



Time Standards for Florida Swimming and
Florida Gold Coast Registered Athletes



Florida Gold Coast Senior Championships						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
30.19	29.39	26.29	50 Free	23.49	26.19	26.99
1:05.59	1:03.99	57.19	100 Free	50.69	55.99	57.59
2:19.39	2:16.19	2:05.59	200 Free	1:52.59	2:04.69	2:07.89
4:53.79	4:37.39	5:31.59	400/500 Free	5:09.89	4:24.69	4:31.09
10:13.39	10:00.39	11:22.49	800/1000 Free	10:46.39	9:29.09	9:41.89
19:43.09	19:19.09	19:12.69	1500/1650 Free	18:10.99	18:05.99	18:29.99
1:14.49	1:13.29	1:05.99	100 Back	1:00.59	1:07.89	1:09.19
2:40.79	2:38.39	2:23.19	200 Back	2:13.59	2:26.89	2:29.29
1:25.69	1:23.69	1:15.79	100 Breast	1:09.09	1:15.19	1:17.19
3:05.39	3:01.39	2:44.39	200 Breast	2:32.69	2:45.39	2:49.39
1:11.19	1:09.79	1:04.59	100 Fly	56.99	1:02.29	1:03.69
2:38.29	2:35.49	2:23.49	200 Fly	2:11.59	2:20.99	2:23.79
N/A	1:16.29	1:07.99	100 IM	1:00.69	1:06.89	N/A
2:40.99	2:37.79	2:20.69	200 IM	2:10.79	2:23.99	2:27.19
5:42.39	5:35.99	5:00.29	400 IM	4:40.59	5:11.09	5:17.49
2:02.59	1:59.39	1:45.19	4x50 Free	1:32.29	1:46.59	1:49.79
4:30.79	4:24.19	3:53.19	4x100 Free	3:19.69	3:51.59	3:58.19
2:17.69	2:14.99	2:00.69	4x50 Medley	1:41.79	2:01.69	2:04.39
4:59.29	4:53.69	4:13.89	4x100 Medley	3:45.79	4:21.19	4:26.49

Updated 11/15/2022

Session 1 - Thursday		
Womens #	Event	Mens #
1	1650 / 1500 Free	2
3	4x50 Medley Relay	4
5	4x50 Freestyle Relay	6

Session 2 - Friday		
7	200 Freestyle	8
9	100 Breaststroke	10
11	100 Butterfly	12
13	400 Individual Medley	14
15	4x100 Medley Relay*	16

*to be swam in finals

Session 4 - Saturday		
17	100 Backstroke	18
19	200 Individual Medley	20
21	50 Freestyle	22
23	400/500 Freestyle	24
25	4x100 Freestyle Relay*	26

*to be swam in finals

Session 6 - Saturday		
27	200 Butterfly	28
29	100 Freestyle	30
31	200 Breaststroke	32
33	200 Backstroke	34
35	100 Individual Medley	36