

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

Speedo Championship Series / Southern Zone South Section SUMMER 2022 Championships Time Standards

| Women | | | EVENT | Men | | |
|----------|----------|----------|-------------------------|----------|----------|----------|
| LCM | SCM | SCY | | 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 2022 Bonus Time Standards

| Women | | | EVENT | Men | | |
|----------|----------|----------|-----------------------|----------|----------|----------|
| LCM | SCM | SCY | | 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 2022 Out-Of-Section (Futures) Time Standards**

| Women | | | EVENT | SCY | Men | |
|----------|-----|----------|-------------------------|----------|----------|-----|
| LCM | SCM | 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 | |