

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

	SNAT	YUTH
50 Free	26.92	27.68
100 Free	58.71	1:01.37
200 Free	2:06.83	2:12.79
400 Free	4:27.47	4:40.04
800 Free	9:09.62	9:24.60
1500 Free	17:52.71	18:22.80
50 Back	31.21	32.06
100 Back	1:07.90	1:10.99
200 Back	2:26.26	2:32.89
50 Breast	34.58	35.54
100 Breast	1:15.29	1:18.74
200 Breast	2:42.00	2:49.41
50 Fly	29.90	30.72
100 Fly	1:05.07	1:06.85
200 Fly	2:23.74	2:27.67
100 IM		
200 IM	2:24.24	2:31.29
400 IM	5:04.34	5:20.89

Men

	SNAT	YUTH
50 Free	23.56	24.23
100 Free	52.06	54.52
200 Free	1:55.30	2:00.74
400 Free	4:04.26	4:11.16
800 Free	8:34.76	8:49.28
1500 Free	16:11.34	16:38.74
50 Back	28.40	29.17
100 Back	1:00.56	1:03.31
200 Back	2:11.69	2:17.67
50 Breast	30.65	31.50
100 Breast	1:06.96	1:10.04
200 Breast	2:25.73	2:32.42
50 Fly	26.22	26.95
100 Fly	57.80	1:00.45
200 Fly	2:08.99	2:16.05
100 IM		
200 IM	2:09.13	2:15.20
400 IM	4:35.26	4:50.76