

## 2017 SOUTHERN ZONE SENIOR LONG COURSE CHAMPIONSHIPS TIME STANDARDS

(The entry qualification period for this meet is January 1, 2016 - July 24, 2017)

Women				Men		
LCM	SCY	SCM	Events	SCM	SCY	LCM
29.89	26.39	29.09	50 Free	26.19	23.69	26.79
1:05.09	57.19	1:03.19	100 Free	57.09	51.69	59.39
2:20.39	2:03.09	2:16.09	200 Free	2:04.69	1:52.79	2:09.29
4:54.49	5:29.09	4:48.09	400 Free	4:27.89	5:06.09	4:34.19
10:08.99	11:21.19	9:56.09	800 Free	9:15.69	10:34.99	9:35.39
19:29.59	18:57.79	18:51.19	1500 Free	17:37.89	17:44.09	18:11.69
100 Back Qualifying Times			50 Back	100 Back Qualifying Time		
1:12.49	1:01.99	1:08.49	100 Back	1:02.09	56.19	1:06.09
2:35.29	2:14.79	2:28.99	200 Back	2:15.99	2:03.09	2:22.69
100 Breast Qualifying Times			50 Breast	100 Breast Qualifying Time		
1:21.79	1:11.39	1:18.89	100 Breast	1:10.49	1:03.79	1:13.79
2:57.69	2:34.59	2:50.79	200 Breast	2:33.09	2:18.59	2:41.39
100 Fly Qualifying Times			50 Fly	100 Fly Qualifying Time		
1:10.29	1:01.89	1:08.39	100 Fly	1:01.99	56.09	1:03.59
2:34.59	2:16.99	2:31.39	200 Fly	2:17.49	2:04.39	2:21.89
2:38.99	2:18.19	2:32.69	200 IM	2:18.69	2:05.49	2:25.09
5:35.09	4:53.69	5:24.59	400 IM	4:58.69	4:30.29	5:07.29
NTS	NTS	NTS	200 Medley Relay	NTS	NTS	NTS
NTS	NTS	NTS	200 Free Relay	NTS	NTS	NTS
NTS	NTS	NTS	200 Mixed Medley Relay	NTS	NTS	NTS
NTS	NTS	NTS	200 Mixed Free Relay	NTS	NTS	NTS
NTS	NTS	NTS	400 Medley Relay	NTS	NTS	NTS
NTS	NTS	NTS	400 Free Relay	NTS	NTS	NTS
NTS	NTS	NTS	800 Free Relay	NTS	NTS	NTS

## 2017 US OPEN TIME STANDARDS



# TIME STANDARDS

# 2017

U.S. OPEN

Women			Men	
SCY	LCM		LCM	SCY
22.79	26.49	50 Freestyle	23.69	20.29
49.69	57.19	100 Freestyle	51.49	44.09
1:47.69	2:03.59	200 Freestyle	1:53.29	1:37.49
4:47.09	4:20.09	400/500 Freestyle	4:01.19	4:22.79
9:55.19	8:55.19	800/1000 Freestyle	8:20.09	9:12.09
16:32.59	17:03.69	1650/1500 Freestyle	15:59.09	15:24.69
54.29	1:03.99	100 Backstroke	58.09	48.09
1:57.49	2:17.69	200 Backstroke	2:05.69	1:47.19
1:02.29	1:12.59	100 Breaststroke	1:05.09	55.09
2:14.79	2:36.89	200 Breaststroke	2:21.39	2:01.59
53.99	1:01.89	100 Butterfly	55.79	48.59
1:59.59	2:16.39	200 Butterfly	2:03.89	1:47.29
2:00.39	2:20.09	200 Individual Medley	2:06.99	1:47.49
4:15.49	4:56.59	400 Individual Medley	4:30.99	3:50.99



# SOUTHERN ZONE SWIMMING