

**Speedo Championship Series / Southern Zone Southern Section
SPRING Championships Time Standards**

Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
28.59	27.59	25.19	50 Free	22.49	24.79	25.79
1:01.89	59.89	54.59	100 Free	49.09	53.89	55.89
2:13.49	2:09.49	1:57.49	200 Free	1:47.39	1:58.79	2:02.79
4:40.59	4:32.59	5:12.59	400/500 Free	4:51.79	4:12.69	4:20.69
9:38.19	9:22.19	10:45.89	800/1000 Free	10:05.09	8:44.09	9:00.09
18:26.69	17:56.69	17:45.69	1500/1650 Free	16:53.00	16:45.89	17:15.89
33.69	32.69	29.19	50 Back	26.09	29.49	30.49
1:12.39	1:10.39	1:03.39	100 Back	57.19	1:04.09	1:06.09
2:35.39	2:31.39	2:15.89	200 Back	2:03.99	2:18.69	2:22.69
38.69	37.69	33.49	50 Breast	29.79	33.59	34.59
1:22.39	1:20.39	1:12.09	100 Breast	1:04.69	1:12.29	1:14.29
2:57.79	2:53.79	2:36.59	200 Breast	2:21.09	2:36.99	2:40.99
31.59	30.59	27.99	50 Fly	24.79	27.39	28.39
1:08.29	1:06.29	1:01.09	100 Fly	54.69	59.79	1:01.79
2:29.79	2:25.79	2:14.39	200 Fly	2:01.69	2:12.79	2:16.79
2:31.29	2:27.29	2:12.49	200 IM	2:00.39	2:13.79	2:17.79
5:18.99	5:10.99	4:41.79	400 IM	4:17.09	4:45.09	4:53.09
NT	NT	NT	200 Free Relay	NT	NT	NT
4:24.89	4:16.89	3:54.69	400 Free Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 Free Relay	7:42.19	8:27.89	8:43.89
NT	NT	NT	200 Medley Relay	NT	NT	NT
4:54.29	4:46.29	4:18.89	400 Medley Relay	3:53.89	4:17.49	4:25.49

**Speedo Championship Series / Southern Zone Southern Section
SPRING Bonus Time Standards**

Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
29.39	28.39	25.89	50 Free	23.09	25.59	26.59
1:03.59	1:01.59	9:36.00	100 Free	50.39	55.49	57.49
2:17.19	2:13.19	2:00.79	200 Free	1:50.39	2:02.19	2:06.19
4:48.49	4:40.49	5:21.39	400/500 Free	4:59.99	4:19.99	4:27.99
9:54.39	9:38.39	11:03.99	800/1000 Free	10:22.09	8:59.19	9:15.19
18:57.79	18:27.79	18:15.49	1500/1650 Free	17:21.69	17:14.99	17:44.99
34.69	33.69	30.39	50 Back	26.79	30.39	31.39
1:14.29	1:12.29	1:05.09	100 Back	58.69	01:05.9	01:07.9
2:39.49	2:35.49	2:19.49	200 Back	2:07.29	2:22.59	2:26.59
39.79	38.79	34.49	50 Breast	30.69	34.59	35.59
1:24.59	1:22.59	1:13.99	100 Breast	1:06.39	1:14.29	1:16.29
3:02.49	2:58.49	2:40.79	200 Breast	2:24.79	2:41.29	2:45.29
32.59	34.09	28.89	50 Fly	25.59	28.19	29.19
1:10.19	1:08.19	1:02.79	100 Fly	56.19	1:01.49	1:03.49
2:33.89	2:29.89	2:18.09	200 Fly	2:04.99	2:16.59	2:20.59
2:35.59	2:31.59	2:16.19	200 IM	2:03.79	2:17.59	2:21.59
5:27.99	5:19.99	4:49.69	400 IM	4:24.29	4:53.29	5:01.29
NT	NT	NT	200 Free Relay	NT	NT	NT
4:24.89	4:16.89	3:54.69	400 Free Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 Free Relay	7:42.19	8:27.89	8:43.89