

2023 Long Course Senior Mets Standards

Women			Men			
LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.99	25.19	50 Free	22.79	25.39	26.19
1:02.29	1:00.79	54.69	100 Free	49.49	54.89	55.69
2:14.49	2:11.29	1:58.29	200 Free	1:48.69	2:00.69	2:03.89
4:37.59	4:31.19	5:10.99	400 Free	4:52.99	4:16.79	4:22.79
9:35.69	9:22.89	10:44.99	800 Free	10:09.99	8:51.69	9:04.49
18:34.89	18:10.89	18:12.99	1500 Free	17:19.99	17:16.79	17:40.79
1:08.59	1:07.39	1:00.69	100 Back	55.99	1:02.19	1:03.39
2:28.39	2:25.99	2:11.49	200 Back	2:01.99	2:15.39	2:17.79
1:20.09	1:18.09	1:10.29	100 Breast	1:03.49	1:10.49	1:12.49
2:52.69	2:48.69	2:31.99	200 Breast	2:18.99	2:34.29	2:38.69
1:07.79	1:06.79	59.99	100 Fly	54.59	1:00.59	1:01.99
2:33.79	2:30.99	2:15.99	200 Fly	2:03.99	2:17.69	2:20.49
2:30.49	2:26.49	2:11.99	200 IM	2:01.39	2:14.79	2:17.99
5:21.89	5:12.99	4:41.99	400 IM	4:21.99	4:40.79	4:57.19
			200 Free Relay			
4:17.29	4:11.69	3:45.79	400 Free Relay	3:21.89	3:44.19	3:50.59
9:11.59	8:58.79	8:05.39	800 Free Relay	7:22.39	8:11.09	8:23.89
4:46.49	4:40.09	4:12.29	400 Medley Relay	3:46.99	4:11.99	4:18.39

Eligibility for the 200 Medley Relay will be determined by 400 Medley Relay cut times

Eligibility period: from May 1, 2022 to the meet entry deadline