

Northwest NC YMCA Riptyde

ELITE STANDARDS Elite Team Long Course Meters

Women Senior

ELIT

100 Free	1:04.19
200 Free	2:16.49
500 Free	4:43.29
100 Back	1:15.49
200 Back	2:40.19
100 Breast	1:26.79
200 Breast	3:05.39
100 Fly	1:10.89
200 Fly	2:34.39
200 IM	2:35.89
400 IM	5:30.39

Men Senior

ELIT

100 Free	57.99
200 Free	2:05.59
500 Free	4:26.39
100 Back	1:07.29
200 Back	2:24.99
100 Breast	1:16.49
200 Breast	2:49.79
100 Fly	1:03.39
200 Fly	2:23.99
200 IM	2:22.19
400 IM	5:05.49
