
SASC STANDARDS Sa Short Course Short Course Meters**Women**

	SASC
50 Free	28.88
100 Free	1:03.31
200 Free	2:19.13
400 Free	4:54.72
800 Free	10:03.93
1500 Free	19:16.62
50 Back	32.25
100 Back	1:09.15
200 Back	2:29.85
50 Breast	35.98
100 Breast	1:18.56
200 Breast	2:49.54
50 Fly	30.71
100 Fly	1:08.80
200 Fly	2:30.69
100 IM	1:11.19
200 IM	2:33.53
400 IM	5:26.24

Men

	SASC
50 Free	25.40
100 Free	56.62
200 Free	2:05.19
400 Free	4:27.41
800 Free	9:18.67
1500 Free	17:48.48
50 Back	27.99
100 Back	1:00.89
200 Back	2:13.08
50 Breast	31.81
100 Breast	1:09.72
200 Breast	2:31.39
50 Fly	27.40
100 Fly	1:00.19
200 Fly	2:16.37
100 IM	1:02.08
200 IM	2:18.12
400 IM	4:55.84
