

Northwest NC YMCA Riptyde

NAT STANDARDS National Team Yards**Women Senior**

	NAT
100 Free	59.99
200 Free	2:06.99
500 Free	5:36.99
100 Back	1:07.99
200 Back	2:24.99
100 Breast	1:19.99
200 Breast	2:48.99
100 Fly	1:06.99
200 Fly	2:29.99
200 IM	2:23.99
400 IM	5:03.99

Men Senior

	NAT
100 Free	55.99
200 Free	1:59.99
500 Free	5:25.99
100 Back	1:03.99
200 Back	2:16.99
100 Breast	1:13.99
200 Breast	2:40.99
100 Fly	1:02.99
200 Fly	2:20.99
200 IM	2:15.99
400 IM	4:57.99
