

**SA Senior National Standards Long Course Meters**

		<b>Women</b>	<b>Men</b>
50m	Freestyle	27.11	23.89
100m	Freestyle	59.49	53.60
200m	Freestyle	2:09.11	1:56.56
400m	Freestyle	4:30.90	4:11.49
800m	Freestyle	9:14.02	8:36.68
1500m	Freestyle	17:37.65	16:35.41
50m	Backstroke	31.73	28.19
100m	Backstroke	1:08.15	1:00.80
200m	Backstroke	2:25.49	2:11.25
50m	Breaststroke	34.57	30.98
100m	Breaststroke	1:15.46	1:06.99
200m	Breaststroke	2:43.14	2:28.95
50m	Butterfly	28.65	26.30
100m	Butterfly	1:05.06	58.42
200m	Butterfly	2:22.85	2:10.77
200m	IM	2:27.90	2:13.69
400m	IM	5:12.37	4:45.96

---