

Speedo Championship Series / Southern Zone Southern Section						
SUMMER Championships Time Standards						
Women				Men		
LCM (50M)	SCM (25M)	SCY (25Y)	EVENT	SCY (25Y)	SCM (25M)	LCM (50M)
28.59	27.59	25.19	50 Free	22.49	24.79	25.79
1:01.89	59.89	54.59	100 Free	49.09	53.89	55.89
2:13.49	2:09.49	1:57.49	200 Free	1:47.39	1:58.79	2:02.79
4:40.59	4:32.59	5:12.59	400 (500) Free	4:51.79	4:12.69	4:20.69
9:38.19	9:22.19	10:45.89	800 (1000) Free	10:05.09	8:44.09	9:00.09
18:26.69	17:56.69	17:45.69	1500 (1650) Free	16:53.29	16:45.89	17:15.89
33.69	32.69	29.19	50 Back	26.09	29.49	30.49
1:12.39	1:10.39	1:03.39	100 Back	57.19	1:04.09	1:06.09
2:35.39	2:31.39	2:15.89	200 Back	2:03.99	2:18.69	2:22.69
38.69	37.69	33.49	50 Breast	29.79	33.59	34.59
1:22.39	1:20.39	1:12.09	100 Breast	1:04.69	1:12.29	1:14.29
2:57.79	2:53.79	2:36.59	200 Breast	2:21.09	2:36.99	2:40.99
31.59	30.59	27.99	50 Fly	24.79	27.39	28.39
1:08.29	1:06.29	1:01.09	100 Fly	54.69	59.79	1:01.79
2:29.79	2:25.79	2:14.39	200 Fly	2:01.69	2:12.79	2:16.79
2:31.29	2:27.29	2:12.49	200 IM	2:00.39	2:13.79	2:17.79
5:18.99	5:10.99	4:41.79	400 IM	4:17.09	4:45.09	4:53.09
NT	NT	NT	200 FR Relay	NT	NT	NT
4:24.89	4:16.89	3:54.69	400 FR Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 FR Relay	7:42.19	8:27.89	8:43.89
NT	NT	NT	200 MED Relay	NT	NT	NT
4:54.29	4:46.29	4:18.89	400 MED Relay	3:53.89	4:17.49	4:25.49

Speedo Championship Series / Southern Zone Southern Section						
SPRING Championships (Summer BONUS) Time Standards						
Women				Men		
LCM (50M)	SCM (25M)	SCY (25Y)	EVENT	SCY (25Y)	SCM (25M)	LCM (50M)
29.39	28.39	25.89	50 Free	23.09	25.59	26.59
1:03.59	1:01.59	56.09	100 Free	50.39	55.49	57.49
2:17.19	2:13.19	2:00.79	200 Free	1:50.39	2:02.19	2:06.19
4:48.49	4:40.49	5:21.39	400 (500) Free	4:59.99	4:19.99	4:27.99
9:54.39	9:38.39	11:03.99	800 (1000) Free	10:22.09	8:59.19	9:15.19
18:57.79	18:27.79	18:15.49	1500 (1650) Free	17:21.69	17:14.99	17:44.99
34.69	33.69	30.39	50 Back	26.79	30.39	31.39
1:14.29	1:12.29	1:05.09	100 Back	58.69	1:05.89	1:07.89
2:39.49	2:35.49	2:19.49	200 Back	2:07.29	2:22.59	2:26.59
39.79	38.79	34.49	50 Breast	30.69	34.59	35.59
1:24.59	1:22.59	1:13.99	100 Breast	1:06.39	1:14.29	1:16.29
3:02.49	2:58.49	2:40.79	200 Breast	2:24.79	2:41.29	2:45.29
32.59	34.09	28.89	50 Fly	25.59	28.19	29.19
1:10.19	1:08.19	1:02.79	100 Fly	56.19	1:01.49	1:03.49
2:33.89	2:29.89	2:18.09	200 Fly	2:04.99	2:16.59	2:20.59
2:35.59	2:31.59	2:16.19	200 IM	2:03.79	2:17.59	2:21.59
5:27.99	5:19.99	4:49.69	400 IM	4:24.29	4:53.29	5:01.29
NT	NT	NT	200 FR Relay	NT	NT	NT
4:24.89	4:16.89	3:54.69	400 FR Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 FR Relay	7:42.19	8:27.89	8:43.89
NT	NT	NT	200 MED Relay	NT	NT	NT
4:54.29	4:46.29	4:18.89	400 MED Relay	3:53.89	4:17.49	4:25.49

Updated 2014-Nov-01