

Northwest NC YMCA Riptyde

ELITE STANDARDS Elite Team Yards**Women Senior**

	ELIT
100 Free	56.79
200 Free	2:01.29
500 Free	5:16.59
100 Back	1:05.89
200 Back	2:21.19
100 Breast	1:14.89
200 Breast	2:41.69
100 Fly	1:02.59
200 Fly	2:17.49
200 IM	2:16.49
400 IM	4:50.29

Men Senior

	ELIT
100 Free	50.79
200 Free	1:48.79
500 Free	4:54.89
100 Back	57.79
200 Back	2:07.59
100 Breast	1:07.09
200 Breast	2:27.09
100 Fly	56.59
200 Fly	2:05.59
200 IM	2:04.79
400 IM	4:32.79
