

Northwest NC YMCA Riptyde

NAT STANDARDS National Team Long Course Meters**Women Senior**

	NAT
100 Free	1:08.99
200 Free	2:24.99
500 Free	6:02.99
100 Back	1:19.99
200 Back	2:48.99
100 Breast	1:30.99
200 Breast	3:10.99
100 Fly	1:15.99
200 Fly	2:48.99
200 IM	2:45.99
400 IM	5:45.99

Men Senior

	NAT
100 Free	1:04.99
200 Free	2:16.99
500 Free	5:53.99
100 Back	1:14.99
200 Back	2:39.99
100 Breast	1:25.99
200 Breast	3:05.99
100 Fly	1:11.99
200 Fly	2:42.99
200 IM	2:36.99
400 IM	5:42.99
