

## Eastern Section Southern Zone Time Standards

WOMEN				MEN	
Spring	Summer			Summer	Spring
00:24.89	00:24.69	50 Fr	sc	00:22.29	00:22.49
00:28.69	00:28.49		lc	00:25.89	00:26.09
00:54.29	00:53.79	100 Fr	sc	00:48.79	00:49.19
01:01.89	01:01.29		lc	00:56.69	00:57.19
01:56.99	01:55.89	200 Fr	sc	01:47.29	01:48.29
02:13.59	02:12.29		lc	02:02.09	02:03.29
		400 -			
05:10.89	05:07.79	500 Fr	sc	04:49.69	04:52.59
04:40.29	04:37.49		lc	04:19.89	04:22.49
		800 -			
10:48.89	10:42.49	1000 Fr	sc	10:08.19	10:14.29
09:38.09	09:32.39		lc	08:59.39	09:04.79
		1500 -			
17:49.09	17:38.49	1650 Fr	sc	16:53.69	17:03.89
18:28.69	18:17.69		lc	17:13.49	17:23.89
01:00.89	01:00.29	100 Bk	sc	00:54.79	00:55.29
01:10.59	01:09.89		lc	01:03.39	01:03.99
02:10.99	02:09.69	200 Bk	sc	01:59.09	02:00.29
02:31.69	02:30.19		lc	02:17.39	02:18.69
01:08.89	01:08.29	100 BR	sc	01:01.89	01:02.49
01:19.39	01:18.69		lc	01:10.79	01:11.49
02:29.09	02:27.69	200 BR	sc	02:14.79	02:16.09
02:51.39	02:49.69		lc	02:34.19	02:35.69
00:59.99	00:59.39	100 FI	sc	00:53.89	00:54.39
01:08.19	01:07.59		lc	01:00.69	01:01.29
02:11.59	02:10.29	200 FI	sc	02:00.09	02:01.29
02:29.29	02:27.89		lc	02:15.09	02:16.39
02:12.79	02:11.49	200 IM	sc	01:59.79	02:00.99
02:31.99	02:30.49		lc	02:18.39	02:19.79
04:40.59	04:37.79	400 IM	sc	04:16.59	04:19.09
05:20.79	05:17.59		lc	04:54.79	04:57.69

*Athletes outside the ESSZ must have current year USA Swimming Long Course Junior National time standards to enter the spring championships. The summer championships are closed.*