

2019 Speedo Championship Series / Southern Zone Southern Sectional

SUMMER Championships Time Standards

Women				Men		
<u>LCM (50M)</u>	<u>SCM (25M)</u>	<u>SCY (25Y)</u>	<u>Event</u>	<u>SCY (25Y)</u>	<u>SCM (25M)</u>	<u>LCM (50M)</u>
28.39	27.79	24.89	50 Free	22.29	25.09	25.59
1:01.29	1:00.29	54.09	100 Free	48.29	54.39	55.29
2:12.09	2:11.09	1:56.69	200 Free	1:45.79	1:59.89	2:00.89
4:38.79	4:34.89	5:09.89	400 (500) Free	4:46.09	4:12.79	4:16.59
9:35.69	9:24.39	10:50.49	800 (1000) Free	9:57.19	8:44.29	8:55.59
18:21.79	18:01.79	18:05.29	1500 (1650) Free	16:48.69	16:54.59	17:14.19
32.89	32.19	28.59	50 Back	25.69	29.69	30.19
1:09.69	1:08.19	1:00.79	100 Back	55.09	1:02.99	1:04.49
2:31.99	2:28.99	2:13.29	200 Back	2:02.29	2:16.99	2:20.69
38.29	37.69	33.59	50 Breast	29.49	33.59	34.19
1:20.59	1:19.09	1:10.89	100 Breast	1:02.69	1:10.89	1:12.39
2:55.99	2:52.49	2:36.29	200 Breast	2:19.29	2:36.99	2:40.39
31.29	30.69	27.39	50 Fly	24.29	27.19	27.79
1:06.49	1:05.19	59.09	100 Fly	52.29	58.29	59.59
2:29.49	2:28.49	2:12.19	200 Fly	1:58.49	2:14.39	2:15.39
2:31.19	2:23.09	2:12.59	200 IM	1:59.39	2:09.59	2:17.69
5:18.19	5:06.89	4:38.69	400 IM	4:11.99	4:39.99	4:51.29
NT	NT	NT	200 Free Relay	NT	NT	NT
4:24.89	4:16.89	3:54.69	400 Free Relay	3:30.69	3:52.69	4:00.69
9:31.19	9:15.19	8:36.79	800 Free Relay	7:42.19	8:27.89	8:43.89
NT	NT	NT	200 Medley Relay	NT	NT	NT
4:54.29	4:46.29	4:18.89	400 Medley Relay	3:53.89	4:17.49	4:25.49

SPRING Championships (Summer BONUS) Time Standards

Women				Men		
<u>LCM (50M)</u>	<u>SCM (25M)</u>	<u>SCY (25Y)</u>	<u>EVENT</u>	<u>SCY (25Y)</u>	<u>SCM (25M)</u>	<u>LCM (50M)</u>
28.59	27.79	25.19	50 Free	22.49	25.09	25.79
1:01.89	1:00.29	54.59	100 Free	49.09	54.39	55.89
2:13.49	2:11.09	1:57.49	200 Free	1:47.39	1:59.89	2:02.79
4:40.59	4:34.89	5:12.59	400 (500) Free	4:51.79	4:12.79	4:20.69
9:38.69	9:24.39	10:50.49	800 (1000) Free	10:05.09	8:44.29	9:00.09
18:26.69	18:01.79	18:05.29	1500 (1650) Free	16:53.00	16:54.59	17:15.89
33.69	32.69	29.19	50 Back	26.09	29.69	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	33.59	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	2:28.49	2:14.39	200 Fly	2:01.69	2:14.39	2:16.79
2:31.29	2:27.29	2:12.59	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