



SOUTHERN ZONE SENIOR CHAMPIONSHIPS TIME STANDARDS



Qualifying period: January 1, 2019 - July 19, 2020

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

CUT-OFF TIME STANDARDS



2020 TIME STANDARDS

SPEEDO SUMMER CHAMPIONSHIPS

** Qualifying period 6/1/2019 through entry deadline*

WOMEN

MEN

SCY	SCM	LCM	19& OVER STANDARDS	LCM	SCM	SCY
22.29	25.69	25.99	50 Freestyle	23.19	22.79	19.79
48.89	55.79	56.29	100 Freestyle	50.49	49.59	43.09
1:45.89	2:00.69	2:01.69	200 Freestyle	1:50.79	1:48.49	1:35.59
4:43.79	4:14.89	4:16.89	400/500 Freestyle	3:57.29	3:53.79	4:19.39
9:48.09	8:47.19	8:48.09	800/1000 Freestyle	8:12.99	8:07.29	9:04.99
16:18.09	16:47.39	16:49.19	1500/1650 Freestyle	15:44.89	15:33.89	15:10.09
53.29	1:01.59	1:02.69	100 Backstroke	56.59	54.89	46.79
1:55.39	2:12.99	2:14.69	200 Backstroke	2:02.99	1:59.89	1:44.79
1:00.69	1:10.19	1:10.99	100 Breaststroke	1:03.29	1:02.49	53.39
2:11.69	2:31.29	2:33.29	200 Breaststroke	2:17.89	2:14.69	1:58.29
52.99	1:00.69	1:00.69	100 Butterfly	54.19	54.09	47.29
1:57.79	2:14.29	2:14.59	200 Butterfly	2:01.19	1:59.29	1:45.09
1:58.29	2:15.69	2:17.39	200 Individual Medley	2:04.09	2:01.49	1:45.19
4:12.09	4:49.29	4:51.79	400 Individual Medley	4:25.99	4:20.79	3:46.99