19    | 1:01.19  |
| 2:34.29  | 2:18.99      | <b>2:40.99</b> | <b>200 Fly</b>          | 2:28.99        | 2:05.99  | 2:19.79  |
| 2:30.99  | 2:15.99      | <b>2:35.29</b> | <b>200 IM</b>           | <b>2:23.99</b> | 2:03.99  | 2:17.59  |
| 5:19.29  | 4:47.49      | <b>5:32.99</b> | <b>400 IM</b>           | <b>5:10.99</b> | 4:25.99  | 4:55.29  |
| NCT      | NCT          | NCT            | <b>400 Free Relay</b>   | NCT            | NCT      | NCT      |
| NCT      | NCT          | NCT            | <b>800 Free Relay</b>   | NCT            | NCT      | NCT      |
| NCT      | NCT          | NCT            | <b>400 Medley Relay</b> | NCT            | NCT      | NCT      |

Eligibility Period - from May 1, 2015 to the meet entry deadline