

2022
Southern Senior Championship
Time Standards

(Note: unchanged from 2021)

| Girls | | | Boys | |
|----------|----------|-------------------|----------|----------|
| LCM | Yards | | Yards | LCM |
| 29.59 | 25.99 | 50 Free | 23.59 | 27.19 |
| 1:03.69 | 55.99 | 100 Free | 50.69 | 58.09 |
| 2:18.59 | 2:01.99 | 200 Free | 1:50.99 | 2:06.89 |
| 4:45.59 | 5:19.99 | 500 Free | 5:07.99 | 4:36.29 |
| 10:05.99 | 11:18.99 | 1000 Free | 10:33.99 | 9:28.69 |
| 19:18.69 | 18:55.99 | 1650 Free | 17:32.99 | 17:59.99 |
| 1:12.19 | 1:02.99 | 100 Back | 59.49 | 1:09.59 |
| 2:36.29 | 2:16.99 | 200 Back | 2:10.99 | 2:30.79 |
| 1:28.29 | 1:17.69 | 100 Breast | 1:09.99 | 1:20.89 |
| 3:05.99 | 2:43.99 | 200 Breast | 2:32.99 | 2:56.29 |
| 1:11.29 | 1:02.99 | 100 Fly | 57.99 | 1:06.09 |
| 2:42.39 | 2:23.99 | 200 Fly | 2:08.99 | 2:27.29 |
| 2:37.39 | 2:17.99 | 200 IM | 2:05.99 | 2:25.39 |
| 5:47.09 | 5:03.99 | 400 IM | 4:38.99 | 5:22.59 |