

## Time Standards

Speedo Championship Series / Southern Zone Southern Section SUMMER 2021 Championships Time Standards				
Women			Men	
LCM	SCY	EVENT	SCY	LCM
0:28.39	0:24.89	<b>50 Free</b>	0:22.29	0:25.59
1:01.29	0:54.09	<b>100 Free</b>	0:48.29	0:55.29
2:12.09	1:56.69	<b>200 Free</b>	1:45.79	2:00.89
4:38.79	5:09.89	<b>400/500 Free</b>	4:46.09	4:16.59
9:35.69	10:50.49	<b>800/1000 Free</b>	9:57.19	8:55.59
18:21.79	18:05.29	<b>1500/1650 Free</b>	16:48.69	17:14.19
0:32.89	0:28.59	<b>50 Back</b>	0:25.69	0:30.19
1:09.69	1:00.79	<b>100 Back</b>	0:55.09	1:04.49
2:31.99	2:13.29	<b>200 Back</b>	2:02.29	2:20.69
0:38.29	0:33.59	<b>50 Breast</b>	0:29.49	0:34.19
1:20.59	1:10.89	<b>100 Breast</b>	1:02.69	1:12.39
2:55.99	2:36.29	<b>200 Breast</b>	2:19.29	2:40.39
0:31.29	0:27.39	<b>50 Fly</b>	0:24.29	0:27.79
1:06.49	0:59.09	<b>100 Fly</b>	0:52.29	0:59.59
2:29.49	2:12.19	<b>200 Fly</b>	1:58.49	2:15.39
2:31.19	2:12.59	<b>200 IM</b>	1:59.39	2:17.69
5:18.19	4:38.69	<b>400 IM</b>	4:11.99	4:51.29
NT	NT	<b>200 Free Relay</b>	NT	NT
NT	NT	<b>200 Medley Relay</b>	NT	NT

Speedo Championship Series / Southern Zone Southern Section SUMMER 2021 Bonus Time Standards				
Women			Men	
LCM	SCY	EVENT	SCY	LCM
0:29.09	0:25.59	<b>50 Free</b>	0:22.89	0:26.29
1:02.89	0:55.49	<b>100 Free</b>	0:49.49	0:56.69
2:15.39	1:59.69	<b>200 Free</b>	1:48.49	2:03.99
4:45.79	5:17.69	<b>400/500 Free</b>	4:53.29	4:23.09
9:50.09	11:06.79	<b>800/1000 Free</b>	10:12.19	9:08.99
18:49.39	18:32.49	<b>1500/1650 Free</b>	17:13.99	17:40.09
0:33.79	0:29.39	<b>50 Back</b>	0:26.39	0:30.99
1:11.49	1:02.39	<b>100 Back</b>	0:56.49	1:06.19
2:35.79	2:16.69	<b>200 Back</b>	2:05.39	2:24.29
0:39.29	0:34.49	<b>50 Breast</b>	0:30.29	0:35.09
1:22.69	1:12.69	<b>100 Breast</b>	1:04.29	1:14.19
3:00.39	2:40.19	<b>200 Breast</b>	2:22.79	2:44.39
0:32.09	0:28.09	<b>50 Fly</b>	0:24.89	0:28.49
1:08.19	1:00.59	<b>100 Fly</b>	0:53.59	1:01.09
2:33.29	2:15.49	<b>200 Fly</b>	2:01.49	2:18.79
2:34.99	2:15.99	<b>200 IM</b>	2:02.39	2:21.19
5:26.19	4:45.69	<b>400 IM</b>	4:18.29	4:58.59