

Time Standards for Florida Swimming and Florida Gold Coast Swimming Registered Athletes

Speedo Championship Series / Southern Zone South Section SUMMER 2023 Championships Time Standards						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
0:28.39	0:27.79	0:24.89	50 Free	0:22.29	0:25.09	0:25.59
1:01.29	1:00.29	0:54.09	100 Free	0:48.29	0:54.39	0:55.29
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
1:09.69	1:08.19	1:00.79	100 Back	0:55.09	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
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
1:06.49	1:05.19	0:59.09	100 Fly	0:52.29	0:58.29	0:59.59
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

Speedo Championship Series / Southern Zone South Section SUMMER 2023 Bonus Time Standards						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
0:29.09	0:28.49	0:25.59	50 Free	0:22.89	0:25.79	0:26.29
1:02.89	1:01.79	0:55.49	100 Free	0:49.49	0:55.79	0:56.69
2:15.39	2:14.39	1:59.69	200 Free	1:48.49	2:02.89	2:03.99
4:45.79	4:41.79	5:17.69	400/500 Free	4:53.29	4:19.19	4:23.09
9:50.09	9:38.49	11:06.79	800/1000 Free	10:12.19	8:57.39	9:08.99
18:49.39	18:28.89	18:32.49	1500/1650 Free	17:13.99	17:19.99	17:40.09
1:11.49	1:09.89	1:02.39	100 Back	0:56.49	1:04.59	1:06.19
2:35.79	2:32.79	2:16.69	200 Back	2:05.39	2:20.49	2:24.29
1:22.69	1:21.09	1:12.69	100 Breast	1:04.29	1:12.69	1:14.19
3:00.39	2:56.89	2:40.19	200 Breast	2:22.79	2:40.99	2:44.39
1:08.19	1:06.89	1:00.59	100 Fly	0:53.59	0:59.79	1:01.09
2:33.29	2:32.29	2:15.49	200 Fly	2:01.49	2:17.79	2:18.79
2:34.99	2:26.69	2:15.99	200 IM	2:02.39	2:12.89	2:21.19
5:26.19	5:14.59	4:45.69	400 IM	4:18.29	4:46.99	4:58.59

Speedo Championship Series / Southern Zone South Section SUMMER 2023 Out-Of-Section (Futures) Time Standards						
Women				Men		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
27.39		24.09	50 Free	21.39		24.89
59.39		52.09	100 Free	46.49		53.79
2:07.79		1:52.59	200 Free	1:41.79		1:58.09
4:28.79		5:03.49	400 Free	4:37.09		4:09.99
9:13.79		10:20.49	800 Free	9:34.29		8:40.69
17:40.19		17:14.39	1500 Free	16:05.49		16:38.99
1:06.89		58.09	100 Back	52.09		1:00.79
2:23.99		2:04.99	200 Back	1:52.79		2:11.89
1:15.99		1:05.99	100 Breast	58.69		1:08.69
2:43.39		2:22.69	200 Breast	2:08.59		2:29.09
1:04.69		57.49	100 Fly	51.09		58.39
2:21.89		2:05.39	200 Fly	1:53.69		2:10.19
2:26.39		2:08.29	200 IM	1:55.09		2:12.79
5:07.29		4:30.69	400 IM	4:07.59		4:42.39
4:04.29			400 Free Relay			3:40.89
8:40.89			800 Free Relay			8:00.49
4:33.79			400 Medley Relay			4:05.89