

2020 Pacific Northwest Spring Speedo Sectional Time Standards						
March 12-15, 2020 in Federal Way, WA						
Women				Men		
Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters
24.62	27.41	28.19	50 Fr	21.97	24.28	25.41
53.29	58.66	1:00.99	100 Fr	47.86	52.82	55.45
1:55.63	2:07.40	2:12.32	200 Fr	1:44.68	1:55.95	2:01.35
5:13.13	4:30.36	4:43.21	4/500 Fr	4:48.26	4:09.40	4:22.32
10:52.09	9:27.77	9:48.19	8/1000 Fr	10:10.58	8:54.20	9:19.51
18:19.78	18:07.90	18:54.49	1500/1650	17:03.19	16:44.18	17:32.04
58.99	1:05.68	1:08.75	100 Bk	53.48	59.44	1:03.59
2:07.80	2:22.92	2:28.61	200 Bk	1:57.51	2:11.82	2:19.76
1:07.37	1:14.10	1:19.54	100 Br	59.79	1:05.29	1:12.24
2:27.29	2:41.96	2:53.67	200 Br	2:11.19	2:23.78	2:38.06
58.25	1:03.98	1:06.33	100 Fly	52.09	58.05	59.84
2:11.77	2:26.01	2:32.74	200 Fly	1:57.40	2:10.59	2:17.64
2:10.35	2:23.87	2:31.13	200 IM	1:57.48	2:09.91	2:17.41
4:39.34	5:08.00	5:21.68	400 IM	4:12.08	4:39.38	4:56.53
1:44.69	1:56.89	1:59.29	200 FR	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FR	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FR	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MR	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MR	3:47.49	4:15.75	4:23.39

2020 Four Corners Spring Speedo Sectional Time Standards						
March 19-22, 2020 in Jenks, OK						
Women				Men		
Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters
24.99	27.76	28.44	50 Fr	22.41	24.72	25.79
53.71	59.04	1:01.26	100 Fr	48.46	53.27	55.89
1:56.22	2:07.92	2:12.75	200 Fr	1:45.84	1:56.48	2:02.20
5:13.17	4:29.34	4:43.21	4/500 Fr	4:49.98	4:10.18	4:23.21
10:52.09	9:27.35	9:48.19	8/1000 Fr	10:10.58	8:53.74	9:19.51
18:19.78	18:07.11	18:54.49	1500/1650	17:13.16	16:53.43	17:45.59
59.50	1:06.33	1:09.54	100 Bk	54.42	1:00.66	1:04.26
2:07.80	2:22.78	2:29.20	200 Bk	1:58.45	2:12.65	2:20.40
1:08.46	1:15.15	1:20.46	100 Br	1:01.53	1:07.35	1:13.70
2:29.07	2:43.68	2:54.86	200 Br	2:15.19	2:27.80	2:40.88
58.86	1:04.55	1:06.87	100 Fly	53.46	59.43	1:00.97
2:12.26	2:26.43	2:32.74	200 Fly	2:00.94	2:14.37	2:20.25
2:11.81	2:25.85	2:32.19	200 IM	1:59.85	2:12.30	2:19.28
4:39.34	5:07.75	5:21.68	400 IM	4:18.37	4:45.76	5:00.19
1:44.69	1:56.89	1:59.29	200 FR	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FR	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FR	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MR	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MR	3:47.49	4:15.75	4:23.39

2020 Western Region Summer Speedo Sectional Time Standards						
July 16-19, 2020 in Gresham, OR						
Women				Men		
Short Course Yards	Short Course Meters	Long Course Meters		Short Course Yards	Short Course Meters	Long Course Meters
24.55	27.30	28.14	50 Fr	22.05	24.35	25.49
53.09	58.20	1:00.69	100 Fr	47.70	52.60	55.29
1:54.86	2:06.54	2:11.55	200 Fr	1:44.33	1:55.49	2:01.00
5:09.03	4:26.82	4:39.11	4/500 Fr	4:45.94	4:07.51	4:20.00
10:46.09	9:22.55	9:42.19	8/1000 Fr	10:03.86	8:48.32	9:12.79
18:09.88	17:58.11	18:44.59	1500/1650	17:03.26	16:44.43	17:36.59
58.99	1:05.55	1:08.94	100 Bk	53.55	59.47	1:03.66
2:07.19	2:21.52	2:28.00	200 Bk	1:56.75	2:10.89	2:19.00
1:07.46	1:14.11	1:19.63	100 Br	59.79	1:05.11	1:12.09
2:27.11	2:41.52	2:53.49	200 Br	2:11.63	2:23.36	2:38.50
58.19	1:03.73	1:06.27	100 Fly	52.61	58.61	1:00.36
2:10.19	2:24.26	2:31.16	200 Fly	1:58.81	2:11.94	2:19.05
2:09.73	2:23.08	2:30.51	200 IM	1:57.77	2:10.12	2:17.70
4:36.50	5:04.87	5:18.84	400 IM	4:13.34	4:40.45	4:57.79
1:44.69	1:56.89	1:59.29	200 FR	1:32.99	1:43.78	1:46.89
3:49.09	4:12.14	4:17.29	400 FR	3:25.49	3:46.85	3:54.59
8:14.49	9:10.46	9:21.69	800 FR	7:38.69	8:26.70	8:43.99
1:56.29	2:10.99	2:13.39	200 MR	1:44.69	1:55.50	1:59.69
4:09.49	4:44.93	4:48.39	400 MR	3:47.49	4:15.75	4:23.39

