

## 2024 Long Course Senior Mets Standards

Women				Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.99	25.19	<b>50 Free</b>	22.79	25.39	26.19
1:02.29	1:00.79	54.69	<b>100 Free</b>	49.49	54.89	55.69
2:14.49	2:11.29	1:58.29	<b>200 Free</b>	1:48.69	2:00.69	2:03.89
4:42.99	4:36.99	5:15.99	<b>400 Free</b>	4:52.99	4:16.79	4:22.79
9:49.99	9:36.99	10:59.99	<b>800 Free</b>	10:09.99	8:51.69	9:04.49
19:02.99	18:38.99	18:40.99	<b>1500 Free</b>	17:19.99	17:16.79	17:40.79
1:08.59	1:07.39	1:00.69	<b>100 Back</b>	55.99	1:02.19	1:03.39
2:28.39	2:25.99	2:11.49	<b>200 Back</b>	2:01.99	2:15.39	2:17.79
1:20.09	1:18.09	1:10.29	<b>100 Breast</b>	1:03.49	1:10.49	1:12.49
2:52.69	2:48.69	2:31.99	<b>200 Breast</b>	2:18.99	2:34.29	2:38.69
1:07.79	1:06.79	59.99	<b>100 Fly</b>	54.59	1:00.59	1:01.99
2:33.79	2:30.99	2:15.99	<b>200 Fly</b>	2:03.99	2:17.69	2:20.49
2:30.49	2:26.49	2:11.99	<b>200 IM</b>	2:01.39	2:14.79	2:17.99
5:21.89	5:12.99	4:41.99	<b>400 IM</b>	4:21.99	4:40.79	4:57.19
			<b>200 Free Relay</b>			
4:17.29	4:11.69	3:45.79	<b>400 Free Relay</b>	3:21.89	3:44.19	3:50.59
9:11.59	8:58.79	8:05.39	<b>800 Free Relay</b>	7:22.39	8:11.09	8:23.89
4:46.49	4:40.09	4:12.29	<b>400 Medley Relay</b>	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, 2023 to the meet entry deadline**