

**EASTERN SECTION OF THE SOUTHERN ZONE [ESSZ]
2023 SENIOR SECTIONAL CHAMPIONSHIPS QUALIFYING STANDARDS**

COURSE	WOMEN		EVENTS	MEN		COURSE
	SPRING	SUMMER		SPRING	SUMMER	
YD	24.89	24.69	50 FREE	22.49	22.29	YD
MTR	28.69	28.49		26.09	25.89	MTR
YD	54.29	53.79	100 FREE	49.19	48.79	YD
MTR	1:01.89	1:01.29		57.19	56.69	MTR
YD	1:56.99	1:55.89	200 FREE	1:48.29	1:47.29	YD
MTR	2:13.59	2:12.29		2:03.29	2:02.09	MTR
YD	5:10.89	5:07.79	500Y FREE	4:52.59	4:49.69	YD
MTR	4:40.29	4:37.49	400M FREE	4:22.49	4:19.89	MTR
YD	10:48.89	10:42.49	1000YD FREE	10:14.29	10:08.19	YD
MTR	9:38.09	9:32.39	800M FREE	9:04.79	8:59.39	MTR
YD	17:49.09	17:38.49	1650YD FREE	17:03.89	16:53.69	YD
MTR	18:28.69	18:17.69	1500M FREE	17:23.89	17:13.49	MTR
YD	1:00.89	1:00.29	100 BACK	55.29	54.79	YD
MTR	1:10.59	1:09.89		1:03.99	1:03.39	MTR
YD	2:10.99	2:09.69	200 BACK	2:00.29	1:59.09	YD
MTR	2:31.69	2:30.19		2:18.69	2:17.39	MTR
YD	1:08.89	1:08.29	100 BREAST	1:02.49	1:01.89	YD
MTR	1:19.39	1:18.69		1:11.49	1:10.79	MTR
YD	2:29.09	2:27.69	200 BREAST	2:16.09	2:14.79	YD
MTR	2:51.39	2:49.69		2:35.69	2:34.19	MTR
YD	59.99	59.39	100 FLY	54.39	53.89	YD
MTR	1:08.19	1:07.59		1:01.29	1:00.69	MTR
YD	2:11.59	2:10.29	200 FLY	2:01.29	2:00.09	YD
MTR	2:29.29	2:27.89		2:16.39	2:15.09	MTR
YD	2:12.79	2:11.49	200 IM	2:00.99	1:59.79	YD
MTR	2:31.99	2:30.49		2:19.79	2:18.39	MTR
YD	4:40.59	4:37.79	400 IM	4:19.09	4:16.59	YD
MTR	5:20.79	5:17.79		4:57.69	4:54.79	MTR

