

Time Standards

Speedo Championship Series / Southern Zone Southern Section Spring 2022 Championships Time Standards				
Women			Men	
LCM	SCY	EVENT	SCY	LCM
28.39	24.89	50 Free	22.29	25.59
1:01.29	54.09	100 Free	48.29	55.29
2:12.09	1:56.69	200 Free	1:45.79	2:00.89
4:38.79	5:09.89	400/500 Free	4:46.09	4:16.59
9:35.69	10:50.49	800/1000 Free	9:57.19	8:55.59
18:21.79	18:05.29	1500/1650 Free	16:48.69	17:14.19
32.89	28.59	50 Back	25.69	30.19
1:09.69	1:00.79	100 Back	55.09	1:04.49
2:31.99	2:13.29	200 Back	2:02.29	2:20.69
38.29	33.59	50 Breast	29.49	34.19
1:20.59	1:10.89	100 Breast	1:02.69	1:12.39
2:55.99	2:36.29	200 Breast	2:19.29	2:40.39
31.29	27.39	50 Fly	24.29	27.79
1:06.49	59.09	100 Fly	52.29	59.59
2:29.49	2:12.19	200 Fly	1:58.49	2:15.39
2:31.19	2:12.59	200 IM	1:59.39	2:17.69
5:18.19	4:38.69	400 IM	4:11.99	4:51.29
NT	NT	200 Free Relay	NT	NT
NT	NT	200 Medley Relay	NT	NT

Speedo Championship Series / Southern Zone Southern Section Spring 2022 Bonus Time Standards				
Women			Men	
LCM	SCY	EVENT	SCY	LCM
29.09	25.59	50 Free	22.89	26.29
1:02.89	55.49	100 Free	49.49	56.69
2:15.39	1:59.69	200 Free	1:48.49	2:03.99
4:45.79	5:17.69	400/500 Free	4:53.29	4:23.09
9:50.09	11:06.79	800/1000 Free	10:12.19	9:08.99
18:49.39	18:32.49	1500/1650 Free	17:13.99	17:40.09
33.79	29.39	50 Back	0:26.39	0:30.99
1:11.49	1:02.39	100 Back	56.49	1:06.19
2:35.79	2:16.69	200 Back	2:05.39	2:24.29
39.29	34.49	50 Breast	30.29	35.09
1:22.69	1:12.69	100 Breast	1:04.29	1:14.19
3:00.39	2:40.19	200 Breast	2:22.79	2:44.39
32.09	28.09	50 Fly	24.89	28.49
1:08.19	1:00.59	100 Fly	53.59	1:01.09
2:33.29	2:15.49	200 Fly	2:01.49	2:18.79
2:34.99	2:15.99	200 IM	2:02.39	2:21.19
5:26.19	4:45.69	400 IM	4:18.29	4:58.59