

Eastern Section of the Southern Zone 2008 SPRING Time Standards

2008 Spring YARDS		2008 Spring Meters
25.59	50 Fr	28.69
55.09	100 Fr	1:02.49
1:58.69	200 Fr	2:14.89
5:17.69	400/500 Fr	4:42.59
10:49.19	800/1000 Fr	9:39.19
18:17.49	1500/1650 Fr	18:28.69
1:02.09	100 Bk	1:11.49
2:13.99	200 Bk	2:32.59
1:10.39	100 BR	1:19.89
2:32.09	200 BR	2:52.29
1:00.99	100 FI	1:08.79
2:14.99	200 FI	2:29.69
2:13.59	200 IM	2:32.79
4:46.69	400 IM	5:21.59
2008 Spring YARDS		2008 Spring Meters
22.49	50 Fr	26.09
49.39	100 Fr	57.19
1:48.79	200 Fr	2:03.89
4:53.89	400/500 Fr	4:23.99
10:17.09	800/1000 Fr	9:07.89
17:08.49	1500/1650 Fr	17:30.19
55.49	100 Bk	1:04.29
2:00.79	200 Bk	2:19.49
1:02.49	100 BR	1:11.89
2:16.09	200 BR	2:36.59
54.59	100 FI	1:01.59
2:01.79	200 FI	2:17.19
2:01.49	200 IM	2:19.99
4:20.29	400 IM	4:58.09