

SANAT10 STANDARDS Sa National for 2009-2010 Long Course Meters**Women**

	SNAT	YOUTH
50 Free	27.72	28.48
100 Free	1:00.21	1:02.97
200 Free	2:10.03	2:15.99
400 Free	4:33.87	4:46.44
800 Free	9:22.42	9:37.40
1500 Free	18:16.71	18:46.90
50 Back	31.81	32.66
100 Back	1:09.10	1:12.19
200 Back	2:28.66	2:35.29
50 Breast	35.58	36.54
100 Breast	1:17.29	1:20.74
200 Breast	2:46.00	2:53.41
50 Fly	30.60	31.42
100 Fly	1:06.47	1:09.44
200 Fly	2:26.54	2:34.39
200 IM	2:27.44	2:34.21
400 IM	5:10.74	5:19.29

Men

	SNAT	YOUTH
50 Free	24.36	25.03
100 Free	53.66	56.12
200 Free	1:58.50	2:03.94
400 Free	4:10.66	4:22.15
800 Free	8:47.56	9:02.08
1500 Free	16:35.34	17:02.74
50 Back	29.00	29.77
100 Back	1:01.76	1:04.51
200 Back	2:14.09	2:20.07
50 Breast	31.65	32.50
100 Breast	1:08.96	1:12.04
200 Breast	2:29.73	2:36.42
50 Fly	26.92	27.65
100 Fly	59.20	1:01.85
200 Fly	2:11.79	2:18.85
200 IM	2:12.33	2:18.40
400 IM	4:41.66	4:57.16