

**2019 Eastern Section of the Southern Zone (ESSZ)**  
**Age Group Sectional Championship**  
**TIME STANDARDS**

| Event      | Course | Female  |          |          | Male    |          |          |
|------------|--------|---------|----------|----------|---------|----------|----------|
|            |        | 10U     | 11-12    | 13-14    | 10U     | 11-12    | 13-14    |
| 50 Free    | SCY    | 30.39   | 27.59    | 25.99    | 30.39   | 27.29    | 24.39    |
|            | LCM    | 34.59   | 31.49    | 29.69    | 34.59   | 31.09    | 27.89    |
| 100 Free   | SCY    | 1:06.89 | 59.29    | 56.09    | 1:07.09 | 59.39    | 52.69    |
|            | LCM    | 1:15.89 | 1:07.49  | 1:03.89  | 1:16.09 | 1:07.59  | 1:00.09  |
| 200 Free   | SCY    | 2:27.59 | 2:08.89  | 2:01.09  | 2:24.19 | 2:08.69  | 1:53.59  |
|            | LCM    | 2:47.09 | 2:25.39  | 2:17.59  | 2:43.29 | 2:26.09  | 2:09.29  |
| 500 Free   | SCY    | 6:27.49 | 5:40.59  | 5:21.79  | 6:32.29 | 5:42.29  | 5:08.99  |
| 400 Free   | LCM    | 5:45.89 | 5:03.99  | 4:47.19  | 5:50.19 | 5:05.49  | 4:35.79  |
| 1000 Free  | SCY    |         | 11:43.89 | 11:08.79 |         | 11:38.99 | 10:42.09 |
| 800 Free   | LCM    |         | 10:28.29 | 9:56.89  |         | 10:23.89 | 9:33.09  |
| 1650 Free  | SCY    |         | 19:47.99 | 18:50.19 |         | 19:47.99 | 18:15.99 |
| 1500 Free  | LCM    |         | 20:11.79 | 19:12.79 |         | 20:13.79 | 18:37.89 |
|            |        |         |          |          |         |          |          |
| 50 Back    | SCY    | 35.89   | 31.49    |          | 36.09   | 31.79    |          |
|            | LCM    | 40.49   | 35.59    |          | 40.69   | 35.89    |          |
| 100 Back   | SCY    | 1:17.59 | 1:07.99  | 1:03.29  | 1:17.39 | 1:08.59  | 59.89    |
|            | LCM    | 1:27.39 | 1:16.69  | 1:11.49  | 1:27.09 | 1:17.39  | 1:07.69  |
| 200 Back   | SCY    |         | 2:27.69  | 2:16.19  |         | 2:28.19  | 2:09.49  |
|            | LCM    |         | 2:46.39  | 2:33.59  |         | 2:49.89  | 2:26.19  |
|            |        |         |          |          |         |          |          |
| 50 Breast  | SCY    | 39.69   | 35.89    |          | 40.19   | 35.49    |          |
|            | LCM    | 45.09   | 40.89    |          | 45.69   | 40.39    |          |
| 100 Breast | SCY    | 1:27.99 | 1:17.59  | 1:12.39  | 1:28.09 | 1:16.99  | 1:08.69  |
|            | LCM    | 1:39.69 | 1:28.19  | 1:22.39  | 1:39.79 | 1:27.49  | 1:18.29  |
| 200 Breast | SCY    |         | 2:49.49  | 2:36.19  |         | 2:47.69  | 2:28.29  |
|            | LCM    |         | 3:12.19  | 2:57.39  |         | 3:10.19  | 2:48.59  |
|            |        |         |          |          |         |          |          |
| 50 Fly     | SCY    | 33.99   | 30.19    |          | 34.59   | 30.59    |          |
|            | LCM    | 38.49   | 34.29    |          | 39.09   | 34.69    |          |
| 100 Fly    | SCY    | 1:20.69 | 1:07.89  | 1:02.69  | 1:19.99 | 1:08.29  | 59.09    |
|            | LCM    | 1:30.99 | 1:16.79  | 1:10.99  | 1:30.19 | 1:17.19  | 1:06.99  |
| 200 Fly    | SCY    |         | 2:36.29  | 2:20.79  |         | 2:33.49  | 2:14.79  |
|            | LCM    |         | 2:56.09  | 2:38.89  |         | 2:52.99  | 2:32.29  |
|            |        |         |          |          |         |          |          |
| 100 IM     | SCY    | 1:17.69 | 1:07.99  |          | 1:17.39 | 1:08.49  |          |
| 200 IM     | SCY    | 2:46.59 | 2:26.29  | 2:18.09  | 2:46.09 | 2:28.29  | 2:10.49  |
|            | LCM    | 3:08.19 | 2:45.89  | 2:36.49  | 3:07.59 | 2:47.79  | 2:28.09  |
| 400IM      | SCY    |         | 5:08.79  | 4:49.49  |         | 5:20.49  | 4:36.29  |
|            | LCM    |         | 5:49.19  | 5:27.79  |         | 6:02.19  | 5:13.09  |